

H A R P U N I T

QUICKWORD

QUOTE



*"If we are not transformed by our pain
we will transmit it." Richard Rohr*



USEFUL FACT

Chlamydia is the most common sexually transmitted infection (STI) in Australia and in 2016, there was a total of 71,751 notifications of chlamydia, of which 75 per cent were among people aged 15-29 years.

[Click here for full report](#)

INTERESTING WEBSITE

If you or anyone you know is having difficulties as a result of sexting, social media or sexual violence, help is available.

What do you expect sexual violence to look like?

What do you expect a healthy relationship to look like?

What do you expect when you break up?





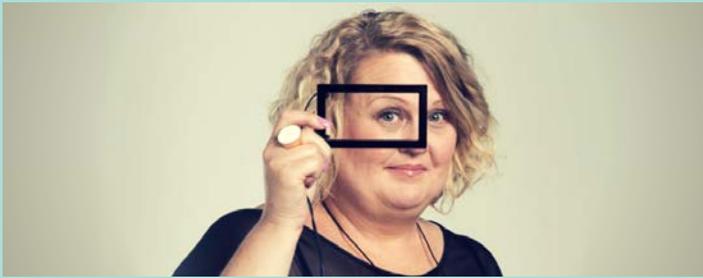
KEY EVENT

12 year old Amelie from Berkeley entered the **HARP Red Ribbon surfboard** competition in the hope of winning it for her Dad so she was incredibly excited to find out that she had won. The surfboard featured art work by Nowra born artist Anthony Jones aka AYJAY who felt that icon Freddie Mercury represented a unifying symbol of solidarity and respect for people living with HIV/AIDS. [Click here to see artist Richard Lee](#) who will design the 2018 surfboard.

CAMPAIGN

If you're aged between 16-24, you're more at risk of getting an STI. You don't need to have sex with a lot of people to get an STI. Many STIs don't have symptoms and if left untreated, can cause long-term health problems. these are the messages from new STI campaign from the UK using emojis. [Click here for the campaign.](#)





WHO IS

Dianne Nyoni has had to dig deep to find her resilience and reinvented herself through her journey of recovery. she has found her voice as a woman who survived child abuse, domestic violence and faced death in the form of AIDS just 8 years ago. Storytelling became her passion as she aimed to speak for women who had been disempowered and voiceless. [click here to book her as a speaker.](#)

OUT & ABOUT

Are you **Down To Test** at your next festival? Testing for STIs is a lot easier and quicker than you think. It's as simple as peeing in a cup, which you can do for free in the luxury of our VIP toilets, in our VIP area.

Then chill out with your mates and we'll send the results to you in a couple of days by text (if it's negative) or phone call (if it's positive). If the test is positive, you'll be asked to visit a health service for treatment. [Click here to see where you can test for chlamydia at your next festival.](#)



RESOURCE

Here you will find information about services that are available for clients who are experiencing relationship difficulties, domestic violence and related issues in culturally & linguistically diverse communities in the Illawarra. [Click here for resource.](#)



LAST WORD

Handling a mug of hot chocolate enhances warm feelings and emotions.

Cocoa Contains flavinoids whose antioxidant and anti-inflammatory properties help blood vessels to function better. What better way to enhance your sex life than drinking hot chocolate, feeling physically and emotionally warm and increasing the blood flow to the brain and other parts of your body? Adding a cocoa flavoured condom makes you both safe and happy! Click for the Illawarra Shoalhaven Sexual Health Clinic.

DIARY DATES

Talk soon. Talk often-11th April-Wollongong

Doin it Right-8th May- Shoalhaven

On the Couch -Transgender-24th May-Wollongong

Sexual Health for the Culturally & Linguistically

Diverse(CALD) Community-19th June-Wollongong

IF YOU WOULD LIKE TO RECEIVE QUICKWORD DIRECT

TO YOUR INBOX, PLEASE EMAIL:

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SERVICE DIRECTORY

