



RELATIONSHIPS AND SEXUAL HEALTH

IF YOU ARE UNDER 26



You can get **free condoms at any pharmacy** by simply showing your Vitale card (*French health insurance card*) or your Social Security affiliation certificate.



Contraceptives covered by Social Security are available **free of charge** at pharmacies.

AFTER A RISKY SEXUAL ENCOUNTER

(condom broke, slipped, or was not used)

Emergency contraception is available :

- It is **free at pharmacies** for everyone,
- it is also **available at Sexual health centers** and **CEGIDD** (free information, testing and diagnosis center).



Condoms are the **only contraceptive method** that **protects** against **Sexually Transmitted Infections (STIs)**.

Many STIs show no symptoms, so getting tested is important !

- Free STI testing is available at **Sexual health centers** and **CEGIDD** (free information, testing and diagnosis center).
- For people under 26, **free testing** is also available in **laboratories** for : HIV, hepatitis B, syphilis, gonorrhea, chlamydia.
- **Self-tests** for chlamydia and gonorrhea are **available online** (for women only) :



Scan the QR code
or visit mon-test-ist.ameli.fr

Regular testing is recommended :

- after risky sex,
- when changing partners,
- before stopping condom use in an exclusive relationship.



Find a **Sexual health center** :
<https://centre-sante-sexuelle.isere.fr/>



Find a **CEGGID**
<https://www.solidarites-grenoble.fr/acteur/12/958-centre-gratuit-d-information-de-depistage-et-de-diagnostic-cegidd.htm>



ABOUT CONSENT



Consent must be :

- **Clear** (the absence of refusal does not mean yes)
- **Voluntary** (given without pressure, threats, or insistence)
- **Informed** (given by someone able to consent : not asleep or under the influence of alcohol or drugs)
- **Revocable** (can be withdrawn at any time)
- **Specific** (given each time, for each act)

Have you experienced or witnessed emotional or sexual violence ?



Scan the QR code or visit :
arretonslesviolences.gouv.fr