

DSC  
CLINIC



## The Healthy Relationship Guide

To having a fun relationship that makes you  
feel great about yourself



THE HEALTHY  
RELATIONSHIP  
GUIDE

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FIND OUT MORE ABOUT OTHER SEXUALLY TRANSMITTED  
INFECTIONS AND DSC CLINIC SERVICES AT

[WWW.DSC-CLINIC.SG](http://WWW.DSC-CLINIC.SG)



## Did You Know?

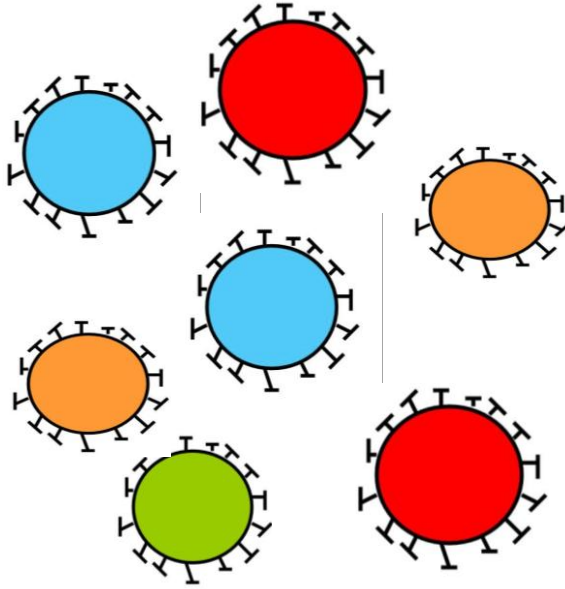
Sexually transmitted infections, also known as STIs, are infections that are passed from an infected person to another through oral, vaginal or anal sex. Some infections can pass from a mother to her baby during childbirth.

The two most common STIs among Singapore's youth are Chlamydia and Gonorrhoea.

Many people who have an infection may not have any symptoms so it is possible to unknowingly pass on the infection or get infected.

Some people, however, do present with symptoms. To find out more, continue to read on.

**SOMETHING'S GOING ON DOWN THERE!**



# CHLAMYDIA GONNORHOEA

**Can cause the following symptoms:**

## **MALE**

- Pain when passing urine
- Discharge from the penis
- Painful or tender testicles
- Rectal discharge or pain

## **FEMALE**

- Pain when passing urine
- Pain during sex
- Abnormal bleeding
- Vaginal discharge
- Rectal pain or discharge

Chlamydia & Gonorrhoea can be diagnosed with a simple urine test and are easily treatable with oral antibiotics.

## THE TRUTH ABOUT ABSTINENCE

Not having sex is one good way to prevent getting infected with an STI/HIV.



**Abstinence** = no sex  
 = no unwanted pregnancy/STI/HIV  
 = **Happy, healthy you**

### Had Sex before & want to say No?

You can choose abstinence even if you have had sex before. This way, you can prevent infections & pregnancy in future.

### Pressured to have sex?

Don't be. It is your personal choice and people who truly care for you will respect your decision. Your doctor, nurse, counsellor, or an adult you trust can help you make decisions on abstinence.



### Fun activities to do

- Non- penetrative sexual activities  
e.g. kissing & hugging
- Romantic walks at the park/beach/garden
- Picnics
- Outdoor activities (wakeboarding, surfing, cycling, bbq)
- Having a good meal
- Preparing home-cooked meals together
- Giving each other a good massage

## WHY SHOULD I BE FAITHFUL TO MY PARTNER?

If you are sexually active, it is important that you and your partner are in a mutually faithful relationship.

Ideally, the both of you should get tested for STIs and HIV first. This will help prevent each other from getting infected or passing the infection on.

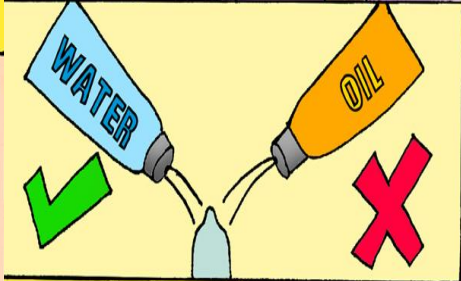
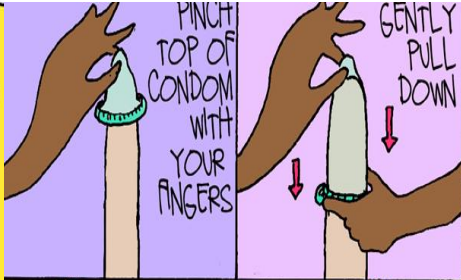
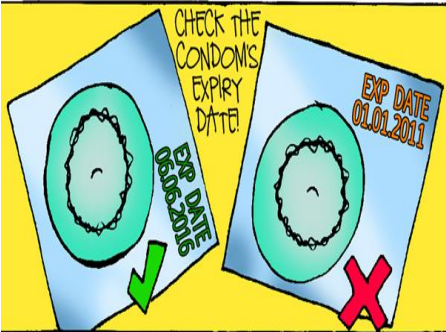
However, being mutually faithful does not prevent pregnancy. You need contraception like condoms as well as the oral contraceptive pill every time you have sex, to prevent unwanted pregnancy.

## WHAT'S THE DEAL WITH CONDOMS?

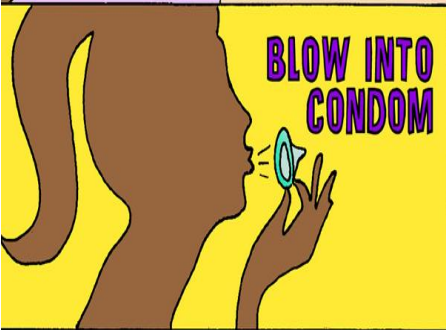
- Condoms protect against STIs/HIV and unwanted pregnancy when used correctly & every time you have sex.
- There are different flavours, thickness, shapes, sizes, and textures to suit your needs. There are also female condoms too.
- Condoms can be bought from convenience stores, on-line or the DSC Clinic.
- Buying a condom shows that you are taking responsibility for your actions.
- Using a condom doesn't have to be boring because you can actually spice things up by helping each other put it on.



# PUT ON THE CONDOM CORRECTLY!

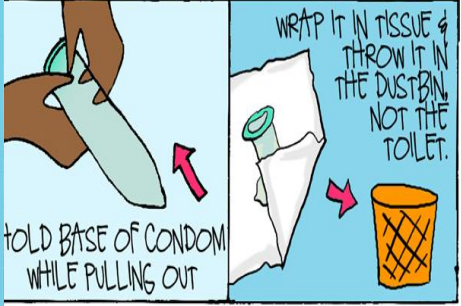


## LUBRICATE



# GO!

## AFTER



## I THOUGHT I HEARD SOMETHING ABOUT

***“Douching (washing the inside of the vagina) after sex will clear off ALL semen & bacteria, preventing STIs & pregnancy.”***

It's a myth that douching after sex can prevent STIs/HIV. In fact, it can increase your chances of getting STIs/HIV. Douching disturbs the normal chemical balance of the vagina, making you more prone to infections.

***“The person I am going to have sex with looks young, healthy, attractive & well. There will not be any risk of getting STIs/HIV/pregnant.”***

A person with STIs/HIV can look healthy and normal. It is wrong to assume that someone with STIs/HIV has sores or blisters or looks sickly. STIs/HIV can also happen to anyone of any age, gender or ethnicity. The best way to prevent STIs/HIV & pregnancy is to abstain from sex. If you are already sexually active, use a condom every time you have sex.

***“Using the withdrawal method (pulling out penis before ejaculation) will prevent STIs/HIV & pregnancy.”***

The withdrawal method is NOT a recommended birth control method and definitely does not protect you from STIs/HIV. When you have sex without a condom, you are at risk of catching an STIs/HIV or getting pregnant.

***“The birth control pill protects me from pregnancy and to certain degree, STIs/HIV.”***

The birth control pill prevents pregnancy but it does not protect you from STIs/HIV.

***“Putting on a condom right before ejaculation can help prevent pregnancy, STIs/HIV.”***

During sexual intimacy / foreplay, there will be some semen/vaginal fluids secreted and they may contain sperm and infections. Hence, there is still a chance of getting pregnant or catching an STI/HIV even if there is no sexual intercourse yet. To protect yourself, use a condom from the start (before penetration) to the end (after ejaculation). Throw away the condom after use.

## KNOW HOW TO CONVINCE YOUR PARTNER

"I'll pull it out in time"

"As soon as you are in, it's **TOO** late"

"If you love me, you'd agree"

"If you love me, you'll **put it on**"

"They don't make them big enough"

"They'll **stretch**"

"They are a passion killer"

"Don't worry, I'm **creative**"

"You're my only partner"

"Let's get **tested** first"

"I don't have a condom with me"

"Let's go **buy** some now"

"Don't you trust me?"

"I trust condoms more"

"But oral sex is safe"

"Not when it comes to infections"

"Just this once"

"Once is all that it takes"

"I don't feel comfortable buying them"

"Let's order some online"

"I've been tested and I'm clean"

"That's great! Let's keep it this way"

"Condoms are expensive"

"Let's share the cost"

## PREPARATION WINS THE BATTLE

**Okay, if you are told you have an infection, and you really want the person you care about to go for a check-up, but find it tough to spill it out, what should you do?**

### **KNOW YOUR STUFF!**

- It is best for you to know the facts about the STI that you will be discussing with your partner about. This will help prepare you for any questions your partner might ask you.

### **GET THE TIMING RIGHT!**

- Find the best time & venue to talk about it. Try to avoid raising the topic in the heat of an argument.

### **BE IN CHARGE!**

- Don't wait for your partner to raise the topic. You can start the ball rolling and explain that the infection could be from a previous relationship. Informing your partner can actually help you strengthen your relationship. Be open and honest with each other.

### **BE A LISTENER!**

- After talking, always spend time listening to what your partner has to say. It also provides you with an opportunity to clear misunderstandings.

**IMPORTANT:** STIs / HIV screening is the most accurate way you can be sure if you have an infection or not.

## VACCINATION PROTECTS YOU

**Vaccinations are given to help your body build immunity against a disease or infection. The following vaccinations are recommended:**

- **Hepatitis B Vaccine**

*“The hepatitis B vaccine prevents hepatitis B virus infection which causes liver inflammation, jaundice & rarely death.”*

The cost can be deducted from your Medisave 400 account, which allows an annual deduction of up to \$400.

- **HPV Vaccine**

*“The human papilloma virus (HPV) vaccine prevents infection with certain types of HPV associated with cervical cancer, genital warts and other less common cancers.”*

If you are a female aged between 9 to 26 years old, the cost can be deducted from your Medisave 400 account, which allows an annual deduction of up to \$400.

## WHERE TO GET TESTED?

In Singapore, you can choose to visit a GP, a private STI specialist or the DSC Clinic.

The DSC Clinic provides affordable and confidential STI and HIV testing services. Our doctors will recommend relevant tests based on your situation.

Financial assistance is also available on a case-to-case basis.

## IF YOU NEED TO SPEAK TO SOMEONE

DSC Clinic provides anonymous over-the-phone advice and counselling services.

Our in-house health advisors who are experienced in providing counselling on STIs/HIV will be able to give you practical advice and listen to your problems.

If you would like to speak to someone, our health advisors are contactable from Mondays – Fridays, during office hours at **1800 252 1324**



# DSC clinic

31 Kelantan Lane Singapore 200031

Appointment Booking: 6293 9648

[www.dsc-clinic.sg](http://www.dsc-clinic.sg)

Like us on Facebook @DSCsg

## Our operating hours

### Public clinic

Monday – Friday 8am to 11am

1pm to 4pm

### Public Evening Clinic

Monday & Friday 4pm to 6.30pm

### Women's Clinic

Wednesday 8am to 11am

Wednesday – Friday 1pm to 4pm

### Men's clinic

Wednesday 8am to 11am

*Closed on Saturday, Sunday & Public Holidays*

## If you need more assistance...

Anonymous HIV Testing by Action for AIDS

@ [www.aifa.org.sg](http://www.aifa.org.sg)

Tel: 6254 0212

Crisis Hotline by Samaritans of Singapore @

[www.samaritans.org.sg](http://www.samaritans.org.sg)

Tel: 1800 221 4444

TOUCHline by Touch Community @

[www.touch.org.sg](http://www.touch.org.sg)

Tel: 1800 377 2252

(Mondays – Fridays, 9am to 6pm)

For more locations of anonymous HIV test site in Singapore, log on to

<http://www.hpb.gov.sg/sexualhealth/article.aspx?id=6368>

[e.aspx?id=6368](http://www.hpb.gov.sg/sexualhealth/article.aspx?id=6368)

LGBTQ support by Ooga Chaga @

[www.oogachaga.com](http://www.oogachaga.com)

Tel: 6226 2002

Email: [contact@oogachaga.com](mailto:contact@oogachaga.com)