



Never underestimate peace of mind

This leaflet explains the concept of safer sex and why everyone who is sexually active should protect themselves against sexually transmitted infections or the risk of getting pregnant.

It also provides information on contraception, including emergency contraception, and a list of useful contacts including [GUM clinics](#).

Published

28 February 2011

Last reviewed

13 September 2018

Details

Format

55mm x 95mm, 10 pages, leaflet

Target group

18 to 30 year olds

Downloads

Attachment

Size

[peace of mind general leaflet.pdf](#) 772.98 KB

Tags

- [condom](#)
- [safer](#)
- [protect](#)
- [infect](#)
- [disease](#)
- [STI](#)
- [STD](#)
- [pregnancy](#)
- [genito urinary medicine](#)
- [sex](#)
- [Health](#)
- [GUM](#)
- [clinic](#)
- [Belfast](#)
- [south](#)
- [east](#)
- [west](#)
- [chlamydia](#)
- [Non Specific Urethritis](#)
- [NSU](#)
- [gonorrhoea](#)
- [genital warts](#)
- [genital herpes](#)
- [HIV](#)
- [syphilis](#)
- [Thrush](#)
- [Bacterial Vaginosis](#)
- [Gardnerella](#)
- [sexual health](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)

- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)