

MEDIA RELEASE – 29/01/2021

February 14 is National Condom Day – an annual celebration of healthy relationships, and safe, pleasurable, and consensual sex.

“A day that began with an American AIDS support group in the late 1980s, as a way of promoting condom use and safer sex practices, *National Condom Day* has now become an annual highlight on the Australian sexual health calendar,” said Family Planning Tasmania CEO, Cedric Manen.

“This National Condom Day, we’re launching our new graphic posters tied around four key themes, condom use, consent, pleasure and STI testing. We will also be distributing condom packs.”

Family Planning Tasmania has partnered with Sexual Health Quarters (SHQ) to produce some free, downloadable resources to empower and encourage community members to hold their own National Condom Day festivities.

Building on the success of last year’s campaign, the *National Condom Day 2021* posters aim to raise awareness of four key elements crucial for creating positive, safe, and pleasurable sexual experiences: (posters included below)

- **Condom use** – Make sure you’re always sweet for condoms and dental dams. They’re the most effective way of helping prevent Sexually Transmissible Infections (STIs). Condoms can also help prevent pregnancy. The title for this poster is ‘I crumb prepared’ and features a happy cookie.
- **Consent** – Consent comes first – even when you’re on a roll. Communicate with your partner/s and check in regularly. The title for this poster is ‘Can we avo cuddle?’ and features two avocados.
- **Pleasure** – Everyone deserves that fuzzy feeling. Make pleasure a priority for you and your partner/s. This poster features a peach and a banana saying “I’ve got that fuzzy feeling” and “I peel good too”.
- **STI testing** – Regular STI testing goes hand in hand with being sexually active. Speak to one of our doctors for a simple sexual health check. This poster features a taco asking “have you been tested?”

“We encourage, empower and support schools and community organisations to host their own National Condom Day events, and provide resources to assist them to have meaningful conversations around sexual health and wellbeing. This year, we have events planned with schools, particularly in the North West and the University of Tasmania.”

“Sexual health and wellbeing is about celebrating sexuality as an essential part of life, and practising safer and enthusiastic sex. Sex should be an enjoyable experience for all participants, so our artwork this year is a little light-hearted to encourage proactive conversations around sexual wellbeing,” said Cedric.

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I crumb prepared

Make sure you're always sweet for condoms and dams to help prevent STIs. Condoms can also help prevent pregnancy.

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Can we avo cuddle?

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I've got that fuzzy feeling I peel good too

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Bean tested?

Regular STI testing goes hand in hand with being sexually active. Speak to your GP or sexual health clinic for a simple health check.

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