

9 February 2022

## **MEDIA RELEASE**

### **Family Planning Tasmania releases inclusive campaign and tips on 'having the condom chat' for National Condom Day 2022**

As well as being Valentine's Day, 14 February is also National Condom Day. National Condom Day is an annual public awareness campaign which encourages proactive sexual health and wellness and encourages the regular use of condoms.

This year's campaign is focussed on consent around condom use, and encouraging people to "have the condom chat". The angle for 2022 is around negotiation and communication, and encouraging young people to talk about condom use, and talking with partners about what safer sex they'd like to have. The artwork is available to be viewed at the bottom of this media release.

Cedric Manen, CEO of Family Planning Tasmania said that it's important that young people have access to resources and information on how to bring up condom use with sexual partners.

"We often hear that young people can feel uncomfortable on bringing up using condoms with their partners, and this can lead to them not using condoms," said Mr Manen.

"We have prepared some responses as well as information to empower young people to insist on prioritising safety and comfort in sex. Condoms are effective at preventing pregnancy and preventing STI transmission, so they are a win-win!"

"As part of the campaign, we have partnered with Sexual Health Quarters, our sibling organisation in WA. They have produced fantastic, inclusive and youth-focussed artwork for this campaign, including two posters and a condom pack. The condom pack features a person with a walking cane, and on the inside a QR code linking to the article on our website.

"In the posters, you may notice a walking cane off to the side of the couch, and in both posters the people are easily relatable to all people, as they reflect the diversity of the Australian community, being ethnically and gender diverse. At Family Planning Tasmania, we aim to always be inclusive and representative of the diverse community we serve.

"Family Planning Tasmania is encouraging all people of all ages to "have the condom chat" with their partners. Head to our website to read the article "how to have the condom chat" for tips on how to have the chat."

Our three main tips are:

1. Always have a condom (or two!) on you. It makes the conversation easier, and shorter.
2. Know what to say – have a few responses prepared to help you feel confident and empowered to insist on using a condom.
3. Suggest or try other things, or suggest a raincheck, or not have sex at all



“Sexuality is an integral part of life. We are committed to supporting people to make an informed choice about when or if they have children, and to be empowered to express their sexuality,” said CEO of FPT, Cedric Manen.

More information about FPT is available on our new website here: <https://www.fpt.org.au/>

### **About Family Planning Tasmania**

Family Planning Tasmania (FPT) has delivered high quality sexual and reproductive health services to Tasmanians for over 45 years.

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