

CONDOM
CONTRACEPTION
COMMUNICATION
CONSIDERATE
CHLAMYDIA
CONSEQUENCE
CARING
CONFIDENTIAL
CONVERSATION
C CARD

 sense, get a  card

Confidential sexual health advice
and **free** condoms for anyone aged 13-24

What is C-Card?

The C-Card scheme provides confidential sexual health advice and free condoms to anyone aged 13-24.

You can use the service whether you're male or female and no matter what your sexual orientation is.

It doesn't matter whether you're having sex, thinking about having sex or just curious.

It's **FREE** and completely **CONFIDENTIAL**.

How do I get a C-Card?

To join, you need to visit a registration outlet and speak to an advisor.

The advisor will let you know how the scheme works and if you want to join they will sign you up.

You will need to give your date of birth and part of your postcode (we will never contact you using this information). They will give you a C-Card and a selection pack of condoms.

Whenever you want condoms all you have to do is visit any C-Card registration point, show your card and choose your condoms.

Your C-Card is marked every time you use it. You can use your card 10 times in a six month period if you are under 18 and 20 times in a six month period if you are 18-24 years old.

After this, return to any C-Card registration point for a chat and to get your card renewed.

You can find your nearest outlet at www.ccardsunderland.co.uk

Double Up!

Condoms are the only form of contraception that can help prevent sexually transmitted infections (STIs).

If you're having sex, it's important to use a condom every time – even if you're using hormonal contraception such as the pill, injection or implant.

For more information about the C-Card scheme and details about sexual health services in Sunderland visit:

www.ccardsunderland.co.uk