

WHAT TO DO IF

The condom breaks?

Sometimes condoms break or slip off during sex. There are a few things that you can do to help prevent this from happening – check out our condom tips here. But regardless of how careful you are, sometimes it happens. If it does, you should consider doing include:

Get PEP

If you know or think there is a significant chance that your partner has HIV (and is not undetectable or their viral load is unknown), there is medication that you can take within 72 hours to reduce your chances of getting HIV.

Get Tested

Get tested for STIs if you had sex and the condom broke. Getting tested will help you know for sure if you have an STI, even if there are no symptoms. You should wait for at least 2 weeks before getting a test. You shouldn't have sex during these two weeks.

Find out where you can get tested.

If you have had sex with someone who has an STI, you should go to an STI clinic as soon as possible. If your partner has tested positive for an STI, you will be offered testing and may be given medications to treat the STI whether or not you have symptoms.

I think I have something?

If you are concerned that there is a chance that you have an STI, or if you notice any symptoms of an STI, it is important to:

Get Tested

Getting tested regularly will help you know for sure if you have an STI even if you do not have symptoms. If you do have an STI, you can get treated right away. Getting tested is the only sure way of knowing if you have an STI or not. Find out where you can get tested.

Get treatment:

If you have an STI you will be given medication to treat it. It is important to take all of the medication to make sure that the STI is treated properly. While taking the medication, it important that you and your partner(s) do not have sex until each of you finishes taking all of the medication.

Talk to someone who knows about STIs

Sometimes people will worry so much about having an STI that it interferes with their daily life. For example, you may have trouble sleeping or you can't stop thinking about having an STI. Some people have found that it can be helpful to talk to someone who is knowledgeable about sexual health. Check out our support and services section for help near you.

We Didn't Use Condoms?

Sometimes we're drunk, high or just don't use a condom when having sex. Whatever the reason, it's important to know what to do next:

Get PEP

If you know or think there is a significant chance that your partner has HIV (and is not undetectable or their viral load is unknown), there is medication that you can take within 72 hours to reduce your chances of getting HIV.

Get Tested

Get tested for STIs if you had sex and the condom broke. Getting tested will help you know for sure if you have an STI, even if there are no symptoms. You should wait for at least 2 weeks before getting a test. You shouldn't have sex during these two weeks.

Find out where you can get tested.

If you have had sex with someone who has an STI, you should go to an STI clinic as soon as possible. If your partner has tested positive for an STI, you will be offered testing and may be given medications to treat the STI whether or not you have symptoms.

Speak with someone about drink & drugs

If you are drinking or taking drugs and are feeling embarrassed about your behaviour or not being able to remember the night before, getting into arguments, or having risky sexual encounters, including not using condoms – it might be a good idea to consider speaking to someone about your drink and/or drug use. See our section on drink & drugs and our support section.

Someone I had sex with has an STI?

If a sexual partner has told you that he or she has an STI, you may be worried that you were exposed to the STI during sex. If you share drug equipment, you may also have been exposed to certain STIs. You should:

Get PEP

If you know or think there is a significant chance that your partner has HIV (and is not undetectable or their viral load is unknown), there is medication that you can take within 72 hours to reduce your chances of getting HIV.

Get Tested

You should go and get tested as soon as possible following a partner telling you they have an STI. Getting tested will help you know for sure if you do too, even if you do not have symptoms. If you do have an STI, you can get treated right away. Getting tested is the only sure way of knowing if you have an STI or not. Find out where you can get tested.

Get treatment:

If you have an STI you will be given medication to treat it. It is important to take all of the medication to make sure that the STI is treated properly. While taking the medication, it is important that you and your partner(s) do not have sex until each of you finishes taking all of the medication.

Talk to someone who knows about STIs

Sometimes people will worry so much about having an STI that it interferes with their daily life. For example, you may have trouble sleeping or you can't stop thinking about having an STI. Some people have found that it can be helpful to talk to someone who is knowledgeable about sexual health. Check out our support and services section for help near you.

Sharing Needles

If you were sharing drug equipment with the person who told you they have an STI, you are at a higher risk of contracting that STI if it is a blood-borne infection. These include HIV, Hepatitis A/B/C and Syphilis. Take a look at our safer injecting information.

I Can't Remember Last Night?

Blacking out can happen when a person drinks too much alcohol, does certain drugs, or combines drugs and alcohol. In some situations, you may have voluntarily taken drugs or drank a lot and ended up hooking up with someone. In this case, you may have concerns that the sex was unprotected.

In other situations, you may have blacked out because someone slipped drugs in your drink or took advantage of you when you were drunk or high. If you were intoxicated or passed out, you were not able to give consent to sex.

Get PEP

If you had unprotected anal sex (or you think you may have) there is medication that you can take within 72 hours to reduce your chances of getting HIV.

Get Tested

If you are not sure that you had sex, you may be worried about STIs. Getting tested will help you know for sure if you have an STI, even if there are no symptoms. You should wait for at least 2 weeks before getting a test. You shouldn't have sex during these two weeks.

Find out where you can get tested.

If you have had sex with someone who has an STI, you should go to an STI clinic as soon as possible. If your partner has tested positive for an STI, you will be offered testing and may be given medications to treat the STI whether or not you have symptoms.

Get counselling and emotional support

Not knowing what happened to you can be upsetting. If you are worried or upset to the point that it is disrupting your everyday life, it can help to find someone you trust to talk to. See our section on support and services for more information.

What To Do If... There Was No Consent?

Consent is an agreement between you and those you are having sex with that all involved definitely want to have sex, or engage in a sexual act. All partners need to fully and clearly agree to it, and it must be continuous for the duration of sex. That means that anyone involved has the right to change their mind at any time throughout the activity.

Consent should be freely given, enthusiastic, clearly communicated and ongoing throughout. Never assume consent.

If you were intoxicated or passed out, you cannot consent to sex. Just because you were drinking or doing drugs does not mean you consented to sex.

However, sometimes sex happens without consent. If this happens to you should:

Know it is not your fault

It is not your fault that someone chose to ignore your refusal to give consent, did not stop when you withdrew consent or took advantage of you when you were unable to give consent. You have the right to get support and help.

Contact support services

It can be confusing to know what to do. There are a number of places to get help. These sexual assault services can help you decide what you need to do too and give you emotional support.

Sexual Assault Treatment Units (SATU)

There are six Sexual Assault Treatment Units (SATUs) in Ireland. They provide specialist care for women and men aged fourteen years and over who have recently been sexually assaulted or raped.

Rape Crisis Network FREEPHONE: 1800 778888

Offer a confidential, 24-hour telephone helpline, 7 days a week staffed by trained counsellors who are available to listen to you and any concerns you may have in regard to issues of rape, sexual assault, sexual harassment or childhood sexual abuse.