

Unprotected Sex Scenario Guidance

A had sex with B on Tuesday night. A is on the pill; they didn't use a condom. A didn't feel very well after supper on Wednesday and spent most of that night throwing up.

No condom was used so there is a risk of STIs, including HIV. Although A is on the pill, it is likely to have lost its effectiveness due to her vomiting and from the point she began to do so. Sperm can survive inside the body for up to 7 days. She will need to keep taking her pills as usual and also use a condom to protect against pregnancy for the rest of that month's cycle. If B isn't her regular partner and has other sexual partners, she should also go and get checked for STIs, including HIV, at the clinic. B should also attend the clinic to get a check-up for STIs.

C and her partner are away on holiday together with her family for two weeks. They are having a great time and manage to sneak off and have sex together a few times; they aren't using condoms but he is withdrawing before he ejaculates. C's period is due the week they get back. It doesn't arrive.

No contraception has been used so there is a risk of pregnancy, and STIs. Each time the penis becomes erect it has several thousand sperm on the end, so even if he doesn't ejaculate, the withdrawal method is not safe. It is past the 72 hour (3 days) window for the emergency contraceptive pill and past the 5 day window for having an IUD fitted. The only option is to take a pregnancy test. She may choose to do this at a clinic so that she can be supported in her decision-making if the test is positive. Both she and her partner should also get a check-up for STIs.

F meets G on a Saturday night; they get really drunk and she can't really remember exactly what happened the night before. She thinks she might have given G a blow job; there was certainly a lot of snogging and touching each other's genitals. She's fairly sure she didn't have sexual intercourse. She doesn't have his number.

If she did have sexual intercourse there is a risk of pregnancy, although she should be able to tell if she actually had sex from how her vagina feels and whether there's evidence of semen. She is still at risk from STIs from the blow job (oral sex); also genital warts and pubic lice if their genitals made contact. She could buy the emergency contraceptive pill from a pharmacy on Sunday (it is most effective if taken within 24 hours); or she could wait until Monday and go to the clinic, where she could get emergency contraception for free and get checked for STIs, including HIV, at the same time.

M meets N at a friend's stag night; there's a lot of drinking and some people are taking drugs. M is having trouble remembering what happened. He's sure they used condoms when they had sex but there was a lot of oral sex and close body contact, touching each other's genitals.

There is a risk of STIs from oral sex; also genital warts and pubic lice from genital contact. Due to the drinking and drug taking, his memory might not be all that reliable so there may be a risk of STIs from penetrative sex as well. Both men should go to the clinic and get a check-up for STIs, including HIV; clinics are often also able to give out free condoms to young people under the age of 25.