

SEXUAL HEALTH: KNOW THE SIGNS

These signs can show up *differently* in different bodies.

Common Signs



CHANGES IN DISCHARGE

Different colour, smell, or texture

- ▶ Sometimes normal, but worth checking.



BLEEDING CHANGES

- Between periods
- After sex



ITCHING OR IRRITATION

Stinging, burning, going more often

- ▶ Don't ignore ongoing changes.



PAIN OR SWELLING

Lower tummy, genital, or pelvic discomfort

- ▶ Your body is signalling something.



PAIN WHEN PEEING

Stinging, burning, going more often

- ▶ Don't ignore ongoing changes.



PAIN DURING SEX

Pain or bleeding

- ▶ Not something to push through.



BLEEDING CHANGES

Between periods or after sex

- ▶ Always worth checking.



PUBIC LICE SIGNS

Itching, eggs, marks

- ▶ Treatable — nothing to feel awkward about.



IMPORTANT

You might not notice anything

- Some STIs have **no symptoms** at all.
- Symptoms can take weeks, or even months.

Some causes are **not STIs** — but it's still worth checking.



REAL TALK

- Bodies change — not everything is an STI
- Guessing isn't enough.
- ✓ Getting checked = taking control.

Notice changes. Trust yourself. Get checked.

Not all bodies experience symptoms in the same way.

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