

# SEXUAL HEALTH

Stories  
to talk  
about





# SEXUAL HEALTH

## **Sexual Health**

Sexual health is a state of physical, mental and social well-being in the field of sexuality. It requires a positive and respectful approach of sexuality and sexual relationships, as well as the possibility of having experiences that are a source of pleasure, and without risk, free from coercion, discrimination or violence.

## **Sexuality**

Sexuality is a central aspect of human beings throughout life and includes sex, identities and socially associated gender roles, sexual orientation, eroticism, pleasure, intimacy and reproduction (...).

Definitions from the World Health Organization (WHO), [www.oms.org](http://www.oms.org)

## STORIES TO TALK ABOUT

Through the following stories, we intend to illustrate that sexual health is a broad and multi-faceted issue that concerns all of us, regardless of our age, whether we have an active sexuality or not.

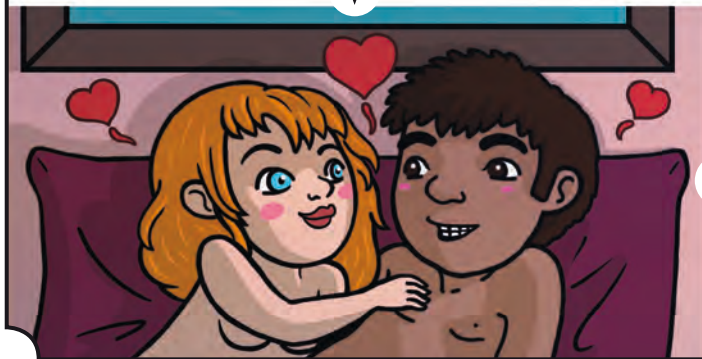
Sometimes we remain with a discomfort, without thinking that we could talk about it, that solutions exist.

Geneva provides numerous places to turn to in case of questions, problems, doubts, information needs.

However, it is not always easy to know which door to knock on!

Therefore, you will find in this brochure the locations and addresses of various institutions working in the field of sexual health in Geneva.

You can meet there professionals who can help you, accompany you or simply answer your questions.



\*Sexually Transmitted Infection

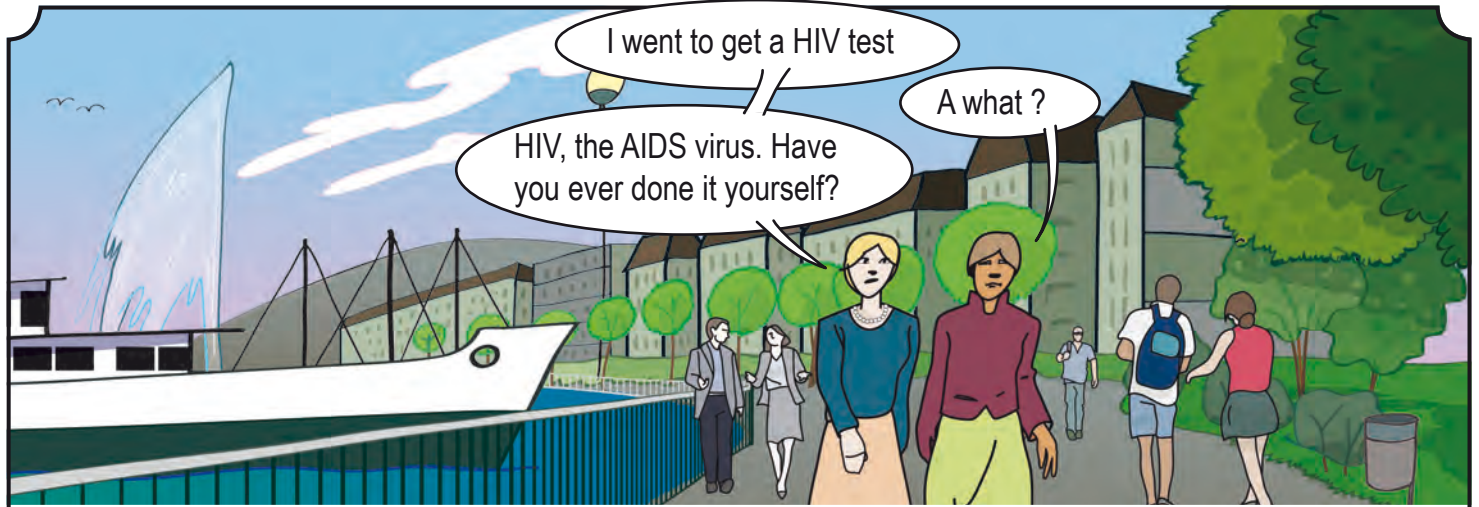
Wow, look what is going on here !

Hey, that's no way to talk about women !  
Although I have to admit,  
I'd love to get to know her !



At the same time,  
if it is to ejaculate  
after three  
seconds...

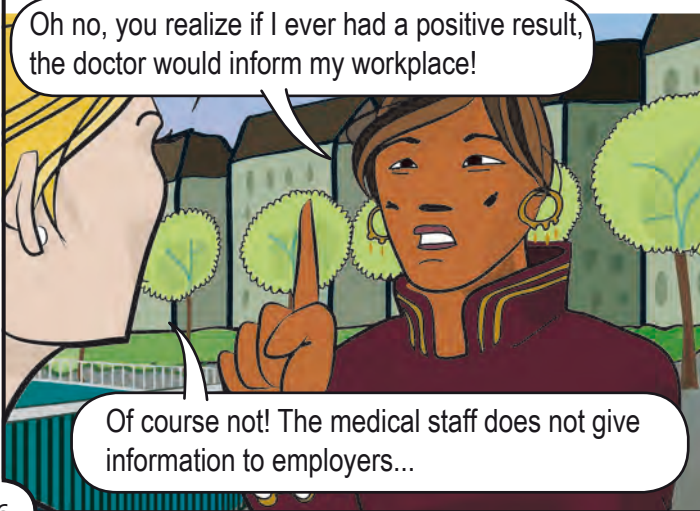




I went to get a HIV test

A what ?

HIV, the AIDS virus. Have you ever done it yourself?



Oh no, you realize if I ever had a positive result, the doctor would inform my workplace!

Of course not! The medical staff does not give information to employers...



And to the family? Will the doctor notify the family?


NO, staff must respect medical confidentiality: they cannot talk to the police, family or your workplace.



Hi, beautiful, you do without a condom?  
Don't worry, I'm clean,  
I have a wife and kids.

But honey, I am not going to ask your  
wife for the results of your tests, or else?  
With me, oral sex and penetration are  
always done with a condom.





Hey, and you don't know what's happening to me again!? I'm in big trouble at work.

hmm...what ?  
Oh yeah ?  
What's that?


Sorry, I'm on the "Easy Dating" App, this is Jeremy, I forgot to answer him. You know, on Tuesday I saw Alain and Marco, and tonight I have to see Kodjo!

Bip Bip

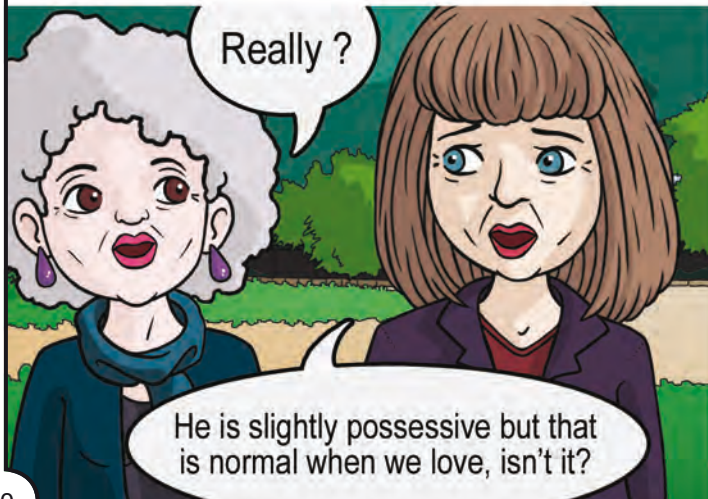
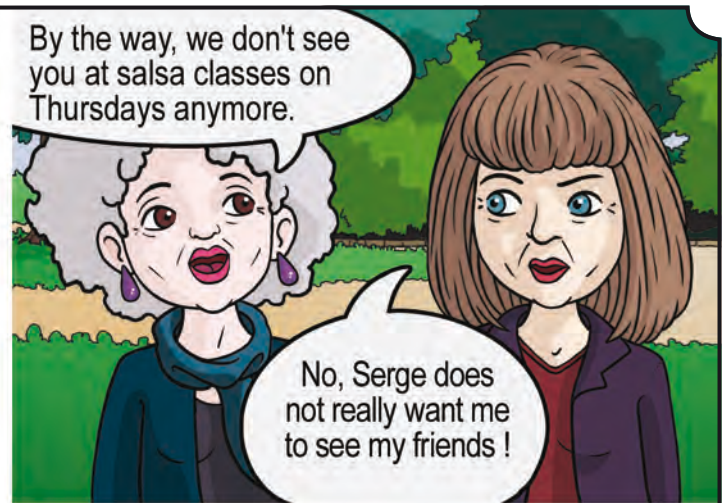
Bip Bip

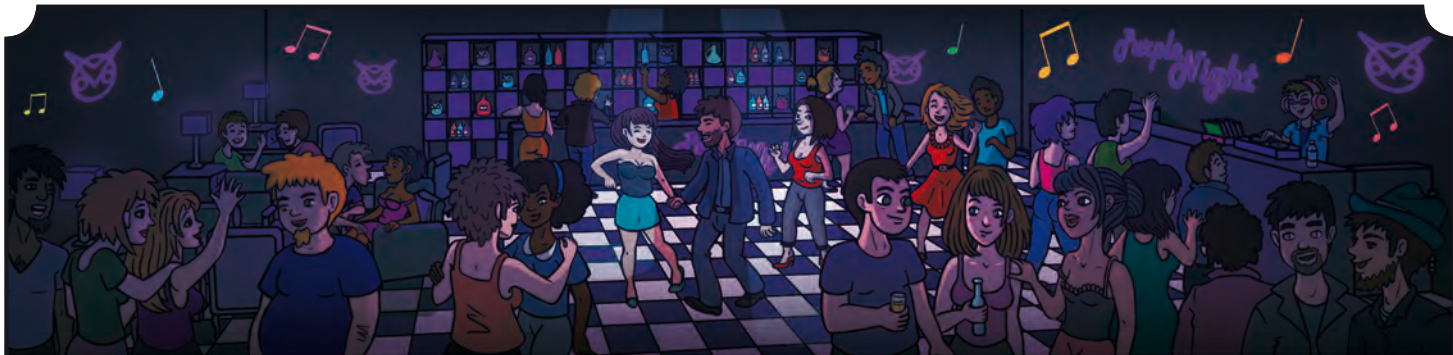


Tell me, Are you listening to me or are you just thinking about sex?



Excuse me. You know, I try to stop all these dates... Sometimes I think it does not make sense... but I cannot help it.







\*carrier of the AIDS virus



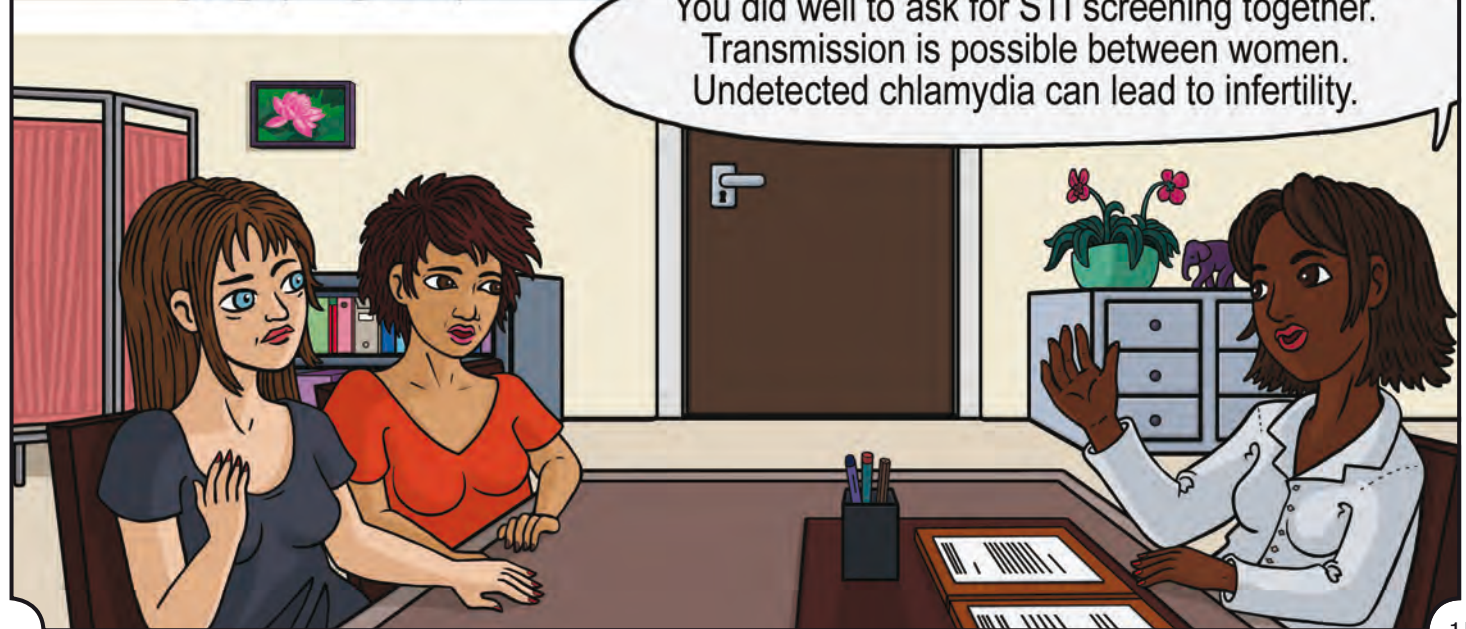


Oh, look, there is Julie!

Julie ?  
...Who is she ?

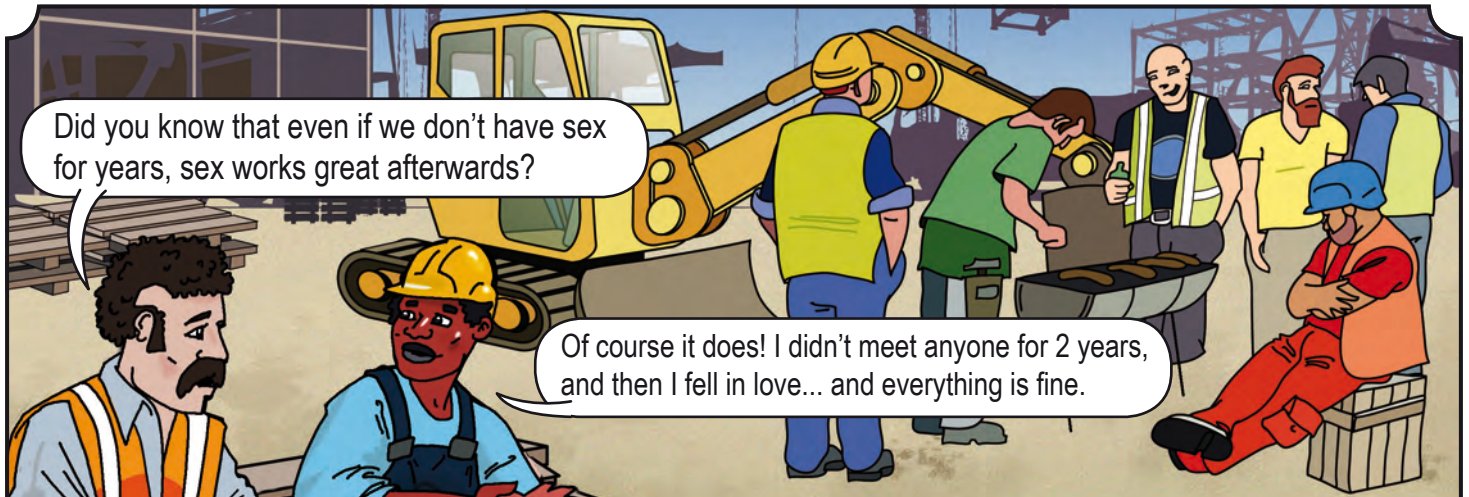
Ah, it is true that you do not  
know about it!  
Do you remember Julien?  
Well now, his name is Julie  
and he is a woman.

Yes, it was very funny at first.  
It was hard for her to see us lost.  
Come on, let's dance with her!









Did you know that even if we don't have sex for years, sex works great afterwards?

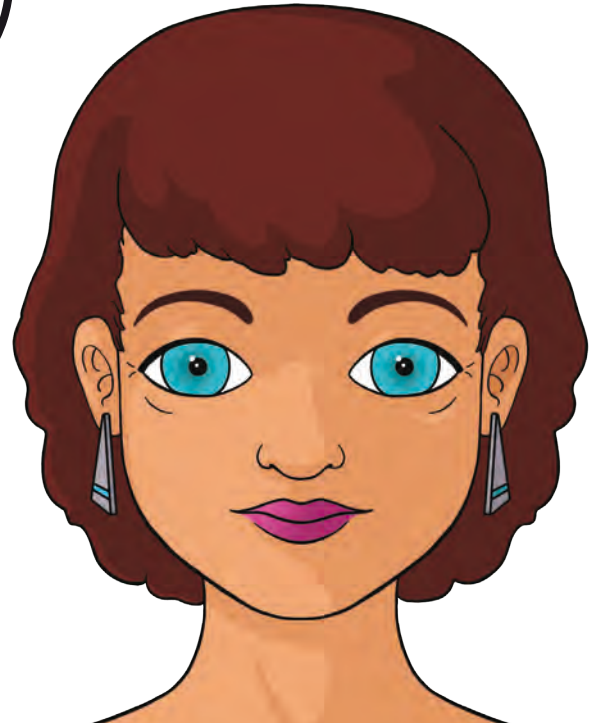
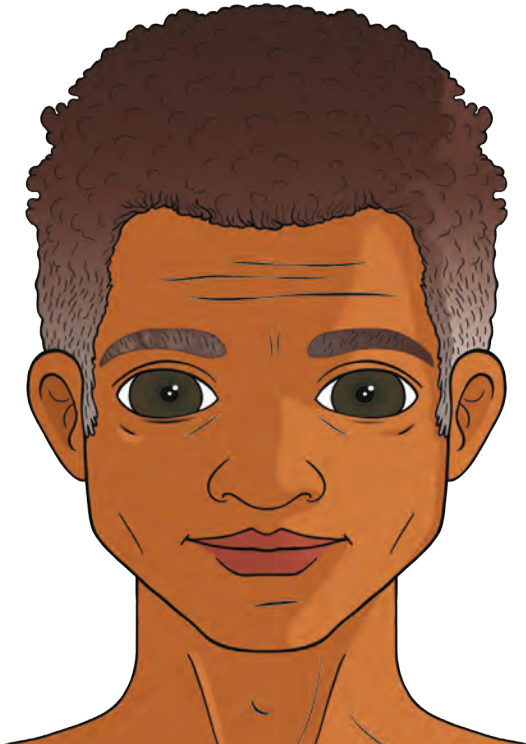
Of course it does! I didn't meet anyone for 2 years, and then I fell in love... and everything is fine.



We use condoms until we go for testing for AIDS and other sexually transmitted infections.

Ah yes, testing is good to think about! Because you can get an infection and not feel anything.

These stories are not exhaustive,  
There are many others.  
**Daring to talk about them can help you.**



# Places for sexual health information, consultation and advice and/or screening for sexually transmitted infections

Interpreters are available free of charge at most locations. The interpreter is subject to professional secrecy.

Locations	Target population	Sexual Health Services	Website
<p><b>General practitioner, gynecologist, Pediatrician, dermatologist, urologist, Psychiatrist, sexologist,...</b> in private or in consultations at the University Hospitals of Geneva (HUG).</p> <p><b>Professionals in every school and social place</b> (neighborhood houses, Hospice, info-service offices,...)</p>	General public	Testing for HIV and other STIs Listening, care and orientation according to the needs in specialized locations	<p><a href="http://www.amge.ch">www.amge.ch</a> <a href="http://www.hug.ch">www.hug.ch</a></p> <p><a href="http://www.ge.ch/education-sexuelle-affective">www.ge.ch/education-sexuelle-affective</a> <a href="http://www.geneve.ch/fr/themes/social/politique-sociale-proximite/points-info">www.geneve.ch/fr/themes/social/politique-sociale-proximite/points-info</a> <a href="http://www.hospicegeneral.ch">www.hospicegeneral.ch</a></p>
<p><b>Aspasie</b> Rue des Pâquis 11 022 732 68 28</p>	People who work in the field of sex work and their clients	Testing for HIV and other STIs according to evaluation Sexual Health Consultation Support	<a href="http://www.aspasie.ch">www.aspasie.ch</a>
<p><b>Boulevards</b> Bd Helvétique (tuesday, thursday) Pl. des Alpes (wednesday) 078 735 89 83</p>	People who work in the field of sex work and their clients	Testing for HIV and other STIs according to evaluation Sexual health prevention Support	<a href="http://www.aspasie.ch">www.aspasie.ch</a>
<p><b>PVA-Genève</b> Rue des Pâquis 35 022 732 44 45</p>	Geneva Association of People Living with HIV/AIDS and their Families	Support Activities PVA Solidarity	<a href="http://www.pvageneve.ch">www.pvageneve.ch</a>
<p><b>CAMSCO – HUG</b> Rue Hugo-de-Senger 2-4 022 372 53 11</p>	Persons without health insurance or financially precarious persons	HIV/AIDS testing Guidance for other STIs	<a href="http://www.hug.ch/consultation/soins-communautaires-camsco">www.hug.ch/consultation/soins-communautaires-camsco</a>

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Locations	Target population	Sexual Health Services	Website
<b>Checkpoint – GE</b> Rue du Grand-Pré 9 022 906 40 30	Personnes LGBTQI+ people and their partners	Testing for HIV and other STIs PEP-PREP-Vaccinations Sexual Health Consultation Support Mental health	<a href="http://www.checkpoint-ge.ch">www.checkpoint-ge.ch</a>
<b>Fédération genevoise des associations LGBT</b> 076 437 84 14	Lesbian, Gay, Bisexuals, Transgender, Queer, Asexual, Intersex, ...	Support LGBT activities and friends Solidarity	<a href="http://www.federationlgbt-geneve.ch">www.federationlgbt-geneve.ch</a>
<b>Groupe Santé Genève</b> Rue du Grand-Pré 9 022 700 15 00	Vulnerable Persons : LGB-TQI+, migrants, sex workers people in precarious situations.	Testing for HIV and other STIs PEP-PREP-Vaccinations Sexual Health Consultation Support	<a href="http://www.groupesantegeneve.ch">www.groupesantegeneve.ch</a>
<b>Pôle Santé Social de l'Université de Genève</b> 022 379 77 79	Students of the University of Geneva	Medical Consultations Voucher for free HIV test	<a href="http://www.unige.ch/dife/sante-social/sante">www.unige.ch/dife/sante-social/sante</a>
<b>Première ligne</b> 6 rue de la Pépinière 022 748 28 78	Drug Users	HIV and hepatitis screening Support	<a href="http://www.premiereligne.ch">www.premiereligne.ch</a>
<b>Tests anonymes VIH/sida – HUG</b>	General public	Testing for HIV and other STIs According to evaluation	<a href="http://www.testvih.ch">www.testvih.ch</a>

# screening for sexually transmitted infections

Locations	Target population	Sexual Health Services	Website
<b>Unité de santé sexuelle et planning Familial – HUG</b> 47 bd de la Cluse 022 372 55 00	General public	Info-guidance STI Birth Control Emergency methods Pregnancy tests Pregnancy- Voluntary Interruption of Pregnancy (abortion) Violences Couples' Consultations Sexology Sexual orientation Gender identity	<a href="http://www.hug.ch/sante-sexuelle-planning-familial">www.hug.ch/sante-sexuelle-planning-familial</a>
<b>NEIGHBOURING FRANCE</b>			
<b>Unité de santé affective et sexuelle Centre Hospitalier Annecy Genevois (CHANGE)</b> Saint-Julien-en-genevois CPEF + CEGIDD: 0033 450 49 67 39	People living in neighbouring France	Testing for HIV and other STIs according to evaluation	CEGIDD : <a href="http://www.auvergne-rhone-alpes.ars.sante.fr/centres-gratuits-dinformation-de-depistage-et-de-diagnostic-vih-ist-hepatite-c-0">www.auvergne-rhone-alpes.ars.sante.fr/centres-gratuits-dinformation-de-depistage-et-de-diagnostic-vih-ist-hepatite-c-0</a>
<b>Centre Hospitalier Alpes Léman (CHAL)</b> Contamine-sur-Arve CPEF: 0033 450 82 23 93 CEGIDD: 0033 450 82 30 57		Emotional and Sexual Life Consultations	
<b>Centre de Planification et d'éducation familiale (CPEF)</b> Ornex 0033 450 42 89 87			

# LEXICON

**Medical secrecy** (or professional secrecy) – Its purpose is to protect the patient and its interests. It guarantees the confidentiality of information. The information concerning the patient cannot be revealed to other persons or institutions without his authorization.

**Screening** – Examinations carried out to detect the presence or absence of a health problem.

**STI** – Sexually Transmitted Infections. Infections that are transmitted from one person to another during sexual relations. The main STIs are HIV and chlamydia, gonorrhea, syphilis, papillomavirus (HPV) and hepatitis. You can get an STI but feel nothing and see nothing.

**HIV** – Human Immunodeficiency Virus. Currently a very effective treatment (anti-retrovirals) allows to fight against the virus. The virus will not be eliminated but it will be controlled and cannot be transmitted. Without treatment, it is transmitted through unprotected sex; needle sharing; and from mother to child during pregnancy and breastfeeding. This virus decreases the body's ability to fight infection.

**AIDS** – AIDS is an advanced stage of HIV infection. It occurs a few years after infection only if the person does not take treatment. Serious illnesses, called opportunistic diseases (because they take advantage of a weak immune system) will develop.

**Seropositivity** – Being an HIV-positive person means that the AIDS virus has entered the body. An HIV-positive person does not feel anything in their body, they are not sick.

**NOTE** : Early and well-monitored HIV treatment can prevent transmission of the virus to others and the onset of serious illness. Thanks to this treatment, HIV-positive people can live as an HIV-negative person : work, have children, play sports and live a long life.

**IUD-Pill** – These are contraceptive methods. They help to avoid an unwanted pregnancy.

They do not prevent the transmission of STIs.

There are still other means, such as the patch, the ring, the symptothermal method, condoms, etc. All of these contraceptives can be stopped at any time and a pregnancy can occur as soon as contraception is stopped. The calculus method (calculating a non-fertile period according to menstrual periods) and the withdrawal method (withdrawing before ejaculation) are unreliable methods that do not allow to avoid pregnancy and STIs.

# BASIC RULES FOR PROTECTION AGAINST SEXUALLY TRANSMITTED INFECTIONS:

1. Use a condom for vaginal or anal penetration.
2. Use a condom for oral sex and a condom for cunnilingus and annulingus.
3. Avoid menstrual blood and sperm in the mouth.
4. Consult a doctor in case of itching, burning, discharge, pimples or other problems on the sex, anus or in the mouth.
5. Perform regular STI screening.

For more specific instructions : [www.check-your-love-life.ch](http://www.check-your-love-life.ch)



# REALIZATION

## **Geneva Group for Reflection and Promotion of Sexual Health**

Aspasia, Boulevards, Outpatient Community Care Medical Consultation (HUG - CAMSCO)  
Dermatology and venereology consultation (HUG), HIV consultation (HUG - anonymous tests),  
Dialogai, Communication Directorate (HUG), Groupe Santé Genève, Service de santé de l'enfance et de  
la jeunesse (OEJ - DIP), Cantonal Medical Service (SMC - DSPS), Prison Medicine Service (HUG), Sexual  
Health and Family Planning Unit (HUG)

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[www.baccup.ch](http://www.baccup.ch)

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Geneva City

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Find this brochure as well as a complete list of Geneva institutions  
dealing with sexual health on :

[www.santesexuelle-ge.ch](http://www.santesexuelle-ge.ch)



Downloadable documents





•Groupe•santé•Genève• Unité de la Santé  
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**CHECKPOINT**  
UN SERVICE DE DIALOGA