



# SEXUAL HEALTH

an information brochure developed in 2017  
by the Church City Mission

**KIRKENS  
BYMISJON**



A woman with long, curly hair is shown from the side, holding a baby high above her head with both hands. She is looking upwards with a joyful expression. In the background, another person is partially visible, also looking upwards. The entire image is overlaid with a semi-transparent blue filter. The text 'KNOWLEDGE ABOUT SEXUAL HEALTH' is centered in white, bold, sans-serif capital letters.

KNOWLEDGE  
ABOUT  
SEXUAL  
HEALTH

...can protect both you  
and others.

...can help you have  
a good life.

...can prevent infection  
with diseases so that  
you stay healthy.

**GOOD  
SEXUAL  
HEALTH  
IS ABOUT**



...feeling good about your own sexuality – both physically and mentally.



...being healthy and/or obtaining proper medical care if you do become sick.



...the right to decide over your own body and not be discriminated against regardless of your gender, what country you come from or who you fall in love with.



...the right to decide when and whether to have sex.



...the right to decide which type of contraception you may want to use.



...the right to decide when and whether you want to have children.



# SEXUAL HEALTH SERVICES IN NORWAY



Everyone has the right to health care for infectious diseases in Norway.



All treatment for sexually transmitted diseases in Norway is free.



Healthcare personnel in Norway have a strict obligation to maintain secrecy.



Healthcare personnel cannot tell family, friends or others what you are talking about.



The health service in Norway employs highly qualified staff and is based on sound research.

# SEXUALLY TRANSMITTED INFECTIONS (STIs)

- 💧 STIs are diseases transmitted through sexual contact.
- 💧 STIs are spread by contact between the skin and mucous membranes in the genitals, mouth or anus.
- 💧 Some STIs can be spread via blood.
- 💧 You can be cured of or live well with most of these diseases as long as you take medicine.
- 💧 If you becomes infected with an STI, it is important to talk with healthcare personnel so that you can obtain medicine and help.



# HOW CAN YOU AVOID BEING INFECTED WITH STIs?



By using a condom when having sex.



By testing yourself. It is a good idea to get tested regularly if you have sex with several people.



You can have a vaccination against some diseases so that you do not become infected.

## WHERE CAN YOU GET TESTED?



At your doctors office



The Church City Mission has its own testing service in several Norwegian cities. Most only offer a quick test for HIV, while some may offer more tests. Read more at [www.minuttest.no](http://www.minuttest.no)



At the health centre in the municipality where you live.



At free clinics, see the list at [www.helsenorge.no](http://www.helsenorge.no)

# HIV

- ⊕ HIV is a virus that can be contracted through sexual contact and through blood.
- ⊕ Anyone can become infected with HIV, regardless of gender, the country you come from or who you have sex with.
- ⊕ Without medical treatment, HIV can make you very sick and you can die.
- ⊕ With medical treatment you will live a long life with HIV and you will not die from the disease.
- ⊕ In Norway, all those who are HIV-positive receive medicine.
- ⊕ If you are an asylum seeker, your HIV status will not affect your application.
- ⊕ HIV and AIDS are not the same. HIV is a virus you can live with, while AIDS is a condition that occurs when people who are HIV-positive do not take medicine.

# HIV CAN BE TRANSMITTED



...if you have unprotected sex.



... if you share syringes with other people.



... from mother to child during pregnancy, at birth and by breast-feeding.



... by blood transfusion in some countries (not Norway)

# HIV IS NOT TRANSMITTED



...through saliva,  
sweat, tears and  
urine



...by kissing, hugging,  
cuddling, proximity and  
physical contact



..from insects  
or pets.



...by friendly contact  
with neighbours,  
friends, family  
and others.



...through food,  
drink and  
sharing toilets  
and showers.

# THOSE WHO ARE HIV-POSITIVE WHO HAVE SUCCESSFUL TREATMENT:



Cannot in practice  
infect others.



Can live a life which is  
as long and as good as  
those without HIV.



Can have a child  
without infecting  
the baby.



Can have a family,  
friends and  
experience love.



Can have sex  
without infecting  
their sexual  
partner.

# YOU CAN LEARN MORE HERE:

## THE CHURCH CITY MISSION

Aksept is a centre offering guidance and support to all who are affected by HIV, aiming to increase self-empowerment and independence. Aksept is also a resource centre for all who want to learn more about HIV and how it impacts people's lives. [www.aksept.org](http://www.aksept.org)

The Church City Mission has several organisations that work with sexual health. Read more at [www.minuttest.no](http://www.minuttest.no)

## HELSENRGE.NO

Helsenorge.no is the public health portal for residents in Norway. Helsenorge.no has an information page about sexual health where you can read about all relevant topics and find a list of places where you can get help:

[www.helsenorge.no](http://www.helsenorge.no)

## HIVNORWAY

HivNorway is a politically and religiously independent national organization for people living with HIV, their families and others affected by or concerned about HIV. On their website [www.hivnorge.no](http://www.hivnorge.no) there is plenty of good information about HIV.

## THE NORWEGIAN INSTITUTE OF PUBLIC HEALTH (FOLKEHELSEINSTITUTTET)

The Norwegian Institute of Public Health's task is to produce, summarize and communicate knowledge in order to contribute to good health, good medical care and legal protection. It has thoroughly and professionally updated information on sexually transmitted diseases on its website. [www.fhi.no](http://www.fhi.no)

## SEX OG SAMFUNN

Sex og samfunn is the country's biggest centre for sexual and reproductive health and rights. It runs a free clinic for anyone under 25 years of age in Oslo and has good information about sexual health on its website [www.sexogsamfunn.no](http://www.sexogsamfunn.no)

## OLAFIAKLINIKKEN

A free clinic run by Oslo University Hospital which tests, treats and follows up sexually transmitted infections. They have both drop-in services and appointments. [www.oslo-universitetssykehus.no](http://www.oslo-universitetssykehus.no)

# *rom for alle*

Go to [minuttest.no](http://minuttest.no) to get more information about HIV.

This brochure was created as part of the Church City Mission's preventive work on sexual health directed at migrants in 2017.