



## **North Wales C Card - information for young people**

### **Who can get a C-Card?**

Young people aged 13 to 25 are eligible for the C-Card scheme.

You don't need to be currently sexually active (having sex) to register for a C-Card and to access free condoms.

If you are thinking about having sex or are currently sexually active, condoms can help make sex safer. They help prevent unplanned pregnancy and sexually transmitted infections.

### **Where do I get a C-Card from?**

The C-Card scheme operates right across North Wales. There may be a C-Card outlet within your school, college, youth centre or other organisation. Find your nearest C-Card Centre on the [C-Card website](#).

### **How do I register for a C-Card?**

- Find your nearest C-Card Centre on the [C-Card website](#).
- Ask your outlet for a C-Card registration appointment.

Trained C-Card staff at your outlet such as your school nurse or youth worker will arrange a one-to-one meeting with you to register you for a C-Card.

This will involve answering a few questions to get you registered on the C-Card system. All the information you give will be kept confidential (private). This means we won't tell your parents or

guardians, your doctor, your school or anyone else that you are using C-Card, unless we think you or someone else is being harmed or at risk of being harmed (safeguarding).

You will be given information on correct condom use, contraception and STIs, what to do if a condom breaks, and how to access further support and services if needed. It should take about 15 to 20 minutes to register.

When you are C-Card registered, you are entitled to access free condoms, lube, advice and support from the C-Card scheme.

You only need to register once and then you can use your C-card at any C-Card outlet.

### **What if a condom breaks?**

Condoms offer good protection from unplanned pregnancy and STIs (98% with perfect use). If a condom breaks, this is nothing to be embarrassed about. C-Card staff can advise and support so you are fully informed of your options. You can also check out the other useful links below for guidance:

- If the condom breaks there may be a risk of you or your partner getting pregnant and/or STI transmission.
- If there is a risk of pregnancy, you or your partner can access emergency contraception. Information on how to access emergency contraception can be found on [the NHS 111 Wales website](#).
- If there is a risk of sexually transmitted infections, you and/ or your sexual partner can access sexual health services for STI testing, or if you are over 16 years of age you can use the [Test and Post Service for STI testing from Sexual Health Wales](#).
- Find your [local sexual health service in North Wales](#).

### **Other useful links:**

- [C-Card Centres | C-Card Scheme](#) - Find your local C-Card Centre.
- [Sexual Health Wales](#) - this NHS website offers useful information on all things sexual health and (if you are over 16) you can order Test and Post STI screening kits and postal condoms.
- [Amethyst - Sexual Assault Referral Centre](#) - Amethyst is a Sexual Assault Referral Centre (SARC) for North Wales, where a range of specially trained professionals provide help, support and information to adults, children and young people who have been raped or sexually assaulted in North Wales.