

FREE CONDOMS IN BUCKINGHAMSHIRE

Need condoms? Getting them is easier than ever through the Buckinghamshire Condom Distribution Scheme (CDS).

What is CDS?

CDS stands for Buckinghamshire Condom Distribution Scheme. It's a free service for young people aged 13-24 in Buckinghamshire, making it easy to access free condoms.

Whether you're sexually active or just want to be prepared, CDS is here to help you protect yourself and look after your sexual health.

How does it work?

- Find your nearest CDS outlet
- Turn up during opening hours
- Ask a member of staff for condoms



Find your nearest outlet.



Scan the QR code to use our CDS map and find your nearest outlet.

Or you can visit:
www.sexualhealthbucks.nhs.uk



COMMON QUESTIONS

1 What if I'm nervous about asking?

Lots of people feel nervous the first time but remember:

- You don't need to explain why you want condoms
- You don't need to answer lots of questions.

2

Why use condoms?

Condoms are the only method of contraception that help protect against both pregnancy and sexually transmitted infections (STIs).

3

Will anyone know I've asked for free condoms?

No, the service is confidential. You don't need to provide personal details and staff won't tell your parents, carers, school or college that you've asked for condoms. They'll only share information if they're worried about you or someone else's safety.

4

Need more sexual health support?

Staff at CDS outlets can also help with:

- Sexual health advice
- STI testing information
- Relationships and consent
- Signposting to local services

