



WHEN IT COMES TO SEXUALITY, DON'T BE LEFT IN DOUBT

Sexual relationships are important throughout our life. Getting to know oneself and getting to know other people, allowing yourself to feel, express one's desires, communicate... are things we learn about little by little. It is the basis for being able to respect different desires, tastes and rhythms... and for finding ourselves.

When there are doubts, worries or concerns about sexual relationships, partnerships, sexually transmitted infections, contraception, maternity and paternity, orientation of desire, sexual identity... we can rely on a number of available resources.



Check [here](#) the location of all the centres associated with the CASSYR Youth Program in Navarra.

WHAT IS IT?

A friendly space for assisting young people with sexuality-related issues, with or without an appointment, without prejudging. We give information, advice and accompany you, this being entirely confidential and free of charge.

WHAT DO WE OFFER?

Information and advice on:

- Safe and effective methods of contraception.
- Emergency Contraceptive Pill
- Sexually transmitted infections
- Preventive measures and their use for the prevention of sexually transmitted infections.
- Voluntary termination of pregnancy.
- Affective-sexual relationships (sexual practices, sexual affections, relational skills...)
- Sexual violence

In addition, we do:

- Pregnancy test.
- Rapid HIV test
- Sexual self-knowledge workshops
- Transgender assistance
- Preventive material

WHAT IS IT?

A space where you will find information about different topics, including sexuality.

In addition, you will find links to other pages, videos, opinion articles, songs, etc. as resources that can help you connect with the topics and reflect on them.

You may also enquire anonymously and confidentially in case you have any questions or want advice.

Send us an email! We would like to share our thoughts together with you and clarify your doubts.

All this from a professional accompaniment in sexual education in the different processes, as well as emotional support.

You can come alone or with a group.

WHERE ARE WE?

At the Centre for Sexual and Reproductive Health (CASSYR) Andraize. In Pamplona, in the neighbourhood of Txantrea.

- **Address:** Av. San Cristobal s/n 31015
- **E-mail:** cassyr.andraize@navarra.es
- **Phone:** 848 422 761 · 848 422 762
- **Office hours:**
 - Mornings: Monday to Friday from 8:30 am to 2:00 pm.
 - Afternoons: Mondays and Wednesdays from 3:00 pm to 8:00 pm

In addition, if you live outside Pamplona, you can go to your Cassyr centre of reference: Tudela, Estella/Lizarra, Tafalla, Elizondo, Etxarri-Aranatz, Lodosa, Sangüesa and San Adrián.

Please note that sending an inquiry is **free and anonymous**. You don't need to give your real name. Our service guarantees professional secrecy.



Visit the website at saludjovennavarra.es

