

DO'S & DON'TS FOR PROMOTING SEXUAL HEALTH

Respect, communication, and protection
keep everyone safe and empowered

DO'S

Do talk openly with your partner about boundaries, protection, and expectations.

Do use protection, like condoms or dental dams, every time you have sex.

Do have open conversations with your partner about what feels good and what doesn't.

Do make consent a priority before and during any sexual activity.

Do get regular STI screenings and encourage your partner/s to do the same.

DONT'S

Don't skip consent—never assume, always ask.

Don't shame or judge yourself or others for discussing or addressing sexual health.

Don't pressure anyone into sexual activity or ignore their boundaries.

Don't ignore protection, unless you and your partner/s are tested and mutually agree.

Don't overlook symptoms—see a healthcare provider if something feels off.