



HOW TO TALK TO YOUR PARTNER ABOUT STIS

Becoming sexually active comes with responsibility.

Open communication is essential—especially for preventing sexually transmitted infections (STIs) and protecting your health.

AN EASY, STEP-BY-STEP GUIDE TO CONFIDENT, HONEST CONVERSATIONS

Before you get intimate, it's smart to talk about STI testing, what kind of birth control you'll use, and whether either of you has other partners. These factors affect how often testing is needed. The goal is to be on the same page about how to stay safe and protect each other.

STARTING THE CONVERSATION:

Not sure how to bring it up? Here are some easy conversation starters you can use:

- Let's make sure we're both protected.
- Have you been tested recently for STIs?
- How often do you use protection?
- Are you seeing anyone else right now?
- When's the last time you had an STI test?
- We can enjoy sex more if we know it's safe.
- I care about your health, and I want us both to feel safe—let's get tested.
- Let's get tested together.

