#ITALKSEXUALHEALTH

What is Sexual Health?

SASH defines Sexual health is a label commonly used to describe a state of well-being in relation to sexuality across the lifespan. It is often considered to have dimensions such as:

- biological,
- psychological
- sociological
- spiritual

Why is Sexual Health Important?

Sexual Health goes hand-in-hand with your mental and physical well-being. Having good Sexual Health means you are:

- Respectful
- Educated
- Careful

What can I do to maintain my Sexual Health?

- Understand the full meaning of "Consent".
- Be safe.
- Good-quality sleep
- Exercise regularly
- Maintaining Healthy Relationships.

Have the Conversation!

Just like mental or physical health, discussing sexual health is an important step for you and the community!

#WithoutStigmaorShame

Want more information or resources?
Visit
The Society for the Advancement of Sexual Health

https://www.sash.net/
https://www.sash.net/resources/