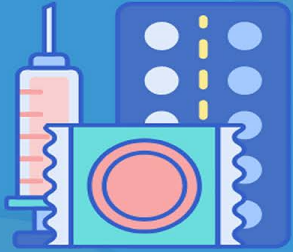


Curious About Sex?

Let's Talk About It!

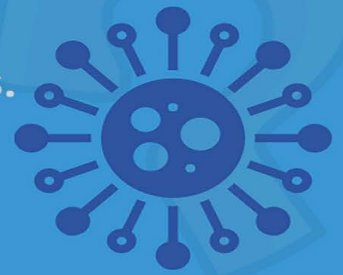
Before sex, you and your partner need to give each other consent. Sexual consent is an agreement to participate in a sexual activity.



To prevent unwanted pregnancies, contraceptives such as, condoms, pills, implants, or IUDS are always best. But make sure you discuss this with a trusted adult or doctor for the best option.

Make sure you and your partner(s) discuss your sexual health before engaging in sexual activities.

Condoms are a great way to keep you and your partner safe from the spread of sexually transmitted infections(STIs).



Testing is the only way to know for sure if you have a STI. If you have unprotected sex make sure to get tested.

You may get the urge to touch yourself for sexual pleasure, this is called masturbation. Masturbation is normal, healthy, and a great way to get to know your body.



Avoid comparing your body to others, always remember that every body is different, so treat your body with respect and love yourself.

