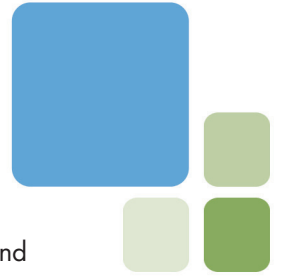


TEN THINGS TO KNOW ABOUT SEXUAL HEALTH



WHAT IS SEXUAL HEALTH?

Sexual health involves much more than your privates. It's about your body, mind, and soul. It's respecting yourself and others, living and loving in a way free of fear, shame, and violence. Claim the life and love you deserve.

HEALTHY RELATIONSHIPS

Like anything worth having, good relationships take work. A truly **healthy, rewarding relationship** is based on respect and honesty. Be good to your partner – and insist they're good to you, too! Learn more about healthy relationships, including how to effectively talk with your partner.

TALK TO YOUR KIDS

Does your child feel it's ok to talk with you about sex and sexual health? If not, have you thought about who will answer your child's questions? Only you can tell your child that it's okay to ask you questions. **You want to become askable!**

SEX THROUGH THE YEARS

Sexual health (and our sex lives) doesn't come with an expiration date. **Our bodies change as we grow older, sure, but some things stay the same:** we deserve love, pleasure, and fulfillment across our lifespan.

VACCINES PROTECT YOUR HEALTH

Vaccines are not just for kids. Males and females ages 9-26 are eligible to receive HPV vaccines to prevent cervical cancer and genital warts. Adults at risk should be vaccinated against hepatitis B. All "baby boomers" (those born between 1945-1965) are recommended to have a one-time hepatitis C test.

ALCOHOL AND DRUGS

Just as you don't want to drink and drive, you need your wits about you when it comes to sex. Sex under the influence makes you drop your guard, leaving you more likely to do something you'll regret later (including not having safer sex).

BIRTH CONTROL OPTIONS

You know about condoms and the pill, but there are many **more options to think about.** Learn more about each of them.

FINDING THE RIGHT HEALTHCARE PROVIDER

Speaking of relationships, one of the most important you'll ever have is with **your healthcare provider.** You should feel ok to ask them anything (they've heard it all before, believe us). Being open and honest about your sexual health is just the prescription to get the care you need.

PLEASURE

You deserve it. We all do. Besides intercourse, **partners can enjoy all types of things as part of great sex:** sharing fantasies, giving each other massages, using sex toys. You can even go solo: masturbation is natural, normal, and healthy!

REDUCE STRESS

Stress is more than just having a case of the nerves. It can wear on you and be a serious downer to your sex life. Stress-busting tips include getting enough sleep, exercising (walking is good), eating right, and meditation or yoga. Your healthcare provider can help, too.



AMERICAN SEXUAL HEALTH ASSOCIATION

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