

There are many ways people explore their sexuality and all of those decisions are OK, as long as everyone involved is comfortable with what's going on.

How do I make choices about sex?

Ask yourself these questions:

- ⇒ Does this activity align with my values and what I want for myself?
- ⇒ How might I feel after engaging in this behavior/these behaviors with this person/these people? Am I OK with those feelings?
- ⇒ Do I know how to ask for consent? How would I respectfully accept if consent is not given?
- ⇒ How will I talk to my partner(s) about what we want and don't want sexually? Am I comfortable communicating with my partner(s) about likes and dislikes when it comes to sex?
- ⇒ Do I have the supplies I need to protect myself and my partner(s) against Sexually Transmitted Infections (STIs) and/or pregnancy (if applicable)?

When you make choices based on your values and what you want for yourself and others, you're more likely to feel good about your decisions.

If I choose to have sex, what can I do to protect myself and my partner(s)?

STIs and unintended pregnancy are very common. You have options to protect yourself:

Here are some ways you can reduce your risk of STIs like Chlamydia, Herpes, and HIV:

- ✓ Use condoms and/or dental dams during sexual activity
- ✓ Use silicone or water based lubricant
- ✓ Have sex less often
- ✓ Have fewer sexual partners
- ✓ Get tested for STIs
- ✓ Limit or eliminate IV drug use
- ✓ Choose lower-risk sexual activities (see STI risk assessment)

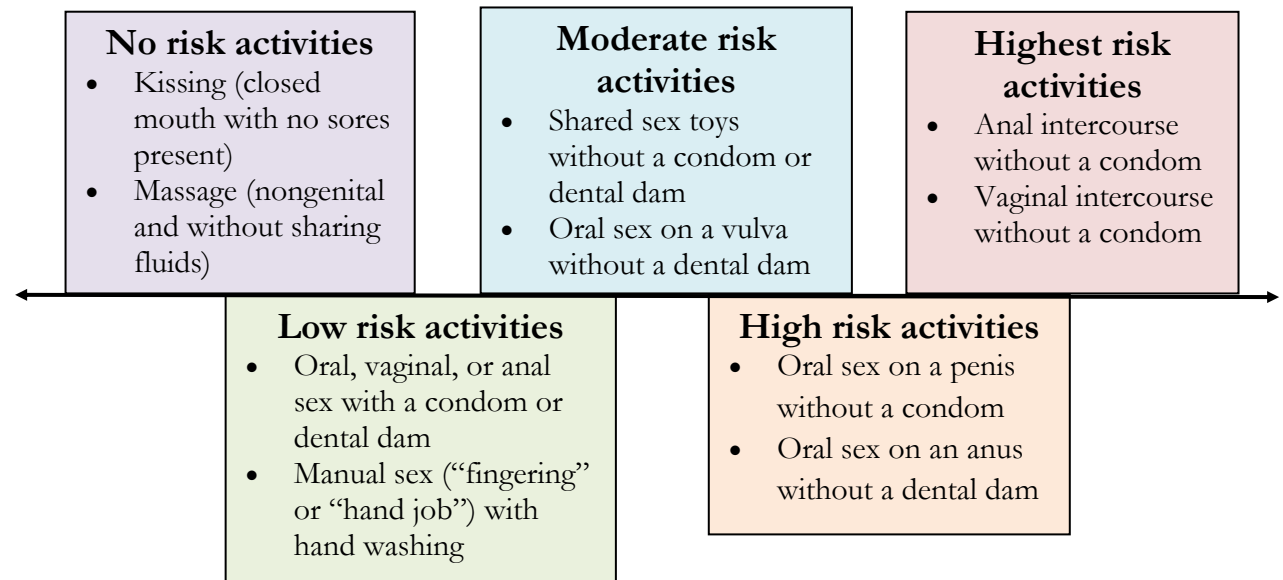
If you have penile-vaginal sex and you don't want to become pregnant, here are some birth control options available to you:

- ✓ IUD*, Implant*, Pills, Patches, Rings, Shots
- ✓ Use a condom during sexual activity
- ✓ Have sex less often
- ✓ Choose lower risk activities like massaging, kissing, or oral sex

*IUDs and implants are the most effective methods for preventing pregnancy!

What activities carry risk for STIs?

Here are some common sexual activities ranked from lowest to highest risk of STI transmission.



You can get birth control methods, free condoms & lubricant, STI/HIV testing, and much more at the Health Department for low or no cost.



Please call **1-800-432-4121** for more information and to schedule an appointment.

Check out these websites:

- www.scarleteen.com (article “Ready or Not”)
- www.beforeplay.org
- www.bedsidder.org
- www.nwhealth.org



1-800-432-4121
nwhealth.org



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Should We Hang Out or Hook Up?



Tips to help you make decisions about sex that are right for you.