

# Five Action Steps to Good Sexual Health

1

Value who you are and decide what's right for you

2

Get smart about your body and protect it

3

Treat your partners well and expect them to treat you well

4

Build positive relationships

5

Make sexual health part of your health care routine



# Want to Improve Your Sexual Health?

Explore the  
**Five Action  
Steps to Good  
Sexual Health**  
website for:



Practical Tips & Advice



Conversation Starters



Real-life Scenarios



NATIONAL  
COALITION FOR  
**SEXUAL  
HEALTH**