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# Sexual Health Message Framework

Being sexually healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.

## Benefits of Good Sexual Health:

- Positive Relationships
- Feel Good About Yourself and Have Peace of Mind
- A Healthier Body
- A Satisfying Sexual Life

## Five Action Steps to Good Sexual Health:

- Value who you are and decide what's right for you
- Treat your partners well and expect them to treat you well
- Build positive relationships
- Get smart about your body and protect it
- Make sexual health part of your healthcare routine

# What is Sexual Health?

Sexual health is a key part of our overall health and well-being.

It is important no matter your age or the relationships you choose.

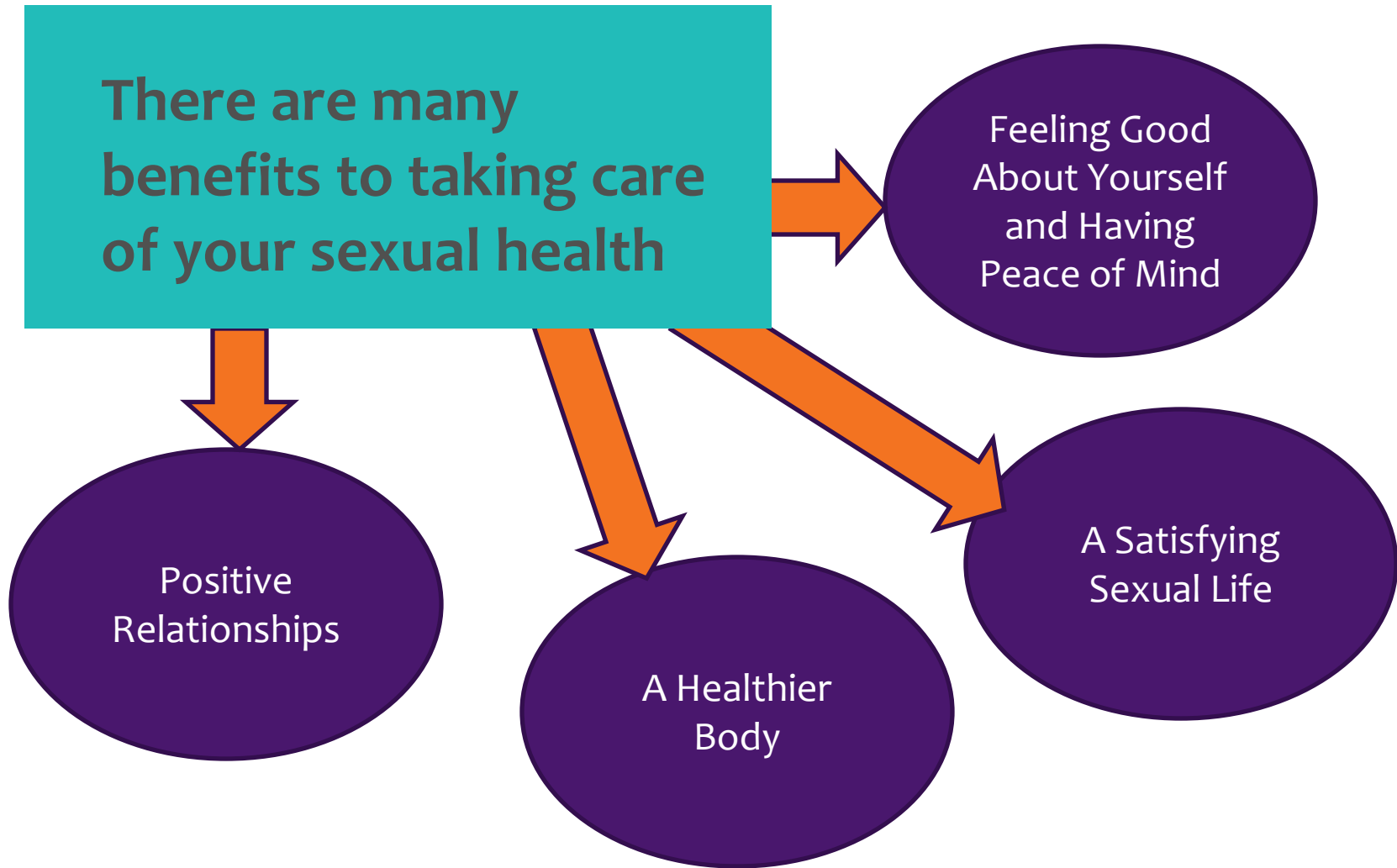
Being sexually healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.

It also means taking care of yourself and your partners.

Talking openly and honestly with your partners and healthcare providers is key.

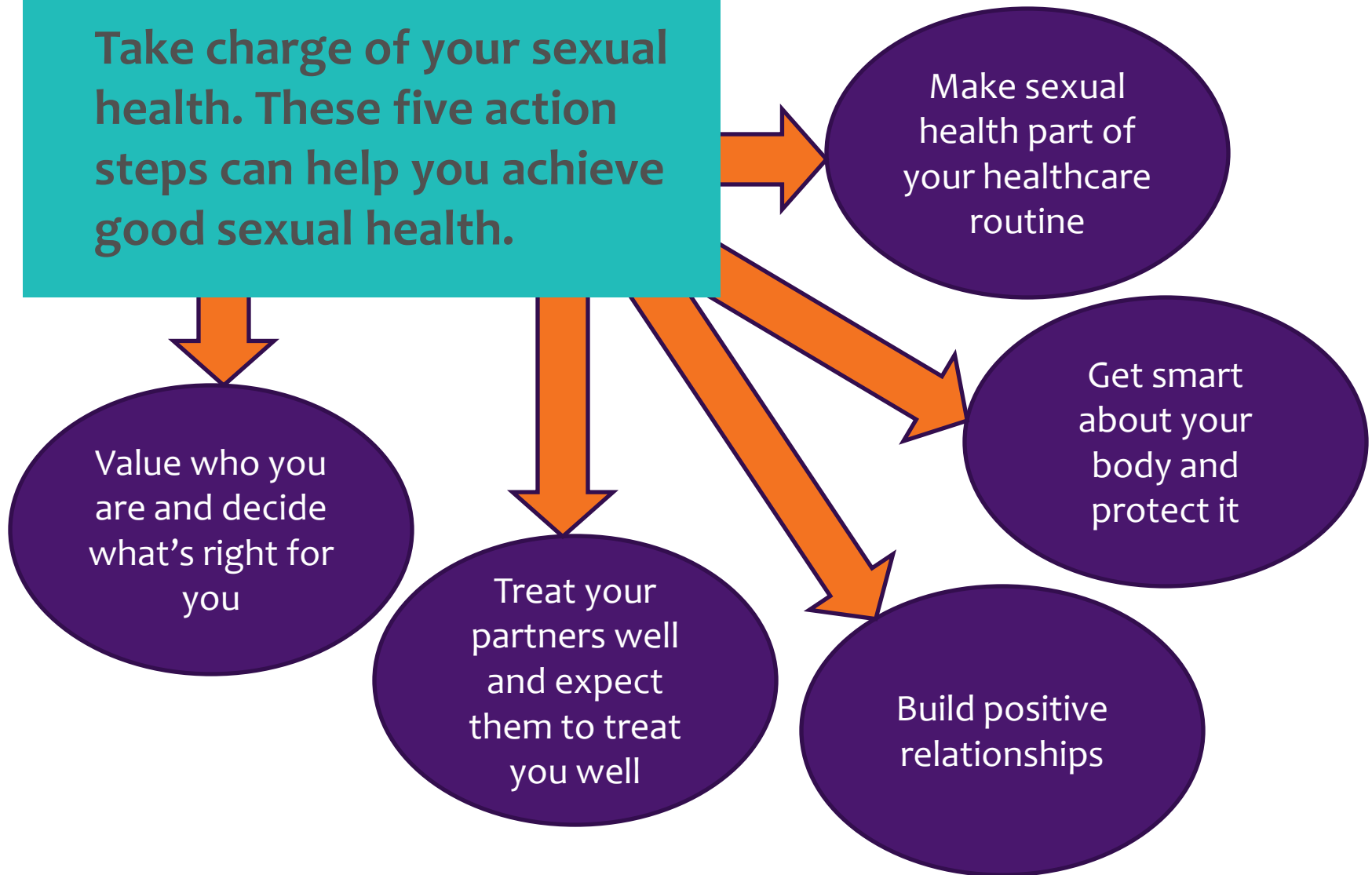
Sex is a natural part of life; it can bring you pleasure, intimacy & joy.

# Overall Benefits of Good Sexual Health

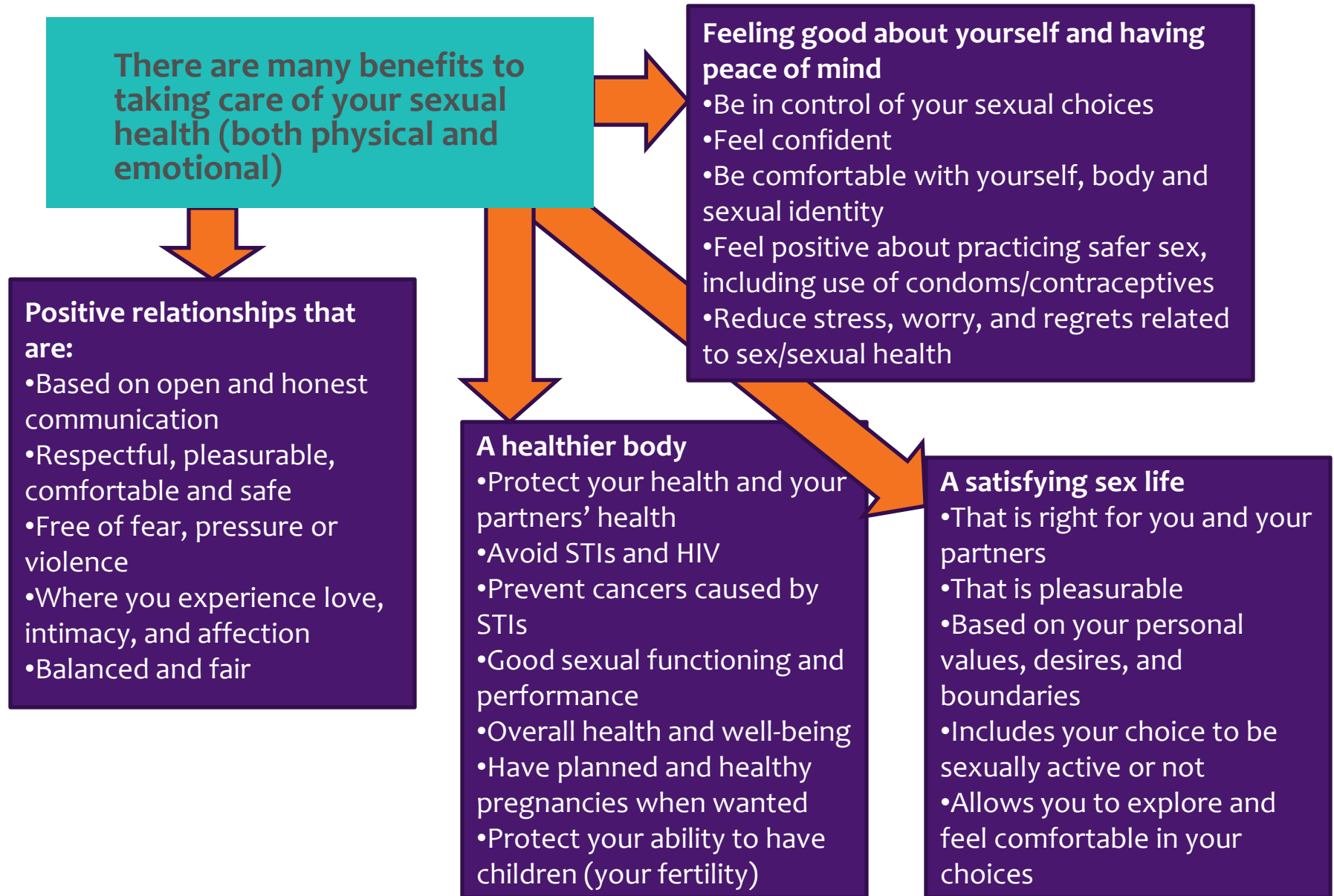


# Five Action Steps to Good Sexual Health

Take charge of your sexual health. These five action steps can help you achieve good sexual health.



# Detailed Benefits of Good Sexual Health



# Value who you are and decide what is right for you

## Action Steps

Value yourself—what's on the inside and outside, including your body and sexual identity.

Think about what you want—define your personal values, desires, and boundaries. These might change over time.

Understand what you want before you get involved with someone.

Recognize that we are all sexual beings; it's a natural part of life

Know that sex can bring you pleasure, intimacy, and joy.

## Benefits

- Be in control of your sexual choices.
- Feel comfortable with yourself, your body, and your sexual identity.
- Feel confident.
- Have peace of mind, and reduce stress, worry, or regrets.
- Have a sex life that's right for you and your partners.
- Enjoy a pleasurable sex life.

# Treat your partners well and expect them to treat you well

## Action Steps

Be with someone who makes you feel good about yourself, comfortable, and safe.

Partners should respect your boundaries and not pressure you.

Partners should care about your health and well-being.

Partners should make you happy.

## Benefits

- Have relationships based on open and honest communication.
- Have relationships that are respectful, pleasurable, comfortable, and safe.
- Experience love, intimacy, and affection.
- Be free of fear, pressure, or violence in relationships.
- Have relationships that are balanced and fair.



# Build positive relationships

## Action Steps

Respect your partner and make decisions together.

Have open and honest conversations about your relationship, desires, and sexual health.

If your partner is violent, pressures, or tries to control you, seek help.

Value yourself, and what's right for you.

## Benefits

- Have relationships based on open and honest communication.
- Have relationships that are respectful, pleasurable, comfortable, and safe.
- Experience love, intimacy, and affection.
- Be free of fear, pressure, or violence in relationships.
- Have relationships that are balanced and fair.

# Get smart about your body and protect it

## Action Steps

Learn about your body and how it works (anatomy, sexual expression, pleasure, and safer sex).

Choose if and when you want to be sexually active.

Practice safer sex to prevent STIs and unplanned pregnancies.

Plan ahead and be prepared with condoms and/or other contraceptives.

Take steps to protect yourself and your partners.

## Benefits

- Prevent HIV and other sexually transmitted infections (STIs).
- Reduce risk of male and female cancers related to STIs (cervical, anal, throat, and penile).
- Maintain healthy sexual functioning/performance.
- Enjoy good health and well-being.
- Feel positive about practicing safer-sex.
- Have planned and healthy pregnancies, when wanted.
- Protect your ability to have children (your fertility).

# Make sexual health part of your health care routine

## Action Steps

Find a health care provider/clinic that's right for you and makes you feel comfortable.

Get regular sexual health wellness check-ups (screenings for STIs, vaccines, and contraceptive options).

Have open and honest conversations with your provider.

Discuss any concerns about sexual functioning or other problems.

Check out the new guide, "Take Charge of your Sexual Health: What You Need to Know About Preventive Services."

## Benefits

- With vaccines, protect yourself from some STIs, such as HPV and Hepatitis.
- With screening, detect STIs and get treated early. Help avoid serious problems from developing.
- Get advice on the best contraceptive options for you.
- Improve sexual functioning/performance.
- Have planned and healthy pregnancies, when wanted.