



## NCSH Quarterly Social Media Campaign Part One: Mental Health

This is the 32<sup>nd</sup> NCSH quarterly social media campaign, which includes sample sexual health content that you can use and/or adapt for your digital and social media channels. We hope you will share this campaign with social media staff within your organization. We have formatted this content for Twitter, but it can be adapted for Facebook as well.

Our theme for this campaign is **mental health and sexual health**. It includes tweets relating to sexual health and mental health generally, LGBTQ mental health, coping with an STI diagnosis, sexual shame, the impact of mental health medications on sexual functioning, and content for health care providers.

### General

- DYK that in addition to pleasure, there are many mental health benefits to a good sex life? Sex can improve your self-esteem, boost serotonin, and reduce stress, which in turn can help improve your #MentalHealth.
- Anxiety, depression, and stress can affect your sex drive, ability to become aroused, and to orgasm. @NCSH\_'s guide to sexual concerns has resources that can help. <https://nationalcoalitionforsexualhealth.org/sexual-concerns-and-pleasure>
- Nearly 1 in 10 adults over the age of 18 reports having depression, which can affect sexual functioning in many ways. But treating one problem can often help with the other. To learn more: <https://www.healthline.com/health/depression/sexual-health>
- DYK over 30% of men and 40% of women experience at least one sexual difficulty? But, most people are too embarrassed to seek help. Talking with a therapist can be a good place to start. <https://my.clevelandclinic.org/health/articles/24524-sex-therapist>

### LGBTQ Mental Health

- DYK #LGBTQ youth are four times more likely to attempt suicide than their peers? However, having an accepting adult can reduce the risk of a suicide attempt by 40%. Here are expert-backed ways you can support the LGBTQ kids in your life. <https://www.forbes.com/health/mind/how-to-support-lgbtq-youth/>
- The @TrevorProject's 2022 Survey on LGBTQ Youth Mental Health provides insights into the unique suicide risk factors faced by LGBTQ youth, the top barriers to mental health care, and the negative effects of COVID-19 and anti-transgender legislation. <https://www.thetrevorproject.org/survey-2022/>
- Our #LGBTQ loved ones experience high rates of mental health challenges largely due to stigma, discrimination, and bias. @HRC has a list of phone and text hotlines that you can

turn to for support. <https://www.hrc.org/resources/mental-health-resources-in-the-lgbtq-community>

## Coping with an STI Diagnosis

- Even though #STIs are very common, there is still a lot of stigma & shame surrounding them. This, in turn, leads many people to feel this shame after testing positive for an #STI. But there are resources available to help you cope!  
<https://www.bedsider.org/features/1264-just-diagnosed-with-an-sti-here-s-how-to-stop-freaking-out>
- Because #herpes is incurable and the subject of way too many jokes in our culture, coping with a diagnosis can be rough. But, in reality, about 1 in 6 people in the U.S. have herpes and there are ways to manage and live with it! Here are some tips to help.  
<https://www.verywellhealth.com/how-to-deal-with-depression-after-a-herpes-diagnosis-3133005>
- Despite recent advances in treatment, finding out you have #HIV can be overwhelming. If you are feeling sad, angry, scared, or numb, these feelings are normal, and it can take time to fully process them. Fortunately, following these steps can help.  
<https://www.verywellhealth.com/living-with-hiv-49210>

## Sexual Shame

- Growing up with shaming and judgmental views around sex and sexuality can imprint negative views in your head about yourself and others. Here are some ways to unlearn these harmful thoughts. <https://www.modernintimacy.com/sexual-repression-shame-and-the-link-to-suicide/>
- Sex is about figuring out what YOU like. #Kinkshaming is rooted in sex negative behavior and is not cool. Remember: you have nothing to be ashamed of!  
<https://hypebae.com/2022/1/kink-shaming-explained-history-how-to-be-sex-positive>
- It can be hard to overcome #shame around sex and sexuality. There are several strategies that can help you work through those negative thoughts.  
<https://psychcentral.com/health/sex-shame#mental-health-effects-of-shame>

## The Impact of Mental Health Medications on Sexual Functioning

- #SSRIs are good at improving mood and emotions, but they can have a negative effect on your sex life. Trouble with arousal and reaching orgasms are common side effects. Here are some ways to help you manage. <https://www.health.harvard.edu/womens-health/when-an-ssri-medication-impacts-your-sex-life>
- Medication-induced sexual dysfunction (MISD) occurs when prescriptions lead to issues w/ sexual activity or performance. Antidepressants, antipsychotics, & other substances like alcohol or THC can cause MISD. If you think you're experiencing it, talk with a health care provider.

- #DYK various meds can negatively impact your sex life? If you have concerns, talk with a health care #provider about your sexual functioning. Here are some ways to help you start the conversation. <https://medamour.com/pages/talking-to-your-doctor-about-sexual-issues>
- Antidepressants can cause sexual difficulties such as low libido, vaginal dryness, erectile dysfunction, and trouble orgasming. But there are ways to minimize the side effects. <https://www.verywellmind.com/how-to-reduce-sexual-side-effects-1067490#:~:text=address%20these%20challenges,-.Coping%20With%20Sexual%20Side%20Effects%20of%20Antidepressants,not%20have%20orgasms%20at%20all>

## For Providers

- #Providers: Talking w/ your patients about #sexualhealth should include more than just STIs & birth control. Other factors like mental health can impact sexual functioning. Hear from providers how @NCSH\_'s comprehensive sexual history taking tool can help. [https://www.youtube.com/watch?v=r7zFvzfozzg&list=PLLPkH\\_ungObESR6QBdZmeSIKwBgR7N-Oh&index=4](https://www.youtube.com/watch?v=r7zFvzfozzg&list=PLLPkH_ungObESR6QBdZmeSIKwBgR7N-Oh&index=4)
- #Providers: People living with #HIV have higher rates of anxiety, depression, and other mental health diagnoses. That's why it's so important to conduct behavioral health screenings with your HIV-positive patients. Learn more from @SAMHSA. <https://store.samhsa.gov/sites/default/files/d7/priv/sma16-4999.pdf>
- #Providers: Even if you know the facts, it can be hard to know how to emotionally support a patient after a #herpes diagnosis. If you think they need extra support, online communities and support groups are a great place to start. <https://www.thestipproject.com>



## NCSH Quarterly Social Media Campaign Part Two: Key Observances

Each quarterly campaign features sample tweets in support of key health observances, holidays, and other cultural milestones. **The key observances for this quarter include:**

### February

- National Condom Month and National Condom Week
- National Cancer Prevention Month
- Teen Dating Violence Awareness Month
- National Black HIV/AIDS Awareness Day (February 7)
- Valentine's Day (February 14)

### March

- Women's History Month
- Developmental Disability Awareness Month
- National Women and Girls HIV/AIDS Awareness Day (March 10)
- St. Patrick's Day (March 17)
- National Native HIV/AIDS Awareness Day (March 20)
- LGBT Health Awareness Week (March 20 – March 24)
- International Transgender Day of Visibility (March 31)

### April

- Sexual Assault Awareness and Prevention Month
- National Minority Health Month
- National Youth HIV/AIDS Awareness Day (April 10)
- STI Awareness Week (April 9-15)
- National Transgender HIV Testing Day (April 18)
- National Infertility Awareness Week (April 23-29)

### February

#### National Condom Month and National Condom Week (February)

February is National Condom Month and National Condom Week is celebrated the week of February 14<sup>th</sup> to coincide with Valentine's Day.

- Want to show true love this #ValentinesDay? Use a condom today and every day to help prevent STIs and keep you and your partner safe. <https://www.fiveactionsteps.org/2>
- #Clinicians: @CDCgov data show #STI rates increasing for the sixth year, while condom use is declining. Use @NCSH\_'s guide to help you talk openly with patients about their sexual health. #NationalCondomMonth <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-and-your-patients-a-providers-guide>



## NATIONAL COALITION FOR SEXUAL HEALTH

- Condoms are one of the most inexpensive and accessible forms of birth control, and they are the only method that also helps prevent STIs. You can find condoms at your local pharmacy, grocery store, or health center. #NationalCondomMonth  
<https://www.plannedparenthood.org/learn/birth-control/condom/how-do-i-get-condoms>
- Looking for ways to spice up your Valentine's Day date for #NationalCondomWeek? Here's your guide to flavored condoms that'll up your oral game. <https://www.cosmopolitan.com/sex-love/g39640967/flavored-condoms/>
- #DYK Condoms become less effective once they have expired? Before using a condom, make sure the expiration date hasn't passed by checking the box or the condom wrapper! #NationalCondomMonth <https://www.refinery29.com/en-us/do-condoms-expire-date>

### National Cancer Prevention Month (February)

- DYK that #HPV can cause six different cancers? Cervical, oral, anal, vulvar, vaginal, and penile. Lower your risk of getting HPV by getting vaccinated and using #condoms every time you have sex! #safersex #NationalCancerPreventionMonth
- February is #NationalCancerPreventionMonth! Make sure you are up to date on all your cancer screenings and get the preventive services recommended for you by leading medical organizations. <https://www.ncshguide.org>
- #Parents: DYK your children can get the HPV vaccine starting at age 9? @CDCgov has more information. <https://www.cdc.gov/hpv/parents/vaccine-for-hpv.html>
- DYK #Screenings can detect cancers before you have any symptoms? And when cancer is found early, it's usually easier to treat. Screenings are available for breast, cervical, colorectal, and lung cancer. Talk with your provider about what is recommended for you. #CancerPreventionMonth

### Teen Dating Violence Awareness Month (February)

Love Is Respect has additional resources to help you promote Teen Dating Violence Awareness Month (TDVAM). The theme for 2023 is "Be About It", along with downloadable images to share: <https://www.loveisrespect.org/teendvmonth/>

- It's Teen Dating Violence Awareness Month. Everyone deserves a healthy, loving relationship, but when it comes to knowing how to build one, many of us feel unprepared! @NCSH\_ has resources on how to do so. #TDVAM2023 <https://www.fiveactionsteps.org/4>
- February is Teen Dating Violence Awareness Month and we're joining @loveisrespect to promote healthy relationships and raise awareness of dating abuse. Dating violence is more common than you think. For more information and resources visit [www.loveisrespect.org](http://www.loveisrespect.org). #TDVAM2023



- Need some help figuring out if your relationship is a healthy one this #TDVAM? Take the @NCSH\_ quiz to learn more about relationships and other #sexualhealth topics. <https://nationalcoalitionforsexualhealth.org/quiz>
- #Parents: Do you need some help discussing dating abuse with your teen? @loveisrespect's Parent Guide shares information on warning signs of abuse and how to broach the topic with your teen. #TDVAM [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021\\_TAF\\_love-is-respect.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2021/09/Parent-Guide-2021_TAF_love-is-respect.pdf)
- This year's theme for #TeenDVAAwarenessMonth is Be About It. @loveisrespect developed an Action Guide to show you how you can #BeAboutIt. [https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2022/12/2211-TDVAM-Action-Guide\\_FINAL.pdf](https://www.loveisrespect.org/wp-content/uploads/media/sites/3/2022/12/2211-TDVAM-Action-Guide_FINAL.pdf)

#### National Black HIV/AIDS Awareness Day (February 7)

The CDC has social media resources available for download to honor this day:

<https://www.cdc.gov/hiv/library/awareness/nbhaad.html>

- Today is National Black HIV/AIDS Awareness Day which was founded to highlight how HIV/AIDS disproportionately affects Black people. Although there have been major strides in #HIVtreatment, there is still a long way to go to make sure everyone can access it. #NBHAAD
- Today is National Black HIV/AIDS Awareness Day, a day to acknowledge progress in HIV prevention and care among Black/African American people. But, our work is not done. To #StopHIVTogether, we must address HIV stigma and barriers. #NBHAAD <http://bit.ly/3HHnwOY>
- Need some help finding HIV/AIDS services in your community? The @CDC services locator can help you find #HIV testing, PrEP, PEP, and other HIV/AIDS services near you. <https://gettested.cdc.gov/>
- DYK Black & African American people made up 42% of the new HIV diagnoses in 2019? There are many challenges that place Black/AA people at a higher risk for HIV. To learn more from @CDCgov. <https://www.cdc.gov/hiv/pdf/group/raciaethnic/africanamericans/cdc-hiv-africanamericans.pdf>

#### Valentine's Day (February 14)

- From new lingerie, romantic playlists, or trying sex toys, explore the many sexy things you can try this #ValentinesDay. <https://www.popsugar.com/love/Sexy-Things-Do-Valentine-Day-42943997>
- Not feeling sexually satisfied? This #ValentinesDay, try telling your partner what you want, or want to try. Here are some quick tips to help you start the conversation. *[Insert starting the*



convo quick tips graphics from: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/starting-the-convo-with-partners-your-sexual-desires/>

- Happy Valentine's Day! Today's a great day to talk with your partner(s) about what feels good to each of you AND what is off-limits. #ValentinesDay <https://www.fiveactionsteps.org/3>
- Want to show your partner that you really care this #ValentinesDay? Talk openly about safer sex and take steps to protect each other from STIs. <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/get-tested/how-do-i-talk-my-partner-about-std-testing>
- Want to show your #Valentine that you care? Really listen when they open up about their feelings and share yours too. #GetCloser <https://fiveactionsteps.org/4>

## March

### Women's History Month (March)

- March is #WomensHistoryMonth! It's time to take charge of your sexual health with @NCSH\_'s guide that helps you address common concerns and improve your sex life. <https://nationalcoalitionforsexualhealth.org/sexual-concerns-and-pleasure>
- At different times in your life, sexual desires might change and sexual concerns—like pain during sex—might develop. Your healthcare provider might be able to help. Here are some tips for talking with them. #WomensHealthMonth <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/a-guide-to-sexual-concerns-and-pleasure#btn4-acc>
- #Providers: DYK after age 50, only 22% of women discuss sex with their healthcare providers? This #WomensHealthMonth, use @NCSH\_'s 6 P's guide to start that conversation with your patients. <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-questions-to-ask-all-patients>

### Developmental Disability Awareness Month (March)

Check back here for new resources to celebrate #DDAwareness23: <https://nacdd.org/ddam/>.

- Resources on inclusive #SexEd for people w/ disabilities can be hard to find. Check out this video series from the National Council on Independent Living on Sex Ed for People w/ IDD. <https://www.youtube.com/playlist?list=PLuEvYNNQ-dHeVhbyeJHx9s8oqsvBk621v>
- DYK people with intellectual and developmental disabilities are at an increased risk for sexual violence? @TheArcUS has tools and resources to help you learn more. <https://thearc.org/our-initiatives/criminal-justice/talk-about-sexual-violence/>



- #Parents: If your child has a disability and you are seeking help to discuss sex and sexual health with them, check out @AdvocatesTweet for resources. #DDAwareness23  
<https://www.advocatesforyouth.org/resources/fact-sheets/sexual-health-education-for-young-people-with-disabilities-2/>

#### National Women and Girls HIV/AIDS Awareness Day (March 10)

The CDC has social media resources available for download to celebrate this day:

<https://www.cdc.gov/hiv/library/awareness/nwghaad.html>.

- DYK Cisgender women are more likely to get #HIV during vaginal/penile sex with men, due to their anatomy? Here are other facts that every woman should know. #NWGHAAD  
<https://www.womenshealth.gov/nwghaad/every-woman>
- PrEP is for women, too! This National Women and Girls HIV/AIDS Awareness Day, talk to your healthcare provider about taking PrEP, a medicine that can reduce your risk of getting HIV by 99% when taken as prescribed. #NWGHAAD #StopHIVtogether <https://bit.ly/3sJWmxP>
- About one in four women with #HIV postpones medical care because she fears rejection by family, violence from a partner, or feelings of depression. But there are many resources that can support you. #NWGHAAD <https://www.womenshealth.gov/nwghaad/every-woman>
- If you are a transgender woman, you might be at higher risk of getting #HIV. Make sure you take steps to protect yourself. PrEP & PeP can significantly reduce transmission when taken consistently. Look for resources in your state here <https://locator.hiv.gov/>. #NWGHAAD
- #Providers: Starting the conversation about #PrEP is an important step in protecting your female patients from HIV. Access CDC's updated PrEP Guidance: <https://bit.ly/34Td5Gv>. #NWGHAAD #StopHIVtogether

#### St. Patrick's Day (March 17)

- The luck of the Irish won't protect you from STIs! This #StPatricksDay, use a condom to help prevent both STIs and unplanned pregnancies (if that's also a possibility for you).  
<https://www.cdc.gov/condomeffectiveness/male-condom-use.html>
- Whether you just met tonight, or have been dating for a long time, the same rules apply. Respect each other's wishes and boundaries, and be sure to get consent. #StPatricksDay  
<https://www.fiveactionsteps.org/3>

#### National Native HIV/AIDS Awareness Day (March 20)

- March 20<sup>th</sup> is National Native HIV/AIDS Awareness Day, a day to promote HIV testing, prevention, and treatment in American Indian, Alaska Native, & Native Hawaiian communities. #NNHAAD



- HIV stigma can keep people from getting tested and treated for HIV/AIDS. This #NNHAAD, help stop #HIVStigma in Native communities by learning how to talk about HIV. [https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html#Stigma-Language-Guide?s\\_cid=so\\_togetherconsumertkoo28](https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html#Stigma-Language-Guide?s_cid=so_togetherconsumertkoo28)
- Today is National Native American #HIV/AIDS Awareness Day! Members of the Native Community chose to observe #NNHAAD on the day of the Spring Equinox because, for many, it represents a time of equality, balance, and new beginnings -- a celebration of life for all people.

### LGBT Health Awareness Week (March 20 – March 24)

Check back [here](#) for updated resources for 2023.

- This week is LGBT Health Awareness Week! We are encouraging everyone to speak openly about LGBTQ health, mental health, trans health, and ending stigma. #LGBTHealthWeek #LGBTHealth <http://healthlgbt.org>
- #Providers: It's important to create an #inclusive environment so LGBTQ patients can feel safe and supported. Check out these tips on creating an inclusive environment. #LGBTHealthWeek <https://www.lgbtqiahealtheducation.org/publication/focus-forms-policy-creating-inclusive-environment-lgbt-patients/>
- #Providers: Want tips on how to take a sexual history with your LGBTQ patients? Use this resource from @NCSH\_ that features inclusive, comprehensive questions to ask, including questions on sexual orientation and gender identity. #LGBTHealth <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-questions-to-ask-all-patients>
- DYK 70% of LGBTQ youth reported having poor mental health in 2021? If you are struggling, here are some resources from @TrevorProject to help #LGBTHealth #LGBTHealthWeek <https://www.thetrevorproject.org/resources/>
- #Parents: Finding it hard to talk with your children about their identity? Here are some resources to get that conversation started. #LGBTHealthWeek <https://www.plannedparenthood.org/learn/parents/identity>

### International Transgender Day of Visibility (March 31)

- Today is International Transgender Day of Visibility. Today, we honor the courage it takes to live openly and raise awareness about the violence the transgender community faces every day. Check out these resources from @GLSEN #TDOV2023 #TransVisibility <https://www.glsen.org/activity/transgender-day-visibility>



## April

### Sexual Assault Awareness and Prevention Month (April)

The National Sexual Violence Resource Center (NSVRC) has additional social media content and resources to help you promote Sexual Assault Awareness Month: <https://www.nsvrc.org/saam>. The theme for 2023 is “Drawing Connections: Prevention Demands Equity”

- Consent is a willing and enthusiastic yes, and consent can also be withdrawn at any time. Check out these tips from @NCSH for discussing consent with your partner. #SAAM [Insert “How do you ask your partner for consent” graphics: <https://nationalcoalitionforsexualhealth.org/get-involved/shared-graphics/sexual-health-quick-tips/how-do-you-ask-a-partner-for-consent/>]
- DYK 1 in 6 sexual assault victims is male? Stigma and societal pressure affect how males react to sexual violence leading many males to suppress their emotions and to be less likely to report abuse. To learn more: <https://www.nsvrc.org/working-male-survivors-sexual-violence>
- “No” is a complete sentence and needs no explanation. No can be expressed verbally or through body language and should be respected either way. #NoMeansNo #SAAM
- April is National Sexual Assault Awareness and Prevention Month. If you or a loved one is the victim of sexual assault, there are several resources from @NSVRC that can help. #SAAM <https://www.nsvrc.org/what-you-can-do>

### National Minority Health Month (April)

The theme for 2023 has not been announced yet; please check back here to get more information as the date gets closer: <https://www.minorityhealth.hhs.gov/nmhm/>.

- DYK STI rates are higher for certain racial and ethnic minority groups? Poverty, discrimination, inadequate education, and lack of access to healthcare & more make it harder for people to avoid STIs. Learn more. #NMHM <https://www.cdc.gov/std/health-disparities/default.htm>
- April is National Minority Health Month. Find out what @MinorityHealth is doing to improve health equity for different racial and ethnic communities. #NMHM <https://www.minorityhealth.hhs.gov/nmhm/>

### National Youth HIV/AIDS Awareness Day (April 10)

- In recent years, more than 20% of new HIV diagnoses were in young people ages 13-24. Yet, testing rates for young people remain low, even though finding out your status is the gateway to care, treatment, and a longer life. #NYHAAD [https://www.cdc.gov/healthyouth/youth\\_hiv/hiv-information-and-youth.htm](https://www.cdc.gov/healthyouth/youth_hiv/hiv-information-and-youth.htm)
- Comprehensive sex education can help young people reduce their risk of HIV/AIDS and improve their overall sexual health and well-being. Check out @SIECUS’s guidelines for K-12<sup>th</sup> grade #CSE. #NYHAAD <https://siecus.org/wp-content/uploads/2018/07/Guidelines-CSE.pdf>



- DYK that fewer teens are having sex? But when they do, fewer are using condoms, putting themselves at risk for #HIV, STIs, & unplanned pregnancy. This #NYHAAD, learn more about recent #CDCYRBS data.  
[https://www.cdc.gov/healthyouth/data/yrbs/yrbs\\_data\\_summary\\_and\\_trends.htm](https://www.cdc.gov/healthyouth/data/yrbs/yrbs_data_summary_and_trends.htm)

#### STI Awareness Week (April 10-16)

Check the CDC's website for the latest campaign for STI Awareness Week:

<https://www.cdc.gov/std/sam/>.

- Dating with herpes can seem daunting, but you are not alone. In fact, one in six adults are living with herpes. Here are some tips to help you jump back into the dating pool #STIAwarenessWeek <https://www.ashasexualhealth.org/herpes-and-relationships/>
- Don't roll the dice with your #SexualHealth! This #STDWeek, prepare before you hit the bedroom with a #SaferSexGamePlan. <https://go.usa.gov/xtQtu>
- Unsure of what you need to know about STI testing? You can take charge of your sexual health by using @NCSH's guide to learn about the STI testing that is recommended for you. #STIAwarenessWeek <https://ncshguide.org/>
- DYK 1 in 5 people in the US have an STI? Testing is important so you can protect yourself and others. Check out @NCSH\_'s guide to learn about your testing options. #STIAwarenessWeek <https://www.ncshguide.org/>
- #Providers: Having trouble discussing STIs with patients? There is more than one way to approach the topic. #STIAwarenessWeek <https://www.cdc.gov/hiv/clinicians/screening/discussing-sexual-health.html>
- Are you having oral and/or anal sex? If so, you may need to get tested for #STIs via a butt or throat swab. It's quick, easy, and even though it can feel awkward, it's painless. Check out @NCSH\_'s extragenital factsheet to learn more. <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/asset/Extragenital-Testing-Fact-Sheet.pdf>

#### National Transgender HIV Testing Day (April 18)

Other resources that can be used to celebrate NTHTD can be found here:

<https://www.hiv.gov/events/awareness-days/transgender> and  
<http://transhealth.ucsf.edu/trans?page=ev-nthtd>

- Do you want to reduce your risk of HIV/AIDS? This guide for transgender and gender nonconforming people offers practical, inclusive tips to help you do so. #Stopthestigma #NTHTD <http://www.hrc.org/resources/safer-sex-for-trans-bodies>



- April 18 is National Transgender HIV Testing Day, a day to recognize the importance of routine HIV testing, status awareness, & continued focus on HIV prevention & treatment for transgender & nonbinary people. #StopHIVTogether #NTHTD #TransHealth <https://bit.ly/3NuoGOh>
- It's National Trans #HIV Testing Day! Check out @CDCgov to find HIV testing, PrEP, or PEP services near you. #TransHealth #NTHTD <https://www.cdc.gov/hiv/basics/hiv-testing/finding-tests.html>
- Knowing your HIV status helps you take charge of your health. Learn more about HIV testing and find the testing option that works best for you! #NTHTD #Transhealth [https://www.cdc.gov/stophivtogether/hiv-testing/index.html?s\\_cid=so\\_togetherconsumertk0045](https://www.cdc.gov/stophivtogether/hiv-testing/index.html?s_cid=so_togetherconsumertk0045)

#### National Infertility Awareness Week (April 23-29)

Check out <https://infertilityawareness.org/> for more information on NIAW or visit <https://resolve.org/> for infertility resources.

- #Infertility can happen to anyone. National Infertility Awareness Week highlights the need to remove stigma surrounding infertility. #NIAW2023
- It is National Infertility Awareness Week #NIAW @CDC has answers and resources for all your questions <https://www.cdc.gov/reproductivehealth/features/what-is-infertility/index.html>
- #Infertility can be stressful and isolating, even though about one in five women experience it. @resolveorg has virtual support groups to help. #NIAW <https://resolve.org/support/find-a-support-group/>