



## NCSH Quarterly Social Media Campaign Part One: Central Themes

This is the 25<sup>th</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 or Instagram as well.

Our theme for this campaign is **gender identity and sexual orientation**. It includes tweets relating to understanding gender identity and sexual orientation, exploring your sexuality, embracing your sexuality, coming out, inclusive language, safer sex for the LGBTQ community, and sexual health care for the LGBTQ community.

### Understanding Gender Identity and Sexual Orientation

- Sexual orientation is about who you want to be with. Gender identity is about who you are. Learn about the differences from @glaad here. <https://www.glaad.org/how-sexual-orientation-different-gender-identity>
- Sexual orientation is about who you're attracted to and want to have relationships with. Do you have questions? Check out this info from @PPFA to learn more. <https://www.plannedparenthood.org/learn/sexual-orientation/sexual-orientation>
- Gender identity is how you feel inside & how you express your gender, through things like your clothing, behavior, & personal appearance. Your identity usually starts to take shape very early in life. Questions? Head to this resource from @PPFA to learn more: <https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity>
- How we express our #sexuality can vary widely. This variety is natural & normal! For some of us, how we identify doesn't neatly fit into a box, and it can change over time. So, it's important to discover, accept, and feel proud of our true selves throughout our lives. <https://www.fiveactionsteps.org/1>
- Want to navigate and understand the many ways people experience their #sexuality? First, start by learning about the language that describes different types of sexual and romantic feelings and orientations, including these 46 #LGBTQIA terms: <https://www.healthline.com/health/different-types-of-sexuality>
- Transgender, cisgender, gender-nonconforming, non-binary, & more! There are many ways we can define our #genderidentity. Here are some definitions to help you learn the differences: <https://www.glaad.org/reference/transgender>
- While the terms #pansexual and #bisexual are often used interchangeably with one another, they actually mean two different things. Here's what you need to know: <https://www.cosmopolitan.com/sex-love/a20776748/pansexual-vs-bisexual-differences/>

- #Asexuality is probably the most misunderstood sexual orientation. Here's what you should know. <https://www.healthline.com/health/what-is-asexual>

## Exploring Your Sexuality

- Have you ever questioned your sexual orientation? If so, you're in good company! Some studies show >50% of people say they have questioned their #sexuality. Whether you find a label that suits you for life, or you are forever fluid, your feelings and choices are all valid. <https://www.plannedparenthood.org/learn/sexual-orientation/sexual-orientation/how-do-i-know-my-sexual-orientation>
- Exploring your #sexuality is not just for adolescents. In fact, it is completely normal to do so throughout your life! Sexual orientation can be fluid & questioning is 100% valid, no matter what stage of life you are in. <https://www.bustle.com/p/discovering-my-sexuality-after-i-was-30-was-confusing-this-is-what-i-wish-i-knew-13168529>
- If you're in a committed relationship & want to explore your sexuality, don't fear! It can seem confusing when we love our partner, but we're here to tell you that w/ open communication & understanding, it's possible. <https://bit.ly/3aafiMU>
- Sexual orientation & gender identity are usually set early in life. But our sexuality can be fluid, and we can discover and act on different feelings and attractions over time. Understanding and accepting who you are can lead to a fuller and happier life. <https://www.fiveactionsteps.org/1>

## Embracing Your Sexuality/Coming Out

- Coming out can be a liberating experience that allows you to be authentically and freely yourself. But whether you do so is totally up to you, and you should only do so when you feel ready and safe. Whatever your decision, we support you! #LGBTQ
- YOUR PARTNER DOES NOT DEFINE YOUR SEXUALITY. Your #bisexuality is just as valid in a relationship as it is out of one. <https://www.oprahmag.com/life/relationships-love/a28056591/bisexual-pride/>
- We all have the right to express our sexual orientation and our gender identity. But, it's up to you to decide how open you will be with others. If you decide to share, here are some tips on when and how to come out. <https://www.fiveactionsteps.org/1>
- Coming out can be scary but there are steps you can take to prepare yourself. Just remember, you are not obligated to come out to anyone if you don't want to! #LGBTQ <https://www.healthline.com/health/how-to-come-out>

- Are you a teen and thinking about coming out? It's important to feel safe and comfortable before you do so. Here are some tips from @TrevorProject to help you decide if and how to take this step. #LGBTQ <https://bit.ly/39tm9Sw>
- ~1/3 of #LGBTQ youth say their biggest worry is not being accepted once they come out. So how do you handle unsupportive parents? If you come out & don't get the best reaction, here are some tips to help you move toward a healthy, supportive situation. <https://bit.ly/2MfmTBJ>

## Inclusive Language

- Second guessing your choice of words when talking with or about people who are #transgender? If so, check out this info from @PPFA to make sure your terminology is inclusive and accurate. <https://www.plannedparenthood.org/learn/gender-identity/transgender/transgender-identity-terms-and-labels>
- Curious about the do's and don'ts for #LGBTQ inclusive language? This resource from @SafeZoneProject can help. <https://bit.ly/2MgP9UD>
- #Providers: As a healthcare provider, it's important to understand the language your patients may use. Check out these terms that you may hear from your #LGBTQIA patients! <https://libguides.library.arizona.edu/LGBTQIAHealthcare/terminology>
- Gender is much more complex than just "boys" and "girls," but not too complicated for people of any age to understand. Use @GLSEN's Gender Terminology Guide and Visual to learn about some basic gender terms. <https://www.glsen.org/sites/default/files/Gender%20Terminology%20Guide.pdf>

## Safer Sex for the LGBTQ+ Community

- Have you seen @HRC & @whitmanwalker's guide, "Safer Sex for Trans Bodies"? For #trans people and their partners, it covers everything from respectful terminology to helpful practices for #sexualhealth following transition-related care. <https://bit.ly/2Mdd3Ak>
- When it comes to #sexed and #LGBTQIA folks, zero states require a comprehensive and inclusive curriculum. Here's a complete LGBTQIA safer sex guide from @GLSEN, @Advocates, and @Healthline with all the info that you may have missed out on. <https://www.healthline.com/health/lgbtqia-safe-sex-guide>
- Want to know how to have safe vulva-to-vulva sex? Even during years of #sexed, you probably didn't hear a word about safer sex for the #LGBTQ community. So, here's some of what you need to know. <https://www.cosmopolitan.com/uk/body/health/a29498109/lesbian-bisexual-queer-women-safe-sex/>

- #LGBTQ youth: Are you and your partner(s) wondering if it's safe to get frisky during #COVID19? This fact sheet can help you assess your risk before getting intimate. <https://bit.ly/3j9ArDv>

## Sexual Health Care for the LGBTQ+ Community

- You have the right to a health care provider who respects and doesn't judge you. And, to one who will NOT make assumptions about your sexual orientation, gender identity, or sexual behaviors without asking. #LGBTQ #culturalcompetency <https://www.ncshguide.org/provider-visit/what-to-look-for>
- #Providers: Have you seen @NCSH\_'s new sexual history-taking tool? It can help you take a more comprehensive and inclusive sexual history by incorporating questions about sexual orientation, gender identity, and more. #LGBTQ <https://bit.ly/37pTuwl>
- Finding a health care provider you trust can be hard for anyone, but it can even be more challenging for those who are #LGBTQ. To find a provider with the knowledge & training to address LGBTQ-specific concerns, you can use @GLMA\_LGBTHealth: <https://bit.ly/3iXTisp>
- If you're a man who has sex with men, are you up to date on recommended #sexualhealth services such as screenings and vaccines? Check out this info from @NCSH\_: <https://www.ncshguide.org/services/men>
- Are you a #gay or #bisexual man wondering what preventive services are recommended to help you protect your sexual health? Check out these tips from @CDCgov: <https://www.cdc.gov/msmhealth/for-your-health.htm>
- Are you a #lesbian or #bisexual woman wondering what preventive services are recommended to help protect your sexual health? Check out this collection of resources from @CDCgov: <https://www.cdc.gov/lgbthealth/women.htm>
- #Providers: Is the sexual #healthcare you provide inclusive for patients of all sexual orientations and gender identities? @NCSH\_ has a compendium of resources to help you improve your effectiveness w/ all patients. <https://bit.ly/3oE3mCH>
- #Providers: Are you up to date on how to provide the best care for your #LGBTQ patients? @LGBTQIAHealthEd has an extensive library of webinars, publications, and other educational materials on providing affirming LGBTQIA+ healthcare. <https://www.lgbtqiahealtheducation.org/#learn>



## 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 22 – March 26)
- 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)
- STD Awareness Week (April 11-17)
- National Transgender HIV Testing Day (April 18)
- National Infertility Awareness Week (April 18-24)

### February

#### National Condom Month and 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.

- Condoms are the only contraceptive that prevents both pregnancy and #STIs, but they often get a pretty bad rep for killing the mood. Here are some tips on making them a seamless part of the moment. <https://www.cosmopolitan.com/uk/love-sex/sex/a19837495/how-to-make-condoms-part-of-the-moment/>
- A condom is only as good as the way it's used! Unsure if you're doing it right? Here are some tips. #NationalCondomMonth <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>

- Love the glove! The condom is the ONLY contraceptive method that can prevent pregnancy AND #STIs. #NationalCondomMonth <https://www.bedsider.org/methods/condom>
- #Clinicians: New @CDCgov data estimate there were nearly 68 million #STIs in the US in 2018, and condom use is declining. Talk openly with patients about their sexual health by using THIS guide. #NationalCondomMonth <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-and-your-patients-a-providers-guide>
- A condom is your very best #safersex friend! Not only can it protect you from #STIs and pregnancy, you can also use it to create a dental dam for oral sex. #NationalCondomMonth <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
- Running out of condoms doesn't mean your fun has to stop! @Bedsider has some ideas for how to keep the party going even when the supply runs out. #NationalCondomMonth <https://www.bedsider.org/features/1162-what-to-do-when-you-run-out-of-condoms>
- Is the condom conversation making you nervous? Try this: "What kind of condoms do you like? Want to pick some out together? Let's try different types and see what we like best." Find more convo starters here: <https://www.fiveactionsteps.org/3>
- Condoms are sexy! More than 7 out of 10 men & women agreed that they respect their partners more if they insist on using a condom. #NationalCondomMonth <https://www.cosmopolitan.com/sex-love/a25904113/condom-survey-2019/>
- DYK H<sub>2</sub>O and silicone lubes are safe to use with #condoms, but oil-based ones can damage condoms and make them break? #NationalCondomWeek <https://helloclue.com/articles/sex/how-to-pick-a-lubricant>
- Like external (male) #condoms, internal (or female) condoms also protect against both #pregnancy and #STIs! Here are 12 things you probably didn't know about them (but should). <https://www.cosmopolitan.com/sex-love/a26945379/best-female-condoms/>

#### National Cancer Prevention Month (February)

- It's National Cancer Prevention Month! Make sure you're getting the preventive #sexualhealth services you need like a Pap test, #HPV testing, and the HPV vaccine to protect against certain #cancers. <http://www.ncshguide.org/>
- #Parents: The #HPV vaccine is about way more than just sex. It's about preventing cancer, and it's incredibly safe. Talk to your pediatrician about vaccinating your adolescents! <https://www.cdc.gov/hpv/parents/vaccine.html>
- #Men: The HPV vaccine isn't just for women! In men, it can prevent genital warts and cancers of the penis, throat, and anus. Talk to your #HCP to see if getting vaccinated is recommended for you!

- DYK the HPV vaccine is now approved for men and women up to age 45? Talk with your health care provider about this safe and effective vaccine that prevents cancer and whether it's right for you. <https://www.cancer.gov/about-cancer/causes-prevention/risk/infectious-agents/hpv-vaccine-fact-sheet>
- #Women: DYK the Pap test looks for cells on your cervix that could become cancer? Learn more about how often to get it and other preventive sexual health services recommended for you: <https://www.ncshguide.org/services/women>
- DYK that women ages 30 and older can receive the #HPV test along with the Pap test? This is called HPV co-testing & can better detect cervical cancer than Pap testing alone. [https://www.cdc.gov/cancer/cervical/basic\\_info/screening.htm](https://www.cdc.gov/cancer/cervical/basic_info/screening.htm)

### Teen Dating Violence Awareness Month (February)

Love Is Respect has additional resources to help you promote Teen Dating Violence Awareness Month (TDVAM), along with downloadable images to share:

<https://www.loveisrespect.org/teendvmonth/>

- February is Teen Dating Violence Awareness Month. @loveisrepect has everything you need for your #KnowYourWorth campaign: <https://www.loveisrespect.org/teendvmonth/>
- Unsure when dating behavior crosses the line from healthy to unhealthy to even abusive? Use these warning signs from @loveisrespect to see if your relationship is going south. #TeenDVMonth <https://www.loveisrespect.org/about-dating/warning-signs-of-abuse/>
- It's never too early to talk with your child about healthy relationships. And, by starting the conversation, you can help prevent dating violence. Here is some info get you started. #TeenDVMonth <https://www.fiveactionsteps.org/4>
- Dating violence is more common than you think. 1 in 3 teens experience physical, sexual, or emotional abuse before they become adults. Want to help a loved one in an unhealthy or abusive relationship? Check out these resources @loveisrespect. #TeenDVMonth #loveisrespect <https://www.loveisrespect.org/supporting-others/>
- DYK #LGBTQ youth may face more obstacles when seeking help for an abusive relationship? #TDVAM #loveisrespect <https://www.loveisrespect.org/resources/lgbtq-communities/>
- No relationship is perfect, and many of us can do a better job. But, an abusive relationship is NOT something you "can fix and make better." #KnowYourWorth #TeenDVMonth <https://www.fiveactionsteps.org/4>



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

This year's theme is: "We're in This Together." The CDC has additional posts and images available to promote #NBHAAD: <https://www.cdc.gov/hiv/library/awareness/nbhaad.html>

- Today is National Black HIV/AIDS Awareness Day, a day to address the impact of #HIV on Black communities. When we work to overcome barriers to HIV prevention, care, and treatment, we can #StopHIVTogether. <http://bit.ly/34RvyAx> #NBHAAD
- When people w/ #HIV receive unconditional support, they are more likely to seek care & stay in treatment. Let your family and friends know they're not alone—even if you're physically apart. We're in this together. <http://bit.ly/2KH5CR9> #NBHAAD #StopHIVTogether
- 1 in 7 African Americans with #HIV don't know they have it. HIV stigma stops many from taking the first step to get tested. Learn how we can #StopHIVStigma together here. #NBHAAD <https://www.cdc.gov/stophivtogether/hiv-stigma/ways-to-stop.html>
- PrEP reduces #HIV risk from sex by about 99% when taken daily. Learn about PrEP and if it's right for you. #NBHAAD <https://www.cdc.gov/hiv/basics/prep.html>

### Valentine's Day (February 14)

- #ValentinesDay is just around the corner. Remember, nothing says 'I love you' more than protecting yourself & your partner(s) from #STIs. <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex>
- No #ValentinesDay is complete without chocolate, compliments, and #contraception! Enjoy this day with your partner and celebrate #safersex! <https://www.fiveactionsteps.org/3>
- There are many ways to express your love this #ValentinesDay. Being intimate could include touching, talking, cuddling, listening...how are you saying I love you?
- Picking out flowers and chocolate for your special someone? Don't forget to grab a box of #condoms and practice safer sex this #ValentinesDay! It could be a great day to try a new style and find out what you both like. <https://www.verywellhealth.com/condom-types-906789>
- Trying out something new in the bedroom this #ValentinesDay? Decide upon a safe word ahead of time that means stop, just in case! <https://www.elitedaily.com/p/23-safe-words-for-sex-that-people-use-when-things-get-heated-with-their-partner-9493830#:~:text=Some%20suggested%20universally%2Dunderstood%20safe,to%20be%20able%20to%20continue.>
- You don't need a valentine to enjoy yourself on #ValentinesDay! @PPFA explains the benefits of masturbation and gives helpful tips: <https://www.plannedparenthood.org/learn/sex-and-relationships/masturbation>
- Whether you have a #Valentine or are searching for new one, it's a great time to learn how to build positive relationships! #ValentinesDay <https://www.fiveactionsteps.org/4>



## March

### Women's History Month (March)

- This #WomensHistoryMonth, celebrate by learning what preventive sexual health services are recommended for you. #girlpower [www.ncshguide.org/services/women/recommended-services](http://www.ncshguide.org/services/women/recommended-services)
- After 50, only 22% of women discuss sex with their healthcare provider. But good #sexualhealth is important at any age. Get tips for talking with your provider from @NCSH... #WomensHistoryMonth <https://www.ncshguide.org/provider-visit>
- DYK that STIs are sexist? When women and men have sex together, women are more likely to get an STI, and experience more serious consequences. #WomensHistoryMonth <https://www.cnn.com/2019/10/24/health/stds-are-sexist-against-women-wellness/index.html>

### Developmental Disability Awareness Month (March)

Check back here for new resources to celebrate #DDAwareness21: <https://nacdd.org/ddam/>

- March is Developmental Disabilities Awareness Month! Make time to teach inclusion and create awareness about the barriers faced by people with developmental disabilities. #DDAwareness21 <https://www.nacdd.org/>
- People with disabilities can have rich and satisfying sex lives, and have the right to do so. Yet, they are often excluded from sex ed curriculums. #DDAwareness21 <https://www.teenvogue.com/story/disabled-sex-ed>
- People w/ intellectual & developmental disabilities are seven times more likely to be sexually assaulted than those without disabilities. We can & must do better to provide the I/DD community with better sex education that includes consent. #DDAwareness21 <https://www.rainn.org/articles/sexual-abuse-people-disabilities>
- Want to help stop the sexual assault of people with intellectual and developmental disabilities? Provide access to inclusive, comprehensive sex ed, including the signs of abuse and qualities of a healthy relationship. #DDAwareness21

### 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>.

- Not all women and girls living with #HIV are getting the care they need – only about half have achieved viral suppression. Here's what that means. #NWGHAAD <https://www.cdc.gov/hiv/pdf/risk/art/cdc-hiv-tasp-101.pdf>

- Even when she knows her status, about one in four women with #HIV postpones medical care because she fears rejection by family, violence from a partner, or feelings of depression. We need to continue to fight HIV stigma in 2021. #NWGHAAD
- Semen can stay in the vagina for days after sex, which means longer exposure to #HIV. Here are some other facts that every woman should know about HIV/AIDS. #NWGHAAD <https://www.womenshealth.gov/nwghaad/every-woman>
- 1 in 9 women with #HIV are unaware they have it. And if you don't know you have it, you can't get the care and treatment you need for a longer, healthier life. Get tested today! #NWGHAAD <https://gettested.cdc.gov/>
- Many #HIV symptoms are the same for men and women, but not all. Here are 9 common symptoms, including those that are specific to women. #NWGHAAD <https://www.healthline.com/health/hiv-aids/symptoms-women>

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

- Hoping to get lucky tonight? Be prepared and carry a condom with you, just in case! #StPatricksDay <https://www.elitedaily.com/p/should-you-carry-condoms-6-powerful-reasons-why-everyone-should-8815638>
- Green beer is great, but don't let it cloud your judgment. Practice #safersex and use a condom each and every time you have sex. #StPatricksDay <https://www.plannedparenthood.org/learn/birth-control/condom/how-do-i-get-condoms>
- Kiss me, I'm Irish! But only after you get my consent. #StPatricksDay <https://www.loveisrespect.org/resources/what-consent-does-and-doesnt-look-like/>
- The luck o' the Irish won't protect you from #STIs. A condom is the only contraceptive method that can protect you from STIs and pregnancy. #StPatricksDay <https://www.cdc.gov/condomeffectiveness/male-condom-use.html>

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

- DYK 1 in 7 people infected with #HIV don't know it? Don't wait, get tested today! #NNHAAD <https://gettested.cdc.gov/>
- DYK American Indian/Alaska Native gay & bisexual men may face more discrimination & confidentiality concerns in their communities? These can limit opportunities for #HIV testing, especially for those living in rural areas and/or on reservations. #NNHAAD <https://www.cdc.gov/hiv/group/raciaethnic/aian/index.html>

### LGBT Health Awareness Week (March 25-29)

Check back [here](#) for updated resources for 2021.

- This week is LGBT Health Awareness Week! Join the conversation and take action today. #LGBTHealthWeek #LGBTHealth <http://healthlgbt.org>
- LGBT people face higher rates of mental illness, HIV, poverty, and harassment. Yet, medical schools do a poor job of preparing future doctors to understand their unique needs. #LGBTHealth <https://www.npr.org/sections/health-shots/2019/01/20/683216767/medical-students-push-for-more-lgbt-health-training-to-address-disparities>
- #Providers: Negative interactions with healthcare providers mean LGBT patients are less likely to get the services they need. This #LGBTHealth Awareness Month learn how to deliver better care. <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/compendium-of-sexual-reproductive-health-resources-for-healthcare-providers>
- #Providers: Want tips on how to take a sexual history with your LGBT patients? Use this resource from @NCSH\_ that features questions to ask during a comprehensive sexual history, including questions on sexual orientation and gender identity. #LGBTHealth <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-questions-to-ask-all-patients>
- Are you #LGBTQ+ and looking for a healthcare provider you can trust? @GLMA\_LGBTHealth offers a provider directory to connect you with quality professionals in your area. #LGBTHealth <http://www.glma.org/index.cfm?fuseaction=Page.ViewPage&PageID=939>

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

- Today is International Transgender Day of Visibility. Let's celebrate transgender people, recognize the courage it takes to live openly, and raise awareness of the discrimination and violence faced by our transgender loved ones. #TDOV #TransVisibility
- Ask for and respect someone's personal pronouns. Calling people by the correct pronouns matters. #TDOV #TransVisibility <https://www.mypronouns.org/>
- Despite increased visibility, transgender and gender non-conforming people still face an epidemic of violence. Together we can make change! #TDOV #TransVisibility <https://www.vox.com/identities/2019/12/27/21028342/trans-visibility-backlash-internet-2010>

## 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>. This year's theme will be announced soon.

- Get prepared for Sexual Assault Awareness Month this April with fresh #SAAM resources and graphics from @NSVRC! Check out the campaign: <https://www.nsvrc.org/saam>
- Asking for consent is a healthy, normal, and necessary part of every relationship. #SAAM [www.nsvrc.org/saam](http://www.nsvrc.org/saam)
- If you are sexually assaulted, it's never your fault. It doesn't matter what you were wearing, how you were acting, if you were drinking, or what type of relationship you were in. #SAAM
- When you ask for #consent, be sure to let your partner know that you are ok with their answer, whether it's yes or no. #SAAM [www.nsvrc.org/saam](http://www.nsvrc.org/saam)
- Most sexual assaults are not reported to the police. Want help or advice to make a report? @RAINN has resources. #SAAM <https://rainn.org/get-help>
- Every 73 seconds, an American is sexually assaulted. Visit @RAINN to learn more about safety and prevention. #SAAM <https://www.rainn.org/safety-prevention>

### National Minority Health Month (April)

The theme for 2020 has not been announced yet; please check back here to get more information as the date gets closer: <https://minorityhealth.hhs.gov/omh/Content.aspx?ID=12481&lvl=2&lvlid=12>

- In the US, some racial and ethnic minority groups experience a bigger burden of STI cases. In 2021, let's work together to reduce health disparities. #NMHM <https://www.cdc.gov/std/health-disparities/default.htm>
- This National Minority Health Month, see what's being done to reduce racial & ethnic health disparities: <https://www.minorityhealth.hhs.gov/omh/browse.aspx?lvl=1&lvlid=2>

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

Please check back here for new CDC social media resources available to celebrate this day: <https://www.cdc.gov/hiv/library/awareness/nyhaad.html>.

- 1 in 5 new HIV diagnoses are among young people ages 13-24. Yet, only 9% of high school students have ever been tested. This National Youth HIV/AIDS Awareness Day, encourage them to get tested <https://gettested.cdc.gov>.
- DYK that daily #PrEP use reduces the risk of getting HIV from sex by about 99%? Yet, young people are less likely than adults to use PrEP due to cost, access, stigma, and privacy concerns. #NYHAAD <https://www.cdc.gov/hiv/basics/prep.html>

- DYK that only 36% of youth ages 13-24 who are diagnosed with HIV are receiving care and treatment? Learn why youth HIV prevention is key to reaching an #HIVFreeGeneration. #NYHAAD <https://www.cdc.gov/hiv/group/age/youth/index.html>

### STD Awareness Week (April 11-17)

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

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

- It's STD Awareness Week! Have you been tested lately? Learn more about the preventive services that are right for you. #STDAwarenessWeek <https://www.ncshguide.org/services>
- Being diagnosed with an #STI isn't a death sentence for dating. You can still date and have a healthy, fun sex life! #STDAwarenessWeek <https://www.cnn.com/2018/10/30/health/std-sti-dating-sex-kerner/index.html#:~:text=Either%20approach%20is%20OK%2C%20but,become%20sexually%20intimate%20with%20them.>
- #Providers: According to new data from @CDCgov, an estimated 1 in 5 people in the U.S. have an #STI. This STD Awareness Week prepare to talk with your patients about testing, prevention, and treatment. <https://nationalcoalitionforsexualhealth.org/providers>
- #STIs often don't have any symptoms, and it's possible to have an infection and not know it. If you are having sex, it's important to get tested! And if you are having oral or anal sex, you may want to consider extragenital STI testing. #STDAwarenessWeek <https://nationalcoalitionforsexualhealth.org/tools/communicating-to-the-public/asset/Extragenital-Testing-Fact-Sheet.pdf>
- Before things heat up, talk with your partners about #STIs & staying safe during sex. Keep it calm and matter of fact. Check out these tips here: <https://www.fiveactionsteps.org/3>
- DYK you can still date and have a healthy sex life if you have an #STI? But, before you get sexual, you should tell your partner(s). Then, you can decide together if you will take steps to reduce risk, like using condoms or dams, or taking certain medications. <https://www.fiveactionsteps.org/3>

### 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>

- #Providers: Trans patients report they are refused care (19%), harassed in medical settings (28%), and that providers lack knowledge of transgender care (50%). These @HRC tools can help you provide patient-centered care. #NTHTD #TransHIV <http://www.hrc.org/resources/transgender-patient-services-support-resources-for-providers-and-hospital-a>

- Transgender men and women experience disproportionately high rates of HIV. This guide for transgender and gender nonconforming people, and their partners can help address these disparities. #TransHIV #stopthestigma <http://www.hrc.org/resources/safer-sex-for-trans-bodies>
- Knowledge about PrEP remains low among communities at risk, especially among transgender women. Learn more about this highly effective daily medication that can prevent HIV transmission during sex. #TransHIV #stopthestigma <https://www.pleaseprepme.org/trans>
- #Providers: Lack of knowledge about transgender issues can be a barrier for trans people who are diagnosed with HIV and seeking quality care. Learn about HIV prevention and care for transgender patients here: <https://www.cdc.gov/hiv/clinicians/transforming-health/index.html>

#### National Infertility Awareness Week (April 21-28)

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

- Infertility is more common than you think. DYK that 1 in 8 couples experience #infertility? #NIAW <https://www.cdc.gov/reproductivehealth/Infertility/>
- Each year, about 24,000 women become infertile due to undiagnosed and untreated #STIs. Get routine STI screenings to help protect your ability to have a baby if and when you want to. <https://www.ncshguide.org/services/women>
- DYK that chlamydia & gonorrhea are leading causes of preventable #infertility? Use this @NCSH\_ guide to learn which screening tests are recommended for you. #NIAW <https://www.ncshguide.org/services>
- #Infertility can be stressful and isolating. @resolveorg has virtual support groups to help. #NIAW <https://resolve.org/support/resolve-support-groups/resolve-virtual-peer-led-family-building-support-groups/>