



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

This is the 22<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 **COVID-19 and Sexual Health**. It includes tweets related to transmission, prevention, partners, relationships, sexual health services, and abuse.

### Transmission of COVID-19

- It's not just about sex. DYK that if you're close enough to touch an infected partner, you're close enough to get the virus? This could happen when hugging, talking face-to-face, or just lying in bed together. #COVID19 <https://bit.ly/3fwsbmo>
- How can #COVID19 be spread during sexual contact?
  1. Close contact with an infected partner (within 6 feet)
  2. Kissing an infected partner
  3. Rimming (mouth on anus) with an infected partner might spread itSee @whitmanwalker's tips for more information: <https://bit.ly/wwsexandcovid19>
- With COVID-19, what does it really mean to put six feet between you and others? You can use your arms to find out. Check out these practical tips: <https://cnn.it/#bGLC9m>.
- Take care with kissing in the age of #COVID19. DYK that you can easily share COVID-19 if you or your partner(s) are infected? The virus has been found in both saliva and mucus. <https://bit.ly/3fwsbmo>
- You could have #COVID19, and not even know it. Many people don't have symptoms, but they can still give the virus to others. Learn more here: <https://www.npr.org/sections/goatsandsoda/2020/04/13/831883560/can-a-coronavirus-patient-who-isnt-showing-symptoms-infect-others>

### Prevention of COVID-19

- **Tweet thread:**  
Tweet 1:  
How can you enjoy sexual activity & avoid #COVID19?
  - YOU are your safest sex partner. When masturbating, wash hands/sex toys for at least 20 seconds before & after sex
  - The next safest is a partner you live with who is social distancing, handwashing, & wearing a mask in public

(Cont'd)

Tweet 2:

How can you enjoy sexual activity and avoid #COVID19?

- Take care during sex (kissing can spread it & rimming might spread it)
- Wash hands & sex toys with soap & water for at least 20 seconds before & after sex
- Use condoms & dental dams to reduce risk during oral & anal sex

(Cont'd)

Tweet 3:

How can you enjoy sexual activity & avoid #COVID19?

- Skip sexual activity if you or your partner have COVID-19 or any symptoms. Learn more here: <https://bit.ly/2Sqo94G>
  - But remember, people can be infected with #COVID19 & not show any symptoms
- 
- With #COVID19, a safe and satisfying sex life is still possible IF you know the facts and take steps to reduce your risk. Learn more: <https://bit.ly/3bePD3Q>
  - Are you or your partner wondering if it's safe to get frisky during #COVID19? This @NCSH\_ factsheet has questions to help you and your partner assess your risk before getting intimate. <https://bit.ly/3bePD3Q>
  - DYK you are your safest sex partner during #COVID19? Masturbation is safe, and it's a great time to explore what feels good to you. Before and after sex, just be sure to wash your hands and sex toys with soap and water for at least 20 seconds.
  - Single during #COVID19? You're in luck! You're already in a relationship with your safest sex partner—YOU! 😊 @Cosmopolitan has some tips for women on how to get down solo: <https://www.cosmopolitan.com/sex-love/advice/a1602/solo-sex/>
  - Looking for ways to explore self-love while stuck at home due to #COVID19? @PPFA explains the benefits of masturbation and gives helpful tips: <https://www.plannedparenthood.org/learn/sex-andrelationships/masturbation>
  - During #COVID19, it's best to avoid close contact and sexual activity – especially kissing – with anyone outside of your household, particularly with new or casual partners.
  - DYK that the #coronavirus might be in feces? So, rimming (mouth on butt/anus) could be risky. Either avoid this type of sexual activity or use dental dams to reduce risk. <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html>
  - Don't forget the basics! Keep up your safer sex routine during #COVID19, which could include condoms, dental dams, birth control, and/or medications to prevent unplanned pregnancies and STIs, including HIV.

- @CDCgov says you should put 6 feet between you and others. Wondering whether it's safe to have sex during the #coronavirus outbreak? Here's some advice. <https://www.tht.org.uk/news/dont-hook-during-covid-19-lockdown?sfns=mo>
- DYK that if you or your partner(s) have certain health conditions, like diabetes or heart disease, you could be at higher risk for #COVID19 complications? For now, you might choose to avoid sexual contact. Learn more from @CDCgov: <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/index.html>

## Partners

- Not living with your partner during #COVID19? It can be really tough, but it's best to avoid physical contact for now. Explore other options to stay connected: video dates, sexting or phone dates. <https://bit.ly/2Sj8pko>
- Living apart from your partner during #COVID19? It's best not to get physical. But If you do, you can reduce your risk by avoiding kissing, avoiding rimming, and using condoms or dams during oral & anal sex. <https://bit.ly/3bePD3Q>
- Want to date someone new during #COVID19? For now, you should avoid in-person dates. Instead, it's best to date virtually, e.g., online, video dates, or sexting. This slow build-up could lay a great foundation for a future relationship!

## Sexual Health Services

- Want to access routine sexual health care during #COVID19? Many providers are using “no touch care” through phone/video appointments instead of in-person visits. Check with your local provider to see what's available near you! <https://bit.ly/2SKuQPz>
- Taking care of your #sexualhealth is important even during #COVID19! This could include:
  - Refilling your birth control prescription
  - Getting tested for an STI
  - Continuing treatment for HIV and other STIs
  - And much more!
 Talk to your provider to find out what's available for you.
- REMINDER: Even during #COVID19, if you have any #STI symptoms or had sex with someone recently diagnosed, contact your health care provider or clinic, and seek care right away. Treatment will be available in-person or via phone/video appointments. <https://bit.ly/2SKuQPz>
- STIs still matter, even during #COVID19:
  - If you have STI symptoms, seek care right away.
  - If you are being treated for an STI, complete meds & care w/ your provider.

- If you are living w/ HIV or on PrEP, talk with your provider about safely accessing meds, screening, & services.
- With #COVID19 are you wondering how to get your next birth control refill? Telehealth is an option! Have questions? @Bedsider is here to help: <https://www.bedsider.org/features/1436-what-telehealth-is-and-isn-t-and-why-you-should-use-it-to-get-your-birth-control>
- Want to access birth control to help you plan and prevent pregnancies? During #COVID19, there are still many options for doing so, including via phone or video appointments. <https://www.insider.com/how-to-get-birth-control>
- It's key to stay on top of your birth control during #COVID19 and there are ways to do so! @Bedsider's list of nine ways to get birth control delivered to your door is a good place to start: <https://www.bedsider.org/features/851-how-to-get-birth-control-delivered-right-to-your-door>
- No glove, no love—even during #COVID19! Remember, you can order condoms online or pick them up at your local store when shopping for essentials.

## Relationships

- Living apart from your partner(s) under stay-at-home orders? You can still be connected & have fun! You could try: phone calls, texting or sexting; online video date nights watching movies or TV together; playing online games; or even cooking together. #COVID19
- If you're living apart from your partner(s) during stay-at-home orders, you can still get sexy and intimate! Sexting and video/phone dates are a great way to stay connected. Here's how to do it safely: <https://www.insider.com/how-to-sext-safely-experts-2019-4>
- #COVID19 relationship reminders:
  1. Carve out time for yourself.
  2. Don't forget to plan quality time with your partner, too.
  3. Be kind to each other. This is a stressful time.
  4. It's normal to disagree from time-to-time, but try to do so fairly.<https://bit.ly/3c95BoO>
- Too much time together with your partner at home? And other family members, too? Be sure to spend time on your own & do things you enjoy, like taking a walk, reading, doing art, talking with friends or just watching a favorite TV show. #COVID19 <https://www.forbes.com/sites/erikaboissiere/2020/03/19/covid-19-lock-down-how-to-manage-your-relationships-in-tight-quarters/amp/>

- Spending more time with your partner at home due to #COVID19? It's a great time to work on your relationship. First, you need to know what a good one looks like. Learn about the 7 key ingredients from @NCSH\_. <https://fiveactionsteps.org/4>
- With #COVID19, some of us are spending a lot more time with our partner(s). Remember to value each other's differences and similarities. Get more tips on keeping relationships strong from @NCSH\_: <https://www.fiveactionsteps.org/4>
- Looking for relationship advice amid #COVID19 lockdowns? Every couple argues from time-to-time, but try to avoid name-calling or saying things just to make your partner angry. Checkout tips from the @NCSH\_ on how to disagree fairly. <https://www.fiveactionsteps.org/4>
- It's ok if your sex life is not all you want it to be during #COVID19. Living through a pandemic is stressful! You might want to talk about your desires or try something new. And if you have mismatched sex drives, talk about that, too. <https://bit.ly/2zBoDOV>
- Is your partner driving you crazy? US TOO. No matter how much you love them, being with a partner 24/7 can be stressful. @NCSH\_ has some relationship tips to help: <https://www.fiveactionsteps.org/4>
- If you're struggling in your relationship under stay-at-home orders, we get it! Spending so much time together in close quarters can be hard. If you want support, consider online or phone counseling. Find a counselor here: [https://www.aamft.org/Directories/Find\\_a\\_Therapist.aspx](https://www.aamft.org/Directories/Find_a_Therapist.aspx)

## Abusive Relationships

- If you're in an abusive relationship, being on lock-down with your abuser(s) can be even more challenging. This is also true if your family mistreats you because of your sexual orientation or gender identity. For support, you can live chat with @ndvh: <https://bit.ly/2SkO1ix>
- If you are in an abusive relationship, think about putting a buddy system in place during #COVID19 stay-at-home orders. Have 1 or 2 trusted people you can contact with a code word to warn when you are in trouble and need help. More here: <https://bit.ly/3c95BoO>



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

Each quarterly campaign also features sample tweets in support of key health observances, holidays, and other cultural milestones.

### The key observances for this quarter include:

- #TalkingIsPower Month (May)
- National Teen Pregnancy Prevention Month (May)
- Hepatitis Awareness Month (May)
- Mother's Day (May 10)
- National Women's Health Week (May 10 - May 16)
- National Women's Checkup Day (May 11)
- HIV Vaccine Awareness Day (May 18)
- Men's Health Month (June)
- HIV Long-Term Survivors Day (June 5)
- Men's Health Week (June 10- June 16)
- Father's Day (June 21)
- National HIV Testing Day (June 27)
- Independence Day (July 4)
- World Hepatitis Day (July 28)
- National Orgasm Day (July 31)

**Reminder:** If you would like to promote the Five Action Steps and/or the Sexual Health Quiz, click [here](#) to find social media content and promotional graphics.

### May

#### #TalkingIsPower Month (May)

#TalkingIsPower Month is a national effort to spark meaningful conversations about sex and relationships between young people and the champions who care about them most. Power to Decide has resources, articles, videos and shareable graphics available to help you promote the month:

<https://powertodecide.org/sexual-health/resources-for-parents-champions-mentors/talkingispower>.

- May is #TalkingIsPower Month, a national effort to spark meaningful conversations about sex and relationships between young people and the champions who care about them most! Learn more: <https://bit.ly/2Kutt1p>.
- Parents: talking with young people about sex, love, and relationships can be uncomfortable—we know! But if you're not talking with them about sex, everyone else is. Here are some tips

from @PowertoDecide on how to be an “askable” parent. #TalkingIsPower  
<https://bit.ly/3foBVEV>

- DYK: Young people actually prefer hearing about topics like sex, love, and relationships from the adults they trust most? Learn more at <https://bit.ly/2Kutt1p> #TalkingIsPower
- Unsure how to start the conversation about sex with the young people in your life? These tips from @ppfa can help guide you. #TalkingIsPower  
<https://www.plannedparenthood.org/learn/parents/tips-talking>
- DYK: roughly 1 in 4 girls will become pregnant at least once by age 20? And nearly all of them say they don’t want this to happen. It’s important to educate teens on sex, love, and relationships so they can make informed decisions and live their best lives.  
<https://bit.ly/2Kutt1p>

### National Teen Pregnancy Prevention Month (May)

National Teen Pregnancy Prevention Month (NTPPM) highlights the historic declines in teen birth rates in the United States. DHHS’s Office of Population Affairs provides a toolkit and digital content to help you promote the month: <https://www.hhs.gov/ash/oah/news/teen-pregnancy-prevention-month/index.html>.

- May is National Teen Pregnancy Prevention Month! This month is dedicated to raising awareness about #teenpregnancy & how to prevent it. Learn more:  
<https://www.hhs.gov/ash/oah/news/teen-pregnancy-prevention-month> #NTPPM
- Throughout the month of May—and every day—we support efforts to reduce teen pregnancy. Join us! #NTPPM <https://www.hhs.gov/ash/oah/sites/default/files/opa-ntppm-supporter-toolkit-2020.pdf>
- Teens may be having less sex these days, but they are also less likely to use a condom. Remember, a latex #condom is the only way to protect yourself from STIs AND prevent pregnancy. #NTPPM <https://www.plannedparenthood.org/learn/birth-control/condom>
- The teen pregnancy rate in the U.S. has declined, but we still have a long way to go. Our rate is substantially higher than in other western countries, and racial/ethnic and geographic disparities persist. #NTPPM <https://www.cdc.gov/teenpregnancy/about/index.htm>
- There’s good news! Recent declines in teen pregnancy are tied to more teens abstaining from sexual activity & to more sexually active teens using birth control. Interested in educating yourself or a teen you know on options? @Bedsider can help. #NTPPM <https://bit.ly/2y1Wqkb>
- Long-acting reversible contraceptives (#LARCs), like an IUD or implant, are safe AND the most effective method for preventing unplanned pregnancies. Learn more about these methods. #NTPPM <http://www.ashasexualhealth.org/understanding-larc/>

- #Providers: At a loss for words when asking your male & female adolescent patients about their sexual health and history? These @NCSH\_ pocket cards can help you guide the convo. #NTPPM <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers/sexual-health-your-patients-pocket-cards>

### Hepatitis Awareness Month

The CDC has created some additional resources to support your efforts:

<https://www.cdc.gov/hepatitis/heppromoresources.htm>. Also, Hepatitis Testing Day is May 19<sup>th</sup>, so you may consider sharing these messages on that day (as well as throughout the month).

- May is #Hepatitis Awareness Month! This year join #HepAware2020 and use @CDCgov's adult vaccine assessment tool to find out if you need to get vaccinated. <https://www2.cdc.gov/nip/adultimmsched/>
- DYK an estimated 862,000 Americans have hepatitis B & nearly 2 in 3 don't know they are infected? Left untreated, hepatitis B can cause serious liver problems, even liver cancer. Talk to your doctor about getting tested & vaccinated for hepatitis B. <https://www.cdc.gov/hepatitis/hbv/bfaq.htm#overview>
- Should you be tested or vaccinated for different types of #hepatitis? Learn more during #HepAware2020. <https://www.cdc.gov/hepatitis/awareness/index.htm>
- #Hepatitis isn't just a liver infection—it can also be transmitted through sexual contact (in addition to being transmitted via other routes). #HepAware2020 <https://www.cdc.gov/hepatitis/populations/stds.htm>
- DYK hepatitis A&B can result in chronic disease & long-term health problems for some people? But, there's good news: vaccines can prevent both types. Learn more: <https://bit.ly/2L1GW2e>

### Mother's Day (May 10)

- #Moms: You spend most of the year taking care of others in your life. Today, it's time to check in on you! Explore @NCSH\_'s advice on valuing who you are & deciding what's right for you. <https://www.fiveactionsteps.org/1>
- #Moms: This #MothersDay, it's time to give your sexual health the attention it deserves! Start here and take this @NCSH\_ quiz. #HowsYourSexLife <https://nationalcoalitionforsexualhealth.org/quiz>

- Is this your first #MothersDay as a mom? If you recently gave birth, some #birthcontrol methods may work better for you than others. <https://www.bedsider.org/methods>
- FACT: Even if you're #breastfeeding, you still need to use #birthcontrol if you don't want to get pregnant and have another baby soon. @PPFA discusses some options: <https://www.plannedparenthood.org/learn/birth-control/breastfeeding/whats-best-birth-control-option-while-breastfeeding> #MothersDay
- Love being a #mom but not planning to have more children? Find a #birthcontrol method that is right for you, wherever you are in your life. #MothersDay <https://www.bedsider.org/methods>
- Moms: If you've been celebrating #MothersDay for a while, you may be feeling older...but you can still have a happy and healthy sex life at any age! Here are some tips to help: <https://bit.ly/2WovB1H>

#### National Women's Health Week (May 10-16)

Check back here for additional tips, tools, and resources: <https://www.womenshealth.gov/nwhw/>

- National Women's Health Week kicks off today. Make your sexual health a priority this week and always! <http://www.ncshguide.org/> #NWHW
- For National Women's Health Week, put sexual health on your to-do list. Find out what preventive services are recommended for you. #NWHW <https://www.ncshguide.org/services>
- Where are you on your health journey, and where do you want to go? Every woman has her own approach. This National Women's Health Week, find what works best for you. #NWHW <https://www.womenshealth.gov/nwhw/find-your-health>
- #Condoms are a girl's best friend! They are the only contraceptive that protect against pregnancy & STIs. Make sure you and your partner know how to put it on correctly. #NWHM <https://www.plannedparenthood.org/learn/birth-control/condom/how-to-put-a-condom-on>
- This #NationalWomensHealthWeek, get smart about your body and protect it! Check out @NCSH\_'s Five Action Steps for tips on having a safer and more pleasurable sex life. #safersex <https://www.fiveactionsteps.org/2>
- #NationalWomensHealthWeek is a good time to check in on your #sexualhealth. Are you happy with your sex life, partners, romantic relationships, & overall sexual health? Take @NCSH\_'s quiz to find out and get practical tips & advice, too. #HowsYourSexLife <https://nationalcoalitionforsexualhealth.org/quiz>
- Looking for a way to honor #NationalWomensHealthWeek? Take time to learn about the female condom, or even try it! You can insert it up to 8 hours before sex, allowing you to have control! <https://www.plannedparenthood.org/learn/birth-control/internal-condom>

## National Women's Checkup Day (May 11)

- Today is National Women's Checkup Day! Don't assume you're getting everything you need when visiting a #healthcare provider. Take charge of your #sexualhealth & get informed. #CheckupDay <http://www.ncshguide.org/services>
- Sometimes, talking with your provider about #sexualhealth can be awkward. The @NCSH\_ has some tips to help get the conversation started at your next check-up. #CheckupDay <http://www.ncshguide.org/provider-visit/how-do-i-bring-up-the-topic>
- #Providers: This practical @NCSH\_ guide can help you integrate #sexualhealth conversations & recommended preventive services into routine patient visits. #CheckupDay <https://nationalcoalitionforsexualhealth.org/tools/for-healthcare-providers>

## HIV Vaccine Awareness Day (May 18 - Also called World AIDS Vaccine Day)

- While we wait for a vaccine, there's good news. People with #HIV who take antiretroviral medication and maintain an undetectable viral load, will not sexually transmit the virus to their partners. Undetectable = Untransmittable. #ScienceNotStigma #HVAD <https://www.preventionaccess.org/>
- Today is HIV Vaccine Awareness Day! An #HIV vaccine may not be available, but DYK #PrEP reduces the risk of getting HIV from sex by over 90%? @CDC\_HIVAIDS can help you find a provider that will prescribe PrEP. #HVAD <https://npin.cdc.gov/prelocator>

## **June**

### Men's Health Month

Additional resources and draft messages can be found in the 2019 Men's Health Month social media [toolkit](#).

- It's #MensHealthMonth all June—a month focused on encouraging boys, men, and their families to make healthy living decisions, such as exercising and eating healthy. Check out how to get involved all month long. #NMHM <http://www.menshealthmonth.org/thingstodo.html>
- Sexual health isn't just physical— it can also be emotional, and our relationships can play a big role. For #MensHealthMonth, take some time to learn what a healthy relationship looks like: <https://www.fiveactionsteps.org/4>
- Dudes, #birthcontrol isn't just a woman's responsibility. Learn about the options and talk with your partners about what role you can play. #MensHealthMonth <https://www.bedsider.org/methods>
- DYK human error can reduce condom effectiveness from 98% to 85%? Learn about common mistakes and how to use one correctly. #NMHM <https://www.elitedaily.com/p/using-acondom-wrong-is-really-common-so-watch-out-for-this-one-problem-18715533>

### HIV Long-Term Survivors Day (June 5)

Check back here for the 2020 theme and additional resources: <https://www.hiv.gov/events/awareness-days/hiv-long-term-survivors-day>

- Antiretroviral therapy (ART) has transformed #HIV from a fatal disease into a manageable chronic condition. Daily ART helps people with HIV live longer, healthier lives and reduces the risk of HIV transmission. #HLTSAD2020 #LongTermSurvivors.

### Men's Health Week (June 10-16)

You can also use some of the #MensHealthMonth tweets above to celebrate this week.

- DYK almost half of US men report not receiving any sexual and reproductive health services in the last year? Learn what services are recommended for you: <http://www.ncshguide.org/services/men> #NMHW
- Are you up to date on your sexual health services? Take charge of your sexual health this Men's Health Week and schedule an appointment with your doctor. #NMHW <http://www.ncshguide.org/services/men>
- #Men: is your sexual health up to snuff? @NCSH\_'s #HowsYourSexLife quiz can help you test your knowledge and get practical advice and tips. #NMHW <https://nationalcoalitionforsexualhealth.org/quiz>

### Father's Day (June 21)

- Love being a #dad but not looking to have more children? Talk with your partner(s) about what birth control methods are right for you! #HappyFathersDay <https://www.bedsider.org/methods>
- Dads, we know you take care of others, but it's time to put you and your sexual health on your to-do list this #FathersDay <http://www.ncshguide.org/services/men>
- #Dads: another Father's Day may have you feeling old, but you can have a happy and healthy sex life at any age! Here are some tips to help as you grow older: <https://www.mayoclinic.org/healthy-lifestyle/sexual-health/in-depth/senior-sex/art-20046465>
- #Dads: Just like with your kids, building and keeping up a good relationship with your partner takes time, attention, and practice. Check out these tips from the @NCSH\_ to guide you. #FathersDay <https://www.fiveactionsteps.org/4>
- Take time this #FathersDay to check in on you! Are you happy with your sex life, partners, romantic relationships, and overall #sexualhealth? Take this quiz to find out and get practical tips and advice, too. #HowsYourSexLife <https://nationalcoalitionforsexualhealth.org/quiz>

### National HIV Testing Day (June 27)

Additional resources to promote HIV Testing Day will be available here:

<https://www.cdc.gov/hiv/library/awareness/testingday.html> and here:

<https://www.cdc.gov/features/hivtesting/index.html>

- During this pandemic, #HIV prevention, testing and treatment are still essential. Ask your provider about current options for testing. #HIVTestingDay  
[https://www.vice.com/en\\_us/article/y3my4m/getting-tested-for-hiv-is-still-important-during-a-pandemic](https://www.vice.com/en_us/article/y3my4m/getting-tested-for-hiv-is-still-important-during-a-pandemic)

## July

### Independence Day (July 4)

- In search of your own fireworks this Fourth of July? Make sure you're using #condoms correctly and not making these common mistakes. #FourthofJuly  
<https://www.elitedaily.com/p/using-a-condom-wrong-is-really-common-so-watch-out-for-this-one-problem-18715533>
- Keep the fireworks going this #FourthofJuly—use a #condom to prevent pregnancy AND STIs. <https://www.plannedparenthood.org/learn/birth-control/condom>
- Looking for some excitement this #FourthofJuly? Talk with your partner(s) about sexual desires and trying something new. <https://www.fiveactionsteps.org/3>

### World Hepatitis Day (July 28)

Additional resources to promote World Hepatitis Day can be found here:

<http://www.worldhepatitisday.org/>. You can also use the tweets provided for Hepatitis Awareness Month to promote this day.

- Today is World Hepatitis Day. Learn more about the different types of viral hepatitis that affect millions worldwide and what is being done to help eliminate hepatitis. #WorldHepatitisDay <https://www.worldhepatitisday.org/>
- Today is #WorldHepatitisDay. Let's work together to find the missing millions who are unaware of their #hepatitis and link them to care. <https://www.worldhepatitisday.org/>
- What is viral #hepatitis? Hepatitis is inflammation of the liver that is often caused by a virus AND some types can be sexually transmitted. Learn more this #WorldHepatitisDay <https://www.cdc.gov/hepatitis/populations/stds.htm>

### National Orgasm Day (July 31)

- “O” boy! Do you know what day it is? It's National Orgasm Day! Here are some tips for achieving (or helping your partner achieve) female orgasm. #NationalOrgasmDay  
<https://www.healthline.com/health/healthy-sex/female-orgasm>

- Orgasms feel good, but can they actually be good for your body, too? Yes! Spend #NationalOrgasmDay reading about the benefits of male and female orgasms, and then maybe have one too 😊. <https://www.insider.com/orgasm-health-benefits-2018-11>
- Happy (and hopefully satisfying!) #NationalOrgasmDay to all! Whether you're giving yourself an orgasm or getting one thanks to a partner, here are 11 things to know about the "Big O": <https://www.everydayhealth.com/sexual-health-pictures/wow-worthy-orgasm-facts.aspx>