

NCSH Five Action Steps – Shareable Graphics



Five Action Steps – Overall

Instagram: We all deserve to be treated with respect, and to have positive relationships, and safe, fulfilling sex lives. The Five Action Steps provide practical advice to help make this a reality!

#sexualhealthmatters #sexualhealth #healthcare

Twitter: Communicating openly and honestly about sex & #sexualhealth can be difficult. The @NCSH_’s Five Action Steps can help. <https://www.fiveactionsteps.org/>

Facebook: We all deserve to be treated with respect, to have positive relationships, and to enjoy safe, fulfilling sex lives. The Five Action Steps provide practical advice to make this a reality! <https://www.fiveactionsteps.org/>



Action Step #1

Instagram: Most of us can get better at asking for what we want. It starts with believing that you, and your voice, matter just as much as anyone else’s. #sexualhealthmatters #sexualhealth

#advocateforyou #valueyourself #takecharge

Twitter: Standing up for yourself means expressing your thoughts, feelings, and needs to others. And with believing that what you want matters. #valueyourself <https://www.fiveactionsteps.org/1>

Facebook: Standing up for yourself can take time and practice. Start by taking a few small steps to improve your self-confidence and advocate for yourself. <https://www.fiveactionsteps.org/1>



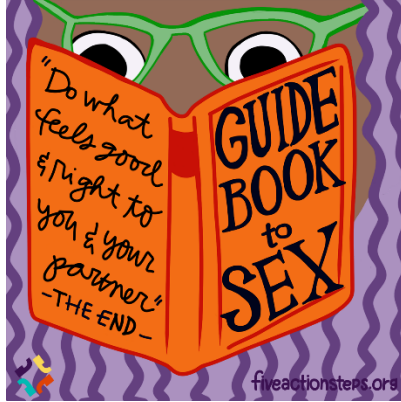
Action Step #2

Instagram: There’s no need to stress about sex. You can take steps to make your sex life more pleasurable AND reduce your risk of STIs. #safersex #birthcontrol #condoms #dentaldam #sexualhealthmatters #sexualhealth #sexualexpression #getsmart #PrEP

Twitter: There’s a big menu out there when it comes to sexual expression and #safersex. Study up, and make your sex life more interesting and pleasurable. <https://www.fiveactionsteps.org/2>

Facebook: Get creative! There’s a big menu out there when it comes to sexual expression, intimacy, and safer sex. <https://www.fiveactionsteps.org/2>

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Action Step #3

[Instagram](#): We all have the right to safe, healthy, and satisfying experiences with our sexual partners — whether they are short-term hook-ups or on-going relationships. #sexualhealthmatters #sexualhealth #healthyrelationship #goodsex #safersex #relationship

[Twitter](#): Wondering how to start the conversation about desires, boundaries, and #safersex with your partner(s)? These conversation starters from the @NCSH_ can help.

<https://www.fiveactionsteps.org/3>

[Facebook](#): Whether you're having a short-term fling or already in a serious relationship, it's never too late to learn how to talk openly about desires, boundaries, consent, and safer sex with your partner(s). <https://www.fiveactionsteps.org/3>



Action Step #4

[Instagram](#): When it comes to building a healthy, sexual relationship, many of us don't feel prepared. The good news? It's never too late to learn. #healthyrelationship #relationship #sexualhealth #sexualhealthmatters #respect #trust #safety

[Twitter](#): People aren't perfect, and relationships aren't 100% perfect either. But these tips from the @NCSH_ can help you (and your partners) create and maintain a good, satisfying one.

<https://www.fiveactionsteps.org/4>

[Facebook](#): People aren't perfect, and relationships aren't 100% perfect either. But, these tips can help you (and your partners) create and maintain a good, satisfying one.

<https://www.fiveactionsteps.org/4>

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Action Step #5

Instagram: You have the right to a 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. #sexualhealth #sexualhealthmatters #healthcare #sexuality #LGBTQ #culturalcompetency

Twitter: Taking charge of your #sexualhealth is key to maintaining your overall health. Find a provider who respects you, listens to you, and provides the services you need.

<https://www.fiveactionsteps.org/5>

Facebook: Taking charge of your #sexualhealth is key to maintaining your overall health. Find a provider who respects you, listens to you, and provides the services you need.

<https://www.fiveactionsteps.org/5>