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/](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/](https://www.fiveactionsteps.org/)

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**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](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](https://www.fiveactionsteps.org/1)

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**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](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](https://www.fiveactionsteps.org/2)
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
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