

NCSH Five Action Steps – Shareable Graphics

Five Action Steps – Overall

Instagram:

_____:

Action Steps provide practical advice to make this a reality!

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

_____: 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>

_____ 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

_____: 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>

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

