Five Action Steps to Good Sexual Health

1. Value who you are and decide what’s right for you

2. Get smart about your body and protect it

3. Treat your partners well and expect them to treat you well

4. Build positive relationships

5. Make sexual health part of your health care routine
Want to Improve Your Sexual Health?

Explore the **Five Action Steps to Good Sexual Health** website for:

- Practical Tips & Advice
- Conversation Starters
- Real-life Scenarios

fiveactionsteps.org