TAKE CHARGE OF YOUR SEXUAL HEALTH

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FIVE KEY ACTION STEPS TO GOOD SEXUAL HEALTH

• Value who you are and decide what’s right for you
• Get smart about your body and protect it
• Treat your partners well and expect them to treat you well
• Build positive relationships
• Make sexual health part of your health care routine

WHAT’S IN THIS GUIDE?
• Action steps for achieving good sexual health
• Information on recommended sexual health services for men and women
• Tips on how to talk with a health care provider
• Resources on sexual health topics

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