



# TAKE CHARGE OF YOUR SEXUAL HEALTH

Learn more at [NCSHguide.org](https://www.ncshguide.org)



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What you need to know about preventive services

This guide informs men and women of all ages about recommended preventive services, such as screenings, vaccines, and counseling, to help protect and improve sexual health.

## 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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## 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