



Safer Sex

If you choose to engage in sexual activity, we hope you do more than practice “safe sex.” We want you to practice **SAFER** sex! I’m sure you're wondering... what is SAFER sex?

SAFER Sex is

- ◆ Being informed about sexual health and healthy relationships
- ◆ Talking to your partner about your interests and boundaries
- ◆ Seeking true consent every time you engage in a sexual activity
- ◆ Taking extra precautions to protect yourself & your partner from STI’s & unplanned pregnancy

The safest sex is no sex at all.

Abstinence is abstaining from sexual activity. This can mean different things to different people. Some may abstain from penetration, while others may abstain from all forms of sex. **Abstinence is 100 percent effective in preventing pregnancy and STI’s as long as it is used consistently and correctly!**

Want to have SAFER sex? Follow the tips below.

- ◆ Use protection for ALL types of sexual contact. For more information, visit the contraception link on our website.
- ◆ Get tested for STI’s regularly! Don’t be afraid to ask your partner when he or she was last tested for STI’s.
- ◆ Communicate with your partner and don’t feel pressured into doing something that you aren’t comfortable with.
- ◆ Limit your number of sexual partners by practicing monogamy.
- ◆ Use caution when mixing sex and alcohol. Alcohol blurs the line of consent... it’s best not to mix the two.

www.womenshealth.gov
www.plannedparenthood.org

**SAFER Sex is Healthy!!
SAFER Sex is Fun!!
SAFER Sex is SEXY!!**

It’s time to talk about it.

Complications that come with sex can make sex less satisfying. Reduce your worries by communicating with your partner. Talk about your desires and agree on the experience you want to have with your partner.

Communicating with your partner can increase trust, respect, and intimacy – all of which are building blocks for a healthy relationship!

Know Your Resources

- IUP Health AWAREness..... 724-357-4799
- IUP Health Services..... 724-357-2550
- ADAGIO Health..... 724-349-2022
- PA Department of Health..... 724-357-2995

Health AWAREness is a part of the Center for Health and Well-Being
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