SAFER SEX FOR EVERY BODY

It's important for both you and your partner to have a plan for protection.

PREVENTING SEXUALLY TRANSMITTED INFECTIONS (STIs)

These are the only methods that reduce the risk of STIs, including HIV, when used correctly every time and for the entire time having sex:



external condom

used externally as a barrier during sex



internal condom

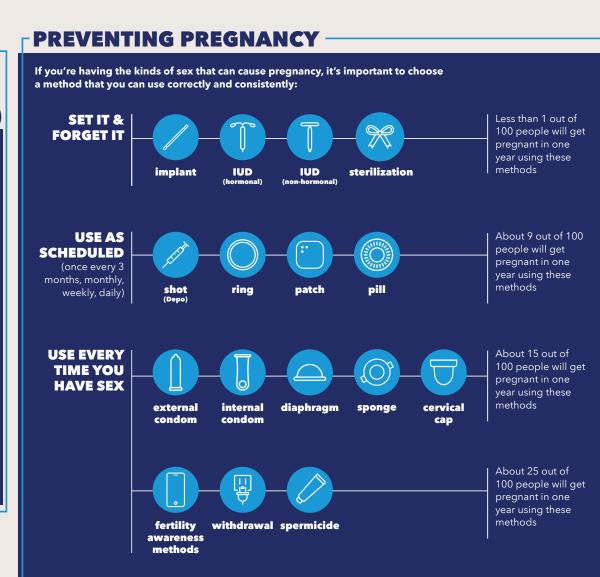
used internally as a barrier during sex



dental dam

used as a barrier during oral sex when external condoms aren't suitable





TWO METHODS ARE BETTER THAN ONE

to prevent STIs and pregnancy.



Use a condom AND a birth control method together.



NEVER use both internal and external condoms at the same time.

ONE METHOD IS BETTER THAN NONE



85 out of 100 people will get pregnant in one year using no method during penile-vaginal sex.

ABSTINENCE



100% effective in preventing pregnancy and STIs, including HIV, when used consistently and correctly.

1.) REVIEW THE SAFER SEX GRAPHIC (FRONT PAGE)

If sexual and reproductive health information or services are needed, consider making an appointment with a healthcare provider. Examples of services include:

- birth control
- condoms & safer sex supplies
- pregnancy testing
- immunizations

- STI and/or HIV testing and prevention
- pregnancy options counseling
- pelvic pain treatment

- emergency contraception
- hormone therapy
- preconception education

2.) IDENTIFY A HEALTHCARE PROVIDER

Identify a provider of choice.

- If birth control information or services are needed, it is advisable to select a provider who offers the full range of birth control options, including IUDs and implants, so that all methods are accessible.
- A list of providers who offer IUDs and implants by zip code is available online from Bedsider.org at <u>bedsider.org/clinics.</u>
- A list of providers who offer HIV, STI, and Hepatitis testing is available online from the Centers for Disease Control and Prevention at <u>gettested.cdc.gov.</u>
- To schedule an appointment with Planned Parenthood of Northern New England, visit <u>ppnneappt.org</u> or call 1-866-476-1321.

3.) CONTACT PROVIDER

Call selected provider to confirm services offered and make appointment.

4.) RECORD APPOINTMENT INFORMATION

Referring Provider Informatio	Date of Referral:						
Name:			Phone:				
My appointment is on:	☐ Mon	☐ Tues	☐ Wed	☐ Thurs	☐ Fri	☐ Sat	☐ Sun
Date:	Tin	ne:	□ AM □ PM				
My appointment is with:	Provider N	lame:					
Address:							
Phone:	Fax:		Email/Website:				
Additional Notes:							