

Safer sex?

Safer sex means taking steps to protect yourself and your partner from STIs and unplanned pregnancy when you have sex.





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Barriers protect you and your partner from sexual fluids and some skin-to-skin contact, which can both spread STIs



external & internal condoms



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letex or nitrib gloves

Stitesting

Getting tested for STIs regularly is also part of safer sex, even if you use barriers. Testing is the only way to know for sure whether or not someone has an STI.



Sex toys need to be kept clean, whether they are used alone or with partners. If they are not cleaned after each use, they can grow bacteria and cause an infection.

Be sure to read the instructions on the package to learn how to clean your toy properly





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