

A Is for Abstinence.

- This means choosing not to have sex until you are sure that the relationship with your partner is stable or lasting. For some people, this may mean getting married.
- Abstinence is the only sure way not to get infected with an STI (sexually transmitted infection).
- Abstinence is also the only 100% sure way not to get pregnant until you are ready for the responsibility of raising a child.
- Rushing into sexual relationships can lead to serious problems and even destroy your life plans.

B Is for Be Faithful.

- This means being true to your partner and expecting your partner to be true to you.
- Having sex with more than one partner greatly increases your chances of getting an STI.
- Being intimate only with each other protects both of you.
- Being faithful also can make your relationship stronger and provide emotional support for each of you.
- If you can not follow plan A or B then, for your safety, go to plan C.

Abstinence

Be Faithful

C Is for Condoms

- Condoms or “rubbers” help prevent the spread of most sexually transmitted infections.
- Condoms are the only form of birth control that protects against STI’s as well as unwanted pregnancy.
- Condoms are inexpensive, easy to use, and can be found at gas stations, supermarkets, and drugstores. Many health departments provide condoms for free.

Condoms

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DO YOU KNOW YOUR ABCs ABOUT SEX?

