

Take Control of Your Sexual Health

Who you have sex, with whom and what kind of sex you have are your choices. Making the decision to take control of your sexual health is powerful - your sexual health is just as important as other parts of your health.



GET TESTED FOR SEXUALLY TRANSMITTED INFECTIONS

It's possible to have sex with someone and not know they have an STI or HIV, but there are tools available that can help you take control of your sexual health.



WHEN YOU TAKE PrEP YOU TAKE CONTROL OF YOUR RISK FOR HIV

You choose your healthcare team and your PrEP medicine. By checking in with your healthcare professional, you can make sure that PrEP is a safe option for you.



DISCUSS WITH YOUR HEALTHCARE PROFESSIONAL FOR FURTHER ADVICE

Sexual health is a key part of your overall health and wellbeing. Don't ignore other important health issues including: lifestyle changes, addressing mental health concerns, vaccinations, and managing your current health conditions appropriately.

