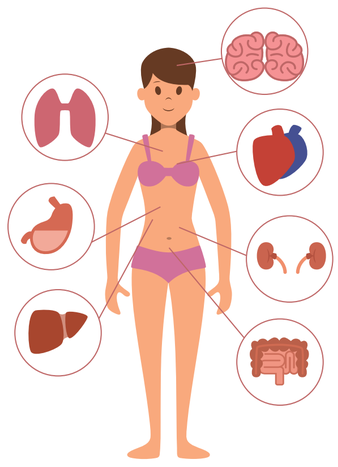
My Sexual Health is Important

1. Know Your Body



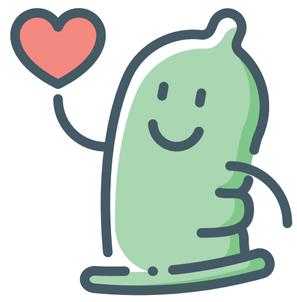
Understanding your body is the first step to good sexual health. Learn about your anatomy and how your reproductive system works

3. Get regular health check-up



Regular health check-ups and screenings are vital. Visit your healthcare provider for routine exams and STI testing.

2. Practice Safe Sex



Use condoms and other barrier methods to protect yourself from STIs, including HIV. Safe sex is smart sex.

5. Communicate Openly



Talk openly with your partner about sexual health, boundaries, and expectations. Communication is key to a healthy relationship.

6. Respect your body



Respect your body and make autonomous decisions about your sexual health. You have the power and right to make choices for yourself."

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