

How to have *STRESS-FREE SEX*

1 *Know your body!*

Do you know what's "normal" for you?
Have you been **tested for STIs** (sexually transmitted infections) and are you **vaccinated against HPV**?
Do you know what feels good for you?

2 *Communicate!*

Is there **enthusiastic consent**?
Does **your partner** know what you like and don't like?
What can make it more enjoyable?

3 *Use barriers to protect against STIs!*

What kinds of **barriers** (condoms, dental dams, etc) do you have?
Do you have **water-based lube**?
Are there **barriers for your sex toys**?

4 *Use birth control!*

Are you/your partner **using birth control**?
Have you spoken with your doctor about which method **works best for you**?

Need Resources?

Check out the **FREE safer sex supplies table** in the SHC lobby

Chat with a **Planned Parenthood educator** by texting **PPNOW** to **774636**

Visit **health.uni.edu** to find more information on **STI testing, contraceptives, and vaccinations**

