SAFER SEX FOR EVERY BODY

PREVENTING SEXUALLY TRANSMITTED INFECTIONS (STIs)

These are the only methods that reduce the risk of STIs, including HIV, when used correctly every time and for the entire time having sex:

- **external condom** used externally as a barrier during sex
- **internal condom** used internally as a barrier during sex
- **dental dam** used as a barrier during oral sex when external condoms aren’t suitable

PREVENTING PREGNANCY

If you’re having the kinds of sex that can cause pregnancy, it’s important to choose a method that you can use correctly and consistently:

**SET IT & FORGET IT**
- **implant**
- **IUD (hormonal)**
- **IUD (non-hormonal)**
- **sterilization**

*Less than 1 out of 100 people will get pregnant in one year using these methods*

**USE AS SCHEDULED**
- **shot (Depo)**
- **ring**
- **patch**
- **pill**

*About 9 out of 100 people will get pregnant in one year using these methods*

**USE EVERY TIME YOU HAVE SEX**
- **external condom**
- **internal condom**
- **diaphragm**
- **sponge**
- **cervical cap**

*About 15 out of 100 people will get pregnant in one year using these methods*

- **fertility awareness methods**
- **withdrawal**
- **spermicide**

*About 25 out of 100 people will get pregnant in one year using these methods*

TWO METHODS ARE BETTER THAN ONE

- **to prevent STIs and pregnancy.**
  - Use a condom AND a birth control method together.
  - NEVER use both internal and external condoms at the same time.

ONE METHOD IS BETTER THAN NONE

- **85 out of 100 people will get pregnant in one year using no method during penile-vaginal sex.**

ABSTINENCE

- **100% effective in preventing pregnancy and STIs, including HIV, when used consistently and correctly.**
1.) REVIEW THE SAFER SEX GRAPHIC (FRONT PAGE)

If sexual and reproductive health information or services are needed, consider making an appointment with a healthcare provider. Examples of services include:

- birth control
- condoms & safer sex supplies
- pregnancy testing
- immunizations
- STI and/or HIV testing and prevention
- pregnancy options counseling
- pelvic pain treatment
- emergency contraception
- hormone therapy
- preconception education

2.) IDENTIFY A HEALTHCARE PROVIDER

Identify a provider of choice.

- If birth control information or services are needed, it is advisable to select a provider who offers the full range of birth control options, including IUDs and implants, so that all methods are accessible.
- A list of providers who offer IUDs and implants by zip code is available online from Bedsider.org at bedsider.org/clinics.
- A list of providers who offer HIV, STI, and Hepatitis testing is available online from the Centers for Disease Control and Prevention at gettested.cdc.gov.
- To schedule an appointment with Planned Parenthood of Northern New England, visit ppnneappt.org or call 1-866-476-1321.

3.) CONTACT PROVIDER

Call selected provider to confirm services offered and make appointment.

4.) RECORD APPOINTMENT INFORMATION

Referring Provider Information (optional)

Name: ___________________________ Phone: ___________________________

Date of Referral: ___________________________

My appointment is on: ☐ Mon ☐ Tues ☐ Wed ☐ Thurs ☐ Fri ☐ Sat ☐ Sun

Date: ___________________________ Time: ___________________________ ☐ AM ☐ PM

My appointment is with: Provider Name: ___________________________

Address: ___________________________

Phone: __________________ Fax: __________________ Email/Website: __________________

Additional Notes: