

SAFER SEX FOR EVERY BODY

It's important for both you and your partner to have a plan for protection.

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

(once every 3 months, monthly, weekly, daily)



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)	Date of Referral: _____
Name: _____	Phone: _____
My appointment is on:	<input type="checkbox"/> Mon <input type="checkbox"/> Tues <input type="checkbox"/> Wed <input type="checkbox"/> Thurs <input type="checkbox"/> Fri <input type="checkbox"/> Sat <input type="checkbox"/> Sun
Date: _____	Time: _____ <input type="checkbox"/> AM <input type="checkbox"/> PM
My appointment is with:	Provider Name: _____
Address: _____	
Phone: _____	Fax: _____ Email/Website: _____
Additional Notes:	