



OUR QUEEN OF SEXUAL HEALTH

**SAFER SEX IS
SELF-LOVE**

SEXFLUENT

Sexual health is everyone's responsibility! Here are a few tips for safer sex:

Communicate with your partner(s)!

Consent is mandatory and it's an ongoing process. Start a conversation with your sexual partner(s) about what you like, what you're comfortable with, and what your needs are – including your sexual health needs.

Use condoms & lube.

Condoms help to prevent HIV and other sexually transmitted infections (STIs). Using lube with condoms makes a condom less likely to break. The chance of getting HIV is very low if you use condoms the right way each time you have sex. Lube can also enhance the comfort and pleasure of sex!

Get tested.

Testing is the only way to know if you have HIV or an STI. STIs and HIV are treatable. The sooner you know your status, the sooner you can get on treatment and keep having fun!

Consider taking PrEP to prevent HIV.

PrEP (pre-exposure prophylaxis) is a prescription medication for people who are HIV-negative and want to prevent HIV transmission.

U=U (Undetectable = Untransmittable)

Effective HIV treatment can help those living with HIV to live a long and healthy life and prevents HIV from being passed through sex.



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To find sexual health services near you, visit where.to.CATIE.ca.

Visit Sexfluent.ca and follow [@sexfluent.ca](https://www.instagram.com/sexfluent.ca) on Instagram and TikTok.

