



help to end the

**STIGMAS**

surrounding sexual health

**Stigmas surrounding STI/STD contraction and transmission are a leading cause of untreated/undiagnosed STIs/STDs. Untreated STDs can cause cancer, infertility, and in serious cases, death. Join us and commit to stopping the spread of STDs in your community!**

- Anyone can contract an STI/STD, and contracting an STI does not make you unhygienic or unclean. Just like any other infection, STIs are a natural part of life.
- Most STDs if caught and treated early on are easy to recover from. It's essential to take care of and listen to your body to make sure you don't miss any symptoms.
- STI/STD screenings are easy and fairly painless. They're also a natural part of taking care of your body -- just like getting a yearly checkup!
- Talking about your sexual health with your partner(s) is essential, and normal! It shows that you care about them and the relationship. Plus, it helps keep you safe!
- It is reasonable to expect your partner(s) to use condoms and by ensuring that condoms are properly used during intercourse. The reduction of pleasure of the act is not a valid reason not to use a condom.