

Key Messages

...to help you stay **HEALTHY** and reach your **GOALS** and **DREAMS**

- ➔ Having sex with someone is a **BIG DECISION**
- ➔ **ABSTINENCE** is the most effective way to avoid both pregnancy & STIs
- ➔ Teens who have sex need to:
 - ➔ Use latex* **CONDOMS**, correctly, every time, to reduce the risk of HIV and other STIs; and
 - ➔ Use effective **CONTRACEPTION** to prevent pregnancy

**BIG
DECISIONS**

*or polyurethane or polyisoprene, if allergic to latex