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

*or polyurethane or polyisoprene, if allergic to latex