Overview of Sexual Health
Message Frameworks

#1. Overall Sexual Health Message Framework
#2. What is Sexual Health?
#3. Overall Benefits of Good Sexual Health
#4. Five Action Steps
#5. Detailed Benefits of Good Sexual Health

#6. Value who you are and decide what’s right for you
#7. Treat your partners well and expect them to treat you well
#8. Build positive relationships
#9. Get smart about your body and protect it
#10. Make sexual health part of your healthcare routine
Being sexually healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.

Benefits of Good Sexual Health:
• Positive Relationships
• Feel Good About Yourself and Have Peace of Mind
• A Healthier Body
• A Satisfying Sexual Life

Five Action Steps to Good Sexual Health:
• Value who you are and decide what’s right for you
• Treat your partners well and expect them to treat you well
• Build positive relationships
• Get smart about your body and protect it
• Make sexual health part of your healthcare routine
Being sexually healthy means being able to enjoy a healthier body, a satisfying sexual life, positive relationships, and peace of mind.

Sexual health is a key part of our overall health and well-being.

Sex is a natural part of life; it can bring you pleasure, intimacy & joy.

Talking openly and honestly with your partners and healthcare providers is key.

It also means taking care of yourself and your partners.

It is important no matter your age or the relationships you choose.
Overall Benefits of Good Sexual Health

There are many benefits to taking care of your sexual health

- Positive Relationships
- Feeling Good About Yourself and Having Peace of Mind
- A Satisfying Sexual Life
- A Healthier Body
Five Action Steps to Good Sexual Health

Take charge of your sexual health. These five action steps can help you achieve good sexual health.

1. Value who you are and decide what’s right for you
2. Treat your partners well and expect them to treat you well
3. Build positive relationships
4. Get smart about your body and protect it
5. Make sexual health part of your healthcare routine
Detailed Benefits of Good Sexual Health

There are many benefits to taking care of your sexual health (both physical and emotional)

Positive relationships that are:
- Based on open and honest communication
- Respectful, pleasurable, comfortable and safe
- Free of fear, pressure or violence
- Where you experience love, intimacy, and affection
- Balanced and fair

Feeling good about yourself and having peace of mind
- Be in control of your sexual choices
- Feel confident
- Be comfortable with yourself, body and sexual identity
- Feel positive about practicing safer sex, including use of condoms/contraceptives
- Reduce stress, worry, and regrets related to sex/sexual health

A healthier body
- Protect your health and your partners’ health
- Avoid STIs and HIV
- Prevent cancers caused by STIs
- Good sexual functioning and performance
- Overall health and well-being
- Have planned and healthy pregnancies when wanted
- Protect your ability to have children (your fertility)

A satisfying sex life
- That is right for you and your partners
- That is pleasurable
- Based on your personal values, desires, and boundaries
- Includes your choice to be sexually active or not
- Allows you to explore and feel comfortable in your choices

Feeling good about yourself and having peace of mind

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- Allows you to explore and feel comfortable in your choices
Value who you are and decide what is right for you

**Action Steps**

- Value yourself—what’s on the inside and outside, including your body and sexual identity.
- Think about what you want—define your personal values, desires, and boundaries. These might change over time.
- Understand what you want before you get involved with someone.
- Recognize that we are all sexual beings; it’s a natural part of life.
- Know that sex can bring you pleasure, intimacy, and joy.

**Benefits**

- Be in control of your sexual choices.
- Feel comfortable with yourself, your body, and your sexual identity.
- Feel confident.
- Have peace of mind, and reduce stress, worry, or regrets.
- Have a sex life that’s right for you and your partners.
- Enjoy a pleasurable sex life.
Treat your partners well and expect them to treat you well

**Action Steps**

- Be with someone who makes you feel good about yourself, comfortable, and safe.
- Partners should respect your boundaries and not pressure you.
- Partners should care about your health and well-being.
- Partners should make you happy.

**Benefits**

- Have relationships based on open and honest communication.
- Have relationships that are respectful, pleasurable, comfortable, and safe.
- Experience love, intimacy, and affection.
- Be free of fear, pressure, or violence in relationships.
- Have relationships that are balanced and fair.
Build positive relationships

**Action Steps**

- Respect your partner and make decisions together.
- Have open and honest conversations about your relationship, desires, and sexual health.
- If your partner is violent, pressures, or tries to control you, seek help.
- Value yourself, and what’s right for you.

**Benefits**

- Have relationships based on open and honest communication.
- Have relationships that are respectful, pleasurable, comfortable, and safe.
- Experience love, intimacy, and affection.
- Be free of fear, pressure, or violence in relationships.
- Have relationships that are balanced and fair.
Get smart about your body and protect it

**Action Steps**

- Learn about your body and how it works (anatomy, sexual expression, pleasure, and safer sex).
- Choose if and when you want to be sexually active.
- Practice safer sex to prevent STIs and unplanned pregnancies.
- Plan ahead and be prepared with condoms and/or other contraceptives.
- Take steps to protect yourself and your partners.

**Benefits**

- Prevent HIV and other sexually transmitted infections (STIs).
- Reduce risk of male and female cancers related to STIs (cervical, anal, throat, and penile).
- Maintain healthy sexual functioning/performance.
- Enjoy good health and well-being.
- Feel positive about practicing safer-sex.
- Have planned and healthy pregnancies, when wanted.
- Protect your ability to have children (your fertility).
## Make sexual health part of your health care routine

<table>
<thead>
<tr>
<th>Action Steps</th>
<th>Benefits</th>
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<tbody>
<tr>
<td>Find a health care provider/clinic that’s right for you and makes you feel comfortable.</td>
<td>• With vaccines, protect yourself from some STIs, such as HPV and Hepatitis.</td>
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<tr>
<td>Get regular sexual health wellness check-ups (screenings for STIs, vaccines, and contraceptive options).</td>
<td>• With screening, detect STIs and get treated early. Help avoid serious problems from developing.</td>
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<tr>
<td>Have open and honest conversations with your provider.</td>
<td>• Get advice on the best contraceptive options for you.</td>
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<td>Discuss any concerns about sexual functioning or other problems.</td>
<td>• Improve sexual functioning/performance.</td>
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<tr>
<td>Check out the new guide, “Take Charge of your Sexual Health: What You Need to Know About Preventive Services.”</td>
<td>• Have planned and healthy pregnancies, when wanted.</td>
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