

Key

messages

TO HELP YOU STAY HEALTHY AND REACH YOUR GOALS & 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 STIs and
 - ▼ Use effective **CONTRACEPTION** to prevent pregnancy

**or polyurethane or polyisoprene,
if allergic to latex*

talk about  Texas presents

big decisions[™]