

SURVIVAL SKILLS

Sex: Your Safety

A Product of the
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Having sex means taking risks. You risk illness that has no cure. You risk birth defects to your unborn children. You risk death.

If you are having sex, you need to protect yourself. And you need to protect your partner.

What can you do?

- Have sex with only one partner. You increase your risks every time you have sex with a new partner. A new partner may not tell you of a disease. The partner may not even know.
- Engage in behaviors that do not involve intercourse – hugs, kisses, dancing, talking. What other ways can you show your partner you care?

- If you do have intercourse, use a latex condom each time. Be sure to use it correctly.

Protect yourself. Protect your partner. Your care can prevent serious health problems. ■

