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| **May Post** | **Facebook** | **Instagram** |
| 1 | May means the end of the school year is near. But it’s also Sex Ed for All Month in Iowa. When it comes to deciding if it’s time to have sex and finding accurate information, IT’S ALL YOU! You have the right to say NO to any activity at any time. Rely only on trusted sources for info: Your doctor, school nurse, parent or visit [website]. If you do decide to have sex, make sure you use birth control or contraceptives. You can find free condoms at <https://www.myiacondoms.org/> or [insert local clinic/resource] | May means the end of the school year is near. But it’s also Sex Ed for All Month in Iowa. When it comes to deciding if it’s time to have sex and finding accurate information, IT’S ALL YOU! You have the right to say NO to any activity at any time. Rely only on trusted sources for info: Your doctor, school nurse, parent or trusted adult. If you do decide to have sex, make sure you use birth control or contraceptives. To find free condoms in your area, visit the link in our bio.  #iowa #safesex #sexedforallmonth #condoms #freecondoms #teens #free |
| 2  (PROM) | Happy prom season! You pick your date and your outfit. So while you’re calling all the shots, remember this: You’re in control of what happens at the end of the night, too. If you’re not ready for private/alone time with your date, stick with your friends. If it does end up being a 1-on-1, don’t be afraid to communicate your personal boundaries. After all, IT’S YOUR PROM!!! | Happy prom season! You pick your date and your outfit. So while you’re calling all the shots, remember this: You’re in control of what happens at the end of the night, too. If you’re not ready for private/alone time with your date, stick with your friends. If it does end up being a 1-on-1, don’t be afraid to communicate your personal boundaries. After all, IT’S YOUR PROM!!!  #prom #prom2020 #promposal #iowa #safesex #sexedforallmonth |
| 3 | What do hugs and condoms have in common?  They’re both FREE!  Find free condoms at <https://www.myiacondoms.org/> or [insert local clinic/resource]. And remember – you’re in control when it comes to having sex. If you’re not ready, talk with your partner. | What do hugs and condoms have in common?  They’re both FREE!  To find free condoms in your area, visit the link in our bio. And remember – you’re in control when it comes to having sex. If you’re not ready, talk with your partner.  #iowa #safesex #sexedforallmonth #condoms #freecondoms #teens #free |
| 4 | Would you rather:   * Talk with your partner about safe sex? * Catch an STI (sexually transmitted infection)? * Or have an unplanned pregnancy?   The answer’s pretty clear, huh? Talking to your partner about sex, while maybe a bit awkward at first, is WAY better than the alternatives. For more information about having “the talk,” visit [website] | Would you rather:   * Talk with your partner about safe sex? * Catch an STI (sexually transmitted infection) * Or have an unplanned pregnancy?   The answer’s pretty clear, huh? Talking to your partner about sex, while maybe a bit awkward at first, is WAY better than the alternatives. For more information about having “the talk,” visit the link in our bio.  #sextalk #letstalk #iowa #teens #wouldyourather #safesex #sexedforallmonth |
| 5 | Who deserves access to accurate information about sexual health? EVERYONE, of course! No matter your race, gender, sexual orientation, family income or special needs – as an Iowa teen, you have the right to info that can help you make an informed decision about sex. Here’s a great place to start: [website] | Who deserves access to accurate information about sexual health? EVERYONE, of course! No matter your race, gender, sexual orientation, family income or special needs – as an Iowa teen, you have the right to info that can help you make an informed decision about sex. For a great place to start, visit the link in our bio.  #iowa #safesex #sexedforallmonth #condoms #freecondoms #teens #free |
| 6 | Who decides when it’s okay to have sex?   1. You 2. Your partner 3. Your parent 4. Your doctor   If you guessed “a” you get an A+! Nobody else can tell you when it’s cool to have sex. It’s all you! If you’re not ready, talk to your partner. Because respecting each other’s boundaries and discussing possible outcomes is a smart move. | Who decides when it’s okay to have sex?   1. You 2. Your partner 3. Your parent 4. Your doctor   If you guessed “a” you get an A+! Nobody else can tell you when it’s cool to have sex. It’s all you! If you’re not ready, talk to your partner. Because respecting each other’s boundaries and discussing possible outcomes is a smart move.  #sextalk #letstalk #popquiz #iowa #teens #safesex #sexedforallmonth |
| 7  (SUMMER) | Summer vacay means it’s time to play! But no matter what you do, play it safe when it comes to sexual activity. Talk openly with your partner to see if you’re both ready. And if one of you isn’t, that’s as cool as a dip in the pool. But if you do decide to have sex, make sure you use a condom or contraceptives. Because an STI or unplanned pregnancy could ruin your summer. Get free condoms at <https://www.myiacondoms.org/> or [insert local clinic/resource]. Make it a summer to remember … for all the right reasons! | Summer vacay means it’s time to play! But no matter what you do, play it safe when it comes to sexual activity. Talk openly with your partner to see if you’re both ready. And if one of you isn’t, that’s as cool as a dip in the pool. But if you do decide to have sex, make sure you use a condom or contraceptives. Because an STI or unplanned pregnancy could ruin your summer. To find free condoms in your area, visit the link in  our bio. Make it a summer to remember … for all the right reasons!  #summer #summerbreak #vacation #iowa #teens #safesex #sexedforallmonth #condoms #freecondoms #free |
| 8 | The end of May means it’s the end of Sex Ed For All Month. But your right to say no to sex – and to get accurate information about sexual health – happens every day, all year long!  For tips on talking to your partner about sex, or to find people or places that can give you accurate sexual health information, visit [website]. Have a great summer! | The end of May means it’s the end of Sex Ed For All Month. But your right to say no to sex – and to get accurate information about sexual health – happens every day, all year long!  For tips on talking to your partner about sex, or to find people or places that can give you accurate sexual health information, visit the link in our bio. Have a great summer!  #summer #summerbreak #vacation #iowa #teens #safesex #sexedforallmonth #condoms #freecondoms #free |