**February Is National Condom Month – Here’s the Wrap Up, Iowa!**

Condoms are the easy, cheap and effective way to prevent two things: unplanned pregnancy and unwanted STIs. Abstinence is still the best way to avoid both. But, if you are sexually active, talk to your partner and make a deal to carry a condom or use other forms of birth control and contraception. Don’t be embarrassed – there’s no shame in the safe-sex game. Get free condoms at **myiacondoms.org** or [insert local clinic/resource]. Remember, when things heat up, make sure you wrap up! Adults: Talking about safe sex with the teens in your life doesn’t have to be awkward either. Find conversation starters at pcaiowa.org/lets-talk-adults.