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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 | When it comes to sexual activity, consent is key! That goes for anything: kissing, hugging, touching, cuddling, and yes, sex. Only you make the call as to IF, WHEN and HOW FAR things go. And only saying YES means YES. | When it comes to sexual activity, consent is key! That goes for anything: kissing, hugging, touching, cuddling, and yes, sex. Only you make the call as to IF, WHEN and HOW FAR things go. And only saying YES means YES.  #consent #sextalk #letstalk #iowa #teens #safesex #onlyyesisyes #sexedforallmonth |
| 3 | Be body positive! No matter your size, shape or color, your body is a work of art! It’s something to celebrate and take care of. Because there isn’t another one exactly like it in the world!!! | Be body positive! No matter your size, shape or color, your body is a work of art! It’s something you should celebrate and take care of. Because there isn’t another one exactly like it in the world!!!  #bodypositive #loveyourself #beautiful #mybodyismine #selflove #selflovefirst #plussize #sexedforallmonth |
| 4 | Would you rather:   * Talk with your partner about safe sex? * Contract 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? * Contract 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 | No matter your sexual identity, you want others to treat you with respect, right? So make sure you do the same for others. Having open, honest conversations with friends, family, teachers and others is better for everyone. But don’t forget – some people aren’t ready to talk yet, so respecting privacy is important, too. For tips on having more comfortable conversations about sexual identity, visit [website] or [local clinic/resource/program]. | No matter your sexual identity, you want others to treat you with respect, right? So make sure you do the same for others. Having open, honest conversations with friends, family, teachers and others is better for everyone. But don’t forget – some people aren’t ready to talk yet, so respecting privacy is important, too. For tips on having more comfortable conversations about sexual identity, visit the link in our bio.  #sexedforallmonth #sexed #sexualhealth #healthy #letstalk |
| 6 | 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 |
| 7 | Good sexual health is about waaaaaaay more than avoiding an STI. It’s about COMMUNICATION: talk with your partner to make sure you understand each other’s wants, needs and desires. It’s about RELATIONSHIPS: focus your energy on the positive people in your life. It’s about RESPECT: set boundaries for yourself and only do what’s comfortable. And treat everyone with the kindness and dignity they deserve. | Good sexual health is about waaaaaaay more than avoiding an STI. It’s about COMMUNICATION: talk with your partner to make sure you understand each other’s wants, needs and desires. It’s about RELATIONSHIPS: focus your energy on the positive people in your life. It’s about RESPECT: set boundaries for yourself and only do what’s comfortable. And treat everyone with the kindness and dignity they deserve.  #sexedforallmonth #sexed #sexualhealth #healthy #letstalk |
| 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 |