

Prevention Isn't One Size Fits All

There are options when it comes to protecting your sexual health. Finding ones that fit your needs and lifestyle can help keep you healthy. That's why it's important to talk to your doctor about all the ways you can protect yourself from STIs, including HIV. Start by answering these questions as openly and honestly as possible—only answer the questions you are comfortable with. Then you and your healthcare provider can work together to find prevention options that work best for you and your lifestyle.

Circle all answers that apply:

1. I have sex without condoms _____.

Often Sometimes Never

2. I have _____ sexual partner.

More than one One I currently do not have any sexual partners

3. I have _____ sex.

Anal Vaginal Oral Other types of sex

4. I have _____ had a sexually transmitted infection (STI).

(STIs like syphilis, gonorrhea, chlamydia, or HPV)

Recently Never Currently have an STI

5. I know the _____ status of my past/present sexual partner(s).

HIV STI Both I don't know the STI or HIV status

6. I _____ having sex or considering having sex with someone who is HIV-positive.

Am Am not Am not sure

7. I am _____ in learning more about ways to prevent HIV and other STIs.

Very interested Interested Not interested

Additional Information:

(that can help you have a better sexual health conversation)

1. I identify my gender as _____. *(fill in the blank)*

2. Other questions or concerns I have about my sexual health:
