

# It's Your Future. You Can Protect It.

## Always use a condom and another form of birth control.

Girls and Guys, if you are sexually active, protect yourself and your partner from pregnancy, HIV, and other STDs. Even if you or your partner is using another type of birth control, agree to use a condom **EVERY TIME** you have sex, to reduce the risk to both of you for HIV and most other STDs. Birth control (such as the pill, patch, ring, implant, shot, or an IUD) provides highly effective pregnancy prevention, but it does not protect you from HIV and other STDs. Condoms can reduce the risk to both of you for most STDs, including HIV, as well as the risk for pregnancy. Be prepared.



**Talk to your partner.** If you have sex, make sure you both agree to use a condom and a more effective type of birth control every time.



**Condoms need to be used the right way,** every time you have sex. So use both a condom AND a highly effective method of birth control every time you have sex.



**And remember,** when you get right down to it, the only sure way to prevent pregnancy, HIV, and other STDs is not to have sex.



the pill  
patch  
ring  
implant  
shot  
or IUD



**EVERY TIME**  
to reduce  
the risk of  
pregnancy, HIV,  
and other STDs



[www.cdc.gov/teenpregnancy/Teens.html](http://www.cdc.gov/teenpregnancy/Teens.html)

Get involved, make your voice heard!  
[www.engage.findyouthinfo.gov](http://www.engage.findyouthinfo.gov)

Learn about talking to your partner.  
[www.takestwoapp.org](http://www.takestwoapp.org) [www.sexetc.org](http://www.sexetc.org) [www.stayteen.org](http://www.stayteen.org)

Learn to use condoms the right way, every time.  
[www.itsyoursexlife.com/gyt/condoms/](http://www.itsyoursexlife.com/gyt/condoms/)

Learn about all birth control methods.  
[www.stayteen.org/birth-control-101](http://www.stayteen.org/birth-control-101)

Find a Clinic [www.hhs.gov/opa](http://www.hhs.gov/opa)



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CS248705-A