

Make Disclosure ▶ Happen

*SWIPE FOR TIPS
ON COMMUNICATING RESPONSIBLY
ABOUT SEXUAL HEALTH STATUS*



HANDS

Herpes Activists Networking to Dismantle Stigma

Make Disclosure ▶ Easy

Tips to make talking about sexual health status easier:

Visit safe social media spaces for sex ed & STI support, including Instagram, Youtube, and Reddit.

Practice disclosing like you would with a partner by voice or video recording yourself.

Tell a trusted friend, then two, then three about your status. The more you say it the less it stings.



HANDS

Herpes Activists Networking to Dismantle Stigma

Make Disclosure ▶ Informed

Tips to make talking about sexual health status more informed:

Use a journal to write out your fears about sex, and examine what sexual responsibility means to you.

Discover the facts around STI symptoms, outbreaks, and transmission.

Learn from online experts about the best language to use while discussing STIs.



Make Disclosure ▶ Sexy

Tips to make talking about sexual health status sexier:

Self-pleasure in creative ways to get familiar with non-genital sexual touch.

Talk about intimacy first: What does it mean to be "close" to your partner?

Stand naked in the mirror and do self-worth & self-confidence affirmations.



Make Disclosure ▶ Happen

Tips to make talking about sexual health status happen:

Tell your partner that being responsible is important to you, and that you find them sexy no matter what.

In casual situations, be clear from the start and acknowledge their needs.

Don't leave it up to the other person to start the conversation, and don't wait til "right before!"

