

GET TESTED.

Why get tested for sexually transmitted infections (STIs)?

The only way to be 100% sure of your STI status is with a STI test! Most people with a STI will never have any signs. Untreated STIs cause permanent damage to yourself and others.

What types of tests are there?

STI testing is free or low-cost, private, and easy! Chlamydia, gonorrhea, and trichomoniasis are an urine or genital swab test. HIV is a blood test or mouth swab. Syphilis is a blood test.

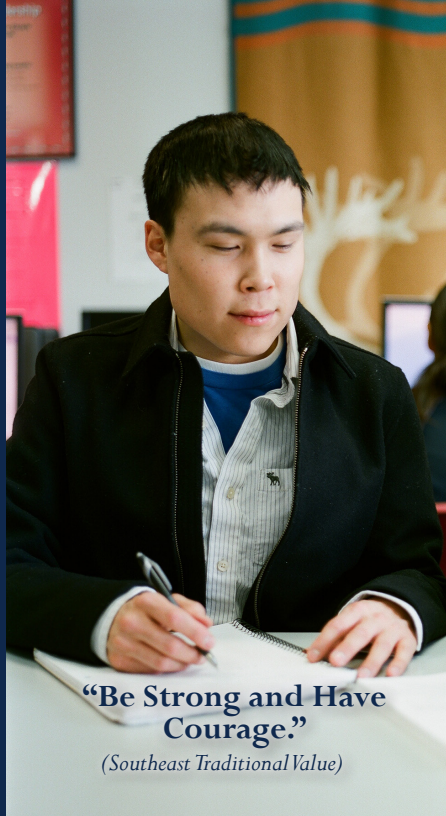
How do I talk with my partner about getting tested?

Share how you feel and the facts about testing. Getting tested shows that you both care and value each other's health. Some couples make a testing date together. You have control over your own health and no one should be keep you from or shame you for getting tested.

Where can I go to get tested?

All health departments, public health, tribal health, and family planning clinics offer STI testing. Order a free Chlamydia, gonorrhea, and trichomoniasis test kit at:

iknowmine.org



**“Be Strong and Have
Courage.”**

(Southeast Traditional Value)

YOUR BODY, YOUR FUTURE.

When it comes to your sexual health you have choices. Your life and health has value to you, your friends, and your community.

You have the right to ask the important questions:

- Have you been tested for STIs since the last time you had sex? When can I see the test results?
- When do you want to go get tested for STIs together?
- How would you like to stay safe during sex? Safe from pregnancy? From STIs?
- Do you carry condoms or should I bring them?

You always have the right to:

- Talk with your partner about condoms and STI testing - before sex!
- Be prepared and carry condoms with you.
- Demand to use a condom **and** birth control.
- The choice to have sex or not. It's never too late to say no or listen for no.
- To have protected sex. Unprotected sex can lead to pregnancy, chlamydia, gonorrhea, HIV/AIDS, and other sexually transmitted infections.
- **Under 18?** To receive care and treatment for sexual health (STIs, pregnancy, birth control, and more) without your parents' permission or notification.
- To put yourself first when making healthy choices.

“Never give up in trying to do what you set your mind on.”

(Cup'ik Traditional Value)