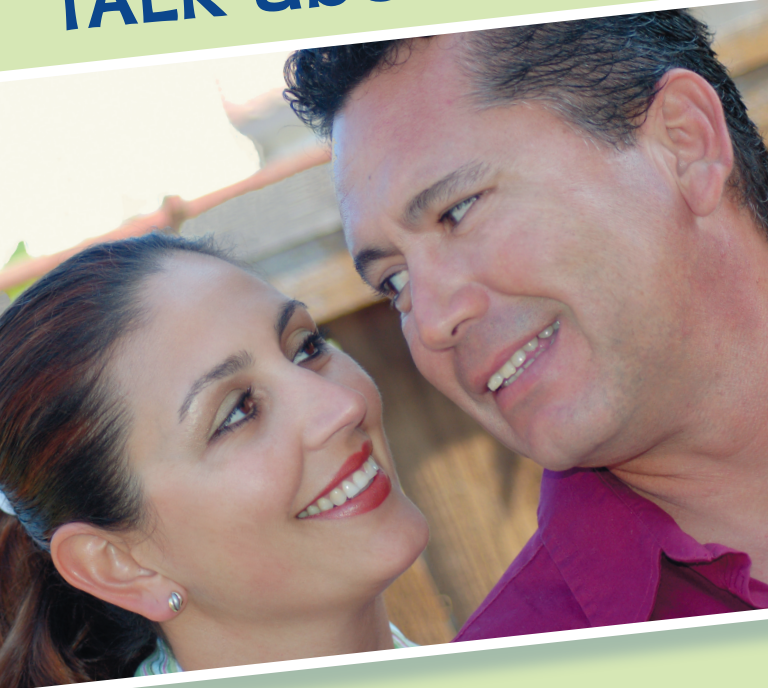


Do you  
and your partner  
**TALK about SEX?**



Talking with your partner can help you:

- Protect your health
- Plan your family
- Use birth control correctly

**It Takes Two!**



For more information call:

**Tri-City Health Center**

39500 Liberty St.

Fremont, CA 94538

**510-770-8040**

[www.tricityhealth.org](http://www.tricityhealth.org)

# Sex and birth control

# It Takes Two!

**Talk with your partner  
about sex and birth control.**

## Questions to ask each other:

- Do we want a child now?
- Which birth control method is right for us?
- Will we have sex only with each other?
- How will we protect ourselves from HIV/AIDS and other diseases you can get from having sex?

## For men:

- Learn about **birth control** and use it correctly.
- **Support your partner.** Go to the clinic with her, help her pay for birth control, or just ask what you can do.
- **Protect yourself** and your partner from diseases people get from having sex.
- **Use condoms.** If you are sure you do not want any children in the future, consider a vasectomy.



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