TIPS FOR SEXUAL HEALTH



Learn about your body and how to stay healthy.

Protect yourselves from pregnancy and from diseases you

can get if you have sex.

Be with a person who helps you feel good about yourself. Talk about what's best for you.



Tell someone you trust if you feel pressured in a relationship. You deserve the best!

If you have any questions, or for more information call:



Teen City Clinic 39500 Liberty St. Fremont, CA 94538

510-770-8131 www.tricityhealth.org