



Don't **Hide** in your shell

Let's join together, tell our truth and change the story.

Talking about sex and drug use can be uncomfortable. When you talk, share your truth. When you listen, do it with kindness, friendship and without judgement. When we all talk together we strengthen our community.

Places you can go to talk:

TRUTH



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Lead with your **Heart**

We all love someone who uses drugs.

People use substances for many reasons. Sometimes they can be helpful or get someone through the day. Not everyone wants to stop using. The best thing you can do for someone who is using substances is to give them love and respect.

For resources related to drug use check out:

LOVE



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Condoms
come in
even for a sasquatch

All Sizes

The more honest you are, the bigger you become.

Using a condom or barrier can protect you from sexually transmitted infections. Talk to your partner about sexual health, protection and what you like before you are in the moment.

For condoms and safer sex supplies check out:

HONESTY



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If you are going to bear it **Wear it**

Listen to your heart. It takes courage to do the right thing.

**Before you have sex think about: Do you want to have sex?
What kind of protection do you want to use? Do you know
how to use it? Get organized and have these answers
and safe sex supplies ready.**

For condoms and safer sex supplies check out:

COURAGE



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PlayNice

Humility is remembering that your actions impact other people.

Can I kiss you? Can I touch you there? Practice asking consent and practice listening. Consent must be voluntary, unimpaired, mutual, enthusiastic and happen continuously. The best way to get consent is to ask.

For resources on sexuality and consent check out:

HUMILITY



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Protect your Beaver

Be wise! Know your body.

Healthy sexuality includes using barriers like
condoms, getting tested, and having fun!
Tell your partner how you like to be touched.
Sex should feel good.

For more info on healthy sexuality check out:

WISDOM



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Wear your **Rubbers**

To show respect is to share and give of yourself.

Sexually transmitted infections, including HIV, often have no symptoms at all. The only way to know is to get tested. Get tested regularly.

To get tested, visit:

