

How to talk about STDs together

If you have sex, you will need to talk about sexually transmitted diseases with your partner. Many people are nervous to have this chat. But you don't have to be worried. There are easy ways to start a conversation. And this talk is an important one. Talking about STDs will help you both feel safe and comfortable. Here's how to start.



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Quick facts on playing it safe:

1 Talk to your doctor first about getting an STD test. You will learn your own health status and risks. Knowing your status will make you feel more comfortable talking with a partner.



2 Have your talk with your partner before you have sex. Be honest. But you don't have to be too serious or scared. This way you don't have to worry about risks, and you can enjoy yourselves.

3 Start with simple questions. "When is the last time you got tested?" is a good place to begin.

4 Ask your partner if they know their own health status. Share yours. If they haven't gotten an STD test recently, suggest getting tested together.

5 If one of you has an STD, don't panic. Talking about an STD is a sign of trust. You can still have an enjoyable sex life. You will just have to plan how to have safe sex together. There are many options for protection.



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