1. The **SAFEST** choice to avoid HIV, STIs and unplanned pregnancy is **NOT** to have sex.

2. You have the **RIGHT** to say **NO** to sex at anytime in **ANY** situation.

3. If you choose to have sex, use **CONDOMS CONSISTENTLY AND CORRECTLY.**

4. **STAY FAITHFUL** to one partner to protect yourself, your partner and your community.

5. If you are having sex, **GET TESTED FOR HIV AND OTHER STIS REGULARLY.**

6. **BOTH** boys and girls are responsible for preventing pregnancy, HIV and other STIs.

**REMEMBER:**
You are strong, smart and in charge of your future! Live your values. Achieve your goals.