



# Ideas to live by



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



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



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



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



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



**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.

For more information: [www.bwisehealth.com](http://www.bwisehealth.com) • Help lines: **Childline:** 0800 05 5555 **Lifeline:** 0861 322 322 • **Police:** 10111



basic education

Department:  
Basic Education  
REPUBLIC OF SOUTH AFRICA



USE A CONDOM  
HAVE PEACE OF MIND  
#NoRegrets