



## SEXUAL HEALTH CHECKLIST



### **Get tested!**

*Protect yourself and others with an STI test.*



### **Sexual Health Services**

*do you know the sexual health services available in Leicester.*



### **Free Condoms!**

*sign up for a C-Card at the student hub at De Montfort Students' Union.*



### **Sexy Student Discounts**

*shop cheap and take control of your sexual wellness with brands like Love Honey!*



### **Communication**

*talk to your partner. Communication is key.*



### **Know Your Limits**

*it's good to experiment but know your boundaries.*



### **Fetishes & Kinks**

*do you know what you like?*

*Exploration is healthy, embrace your sexual lifestyle and don't shame others.*



### **All Sex Is Sex!**

*there is no one way to have sex. Explore what you like and don't judge others.*



### **Consent**

*is there consent from all parties involved?*



### **No Means No!**

*ignoring personal boundaries IS sexual assault. Sex without consent IS rape.*



### **Does It Feel Right?**

*take a moment to check in on yourself. Is this what you want?*



### **Second Thoughts?**

*it's okay for you or your partner to change their mind.*

*Saying yes before **DOES NOT** overrule saying no now.*



### **Know Your Rights**

*... input information here two lines worth*