Abstinence 101

Is sex-free the way to be?

Is it normal to abstain from sex?

How can I make educated decisions about my sexual health?

What is right for me?

When choosing whether or not to be sexually active, make the decision that feels best for you - not what others think you should be doing.

Abstinence is defined as not engaging in oral, vaginal, or anal sex. It is the only 100% effective way to prevent pregnancy and the sexually transmitted infections (STIs).

If you choose to be sexually active, Health Promotion offers FREE safer sex supplies to Georgia Tech students.

healthpromotion.gatech.edu

#buzzonhealth