

Men's Health:

5

Steps to Take Control Of Your **Sexual & Reproductive** Health



Set goals

and ask yourself some important questions like:

Am I **taking steps** to avoid contracting sexually transmitted infections?

Am I **ready** to have a child?

Am I **doing my part** to prevent pregnancy?



Schedule regular visits

with your local family planning provider to discuss your goals.



Get screened for STIs/HIV

It's important for men to get screened and treated for HIV and STIs to protect not only their own health but also their partners.



Lower your risk of HIV with PrEP,

(Pre-exposure prophylaxis), a drug you can take if you're at risk for HIV to prevent the virus from taking hold in your system.



Maintain a healthy lifestyle

by not smoking, using drugs or drinking too much alcohol. These things can lead to infertility in men.



new jersey family
planning league

Ready to take the next step?

Find a health center near you.