

# THE THREE T'S OF SAFER SEX

## TESTING

- ✓ Get tested for STIs once a year
- ✓ Ask your partner(s) to get tested.

## TALKING

- ✓ Communicate with your partner(s)
- ✓ Get consent of your partner(s)
- ✓ Discuss sexual health & being poly with providers

## TOOLS

- ✓ Condoms
- ✓ Lube
- ✓ Dental dams
- ✓ Latex gloves
- ✓ Sex toys