

# Sexual wellness, without assumptions.

Practical, stigma-free information about safer sex, STI testing, HIV prevention, and Bi+ affirming resources.

## Health is about what you do - not the label you use.

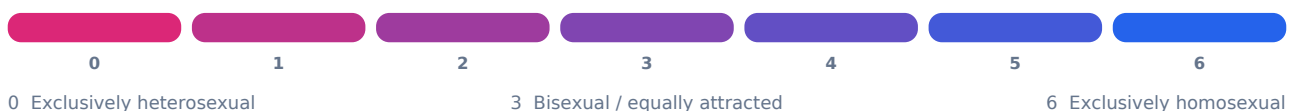
Sexual health needs are shaped by specific activities, body sites, exposure, and prevention choices. Identity alone does not determine STI risk.

## The essentials

- Barriers such as condoms and dental dams can reduce exposure to many sexually transmitted infections.
- Testing may include blood, urine, or site-specific swabs depending on sexual practices and exposure.
- PrEP reduces the risk of getting HIV from sex by about 99% when taken as prescribed.
- PEP is emergency HIV prevention and should be started as soon as possible, within 72 hours of a possible exposure.

## Kinsey Scale

A historical reflection tool for patterns of attraction - not a diagnosis, identity test, or complete model of sexuality.



### "Can we talk about testing and protection first?"

Clear communication helps partners make informed choices together.

## Trusted resources

Testing, sexual health care, and Bi+ support.



CDC GetTested

[gettested.cdc.gov](https://gettested.cdc.gov)



Planned Parenthood

[plannedparenthood.org](https://plannedparenthood.org)



Bisexual Resource  
Center

[biresource.org](https://biresource.org)