

Siarad am ryw

“SEXtember”

Time to talk about sex



Ready to play?

- Have you and your partner consented?
- Have you got condoms with you?
- Have you had a sexual health check-up recently?
- Are you on regular contraception?
- Do you need emergency contraception or HIV PEP?
- Do you need to contact your local sexual health services?

Your sexual health shouldn't be a lottery!



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



sextember_org



sextember



sextember_org

Visit our website to find out more
www.sextember.org

Siarad am ryw

“SEXtember”

Time to talk about sex



Yn barod i chwarae?

- Ydych chi a'ch partner wedi cydsynio?
- Oes gennych chi gondomau gyda chi?
- Ydych chi wedi cael archwiliad iechyd rhyw yn ddiweddar?
- Ydych chi'n defnyddio dulliau atal cenhedlu'n rheolaidd?
- Oes arnoch angen dulliau atal cenhedlu brys neu PEP HIV?
- Oes angen i chi gysylltu â'ch gwasanaethau iechyd rhyw lleol?

Ni ddylai eich iechyd rhyw fod yn loteri!



GIG
CYMRU
NHS
WALES

Bwrdd Iechyd Prifysgol
Betsi Cadwaladr
University Health Board



sextember_org



sextember



sextember_org

Ewch i'n gwefan am ragor o wybodaeth
www.sextember.org