

Siarad am ryw

“SEXtember”

Time to talk about sex



Yn barod i chwarae?

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

Ni ddylai eich iechyd rhyw fod yn loteri!



Ready to play?

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

Your sexual health shouldn't be a lottery!



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Ewch i'n gwefan am ragor o wybodaeth  
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[www.sextember.org](http://www.sextember.org)