

## STEP 4

- If you feel that you do not know your partner well or you just do not feel comfortable having a conversation over the phone or in person, feel free to send a personable text.
- Still make sure that it is a good time to send the text and provide all data and facts.
- You can also use an anonymous text app or website to inform your partner without letting them know it is you.

<https://www.imyfone.com/iphone-tips/top-7-sites-to-send-anonymous-text-messages/>

## STEP 5

- Provide your partner with the nearest testing centers address and hours of operation, so that they can go get tested.
- It is recommended to get tested once a year, if you have a new partner. If you have multiple partners it is recommended to get tested every 3-6 months or after possible exposure.
- The Brazos County Health Department offers STI testing at there clinic.
- Monday: 1:00- 2:30 p.m.
- Wednesday: 3:30-5:15 p.m.
- Friday: 7:45-9:00 a.m.
- For more information and price on tests, please visit our website or social media accounts.

<http://www.brazoshealth.org/clinics/std>



**HAVE YOU HAD THE  
TALK WITH YOUR  
PARTNER?**

**5 STEPS TO TAKE TO  
TALK TO YOUR  
PARTNER ABOUT  
STD'S!**



# STEP 1

- Before initiating the talk know your facts.
- Know all the STD's that could be a factor.
- Know the symptoms.
- Some STD's have no symptoms (Ex: Chlamydia, which left untreated could cause fertility issues in men and women.
- Know the transmission.
- Know the duration.
- Know the treatment.
- The CDC is a great reputable source to gather facts about STD's.

[HTTPS://WWW.CDC.GOV](https://www.cdc.gov)

# STEP 2

- Plan the talk
- Reverse the roles and think of how you would want to be informed about potentially having a STD.
- Make sure it is a good time and place to initiate the conversation.

# STEP 3

- Be brave; do not tense up or decide not to inform your partner.
- Be direct; do not beat around the bush with side stories.
- Be honest; tell your partner if you have had a STD previously or currently have one.
- Show emotion; apologize and be sincere. If anger is all you or your partner can show, stop the conversation and continue it once calm.