

Prevention is power. **My**

Black and Latina women are often ignored in HIV prevention and sexual health education, so we're stepping out and speaking up.

We're taking back our power by centering Black and Latina women. In educating our community, we are equipping women to have honest conversations with their healthcare providers about PrEP and PEP for HIV prevention and their overall sexual health.

For **me**. For **her**. Prevention belongs to **us**.



Better sexual health means better overall health.

We are ignored and stigmatized in HIV prevention and sexual health education. It's time to take back the power over our health care and take control of these conversations.

Understand the importance of your sexual health.

Your sexual health is a key part of your overall reproductive health. It can impact your physical, mental, and emotional health. Good sexual health is good overall health.

HIV and STI prevention is critical to your sexual health. It's your right to feel empowered to make informed decisions that are best for you and your sexual experiences.

Find the right healthcare provider.

Working with a healthcare provider who you feel comfortable with and who understands your needs is key to achieving good sexual health and overall health. Here are some things you can look for:

- They treat you with respect.
- They invite you to ask questions.
- They listen when you speak.
- They explain things so that you understand.
- They recommend prevention and regular screenings.

Even if your provider doesn't bring up sexual health, you still can. Some providers won't know it's important to you until you say something.

Tell your provider you want to talk about sexual health.

Not sure where to start? Try some of these talking points.

- I would like HIV and STI (sexually transmitted infection) tests to be part of my regular screenings.
- When and how will I get the results?
- Can you tell me more about PrEP for HIV prevention?
- I'm interested in PrEP for HIV prevention.
- What is the difference between PrEP and PEP?
- What are the side effects of these medications?
- How long do I have to take them before they are effective?
- What if I get pregnant, how will the medications affect my unborn child?
- What are the differences between injectables and the pills for PrEP and HIV
- Are PrEP and PEP covered by my insurance? What would be my out-of-pocket cost?
- If I ever need PEP, what's the quickest way to access it?
- What vaccines do you recommend for STI protection?
- What can I do to protect me and my partner(s) from HIV and STIs?
- My partner cheated on me and I'm worried I might have an STI. Which STIs should I be tested for?



Scan here to request more information about how you can take control of your sexual health including HIV prevention.



The Ella/Her project is about motivating, inspiring, and empowering Black and Latina women in North Carolina to take control of their health. When we prioritize our sexual health, pleasure, and freedom we're not only standing up for ourselves, we're standing up for our community.

Talk about sex for your health, for your pleasure, for your freedom.