

## Why do we celebrate World Sexual Health Day?

World Sexual Health Day is celebrated to raise awareness about the importance of sexual health and to promote the need to make sexual health a global priority. It is also a day to celebrate and honor our rights to pleasure, autonomy, and respect. The goal of World Sexual Health Day is to promote education, dialogue, and action around sexual health and rights to ensure that everyone has access to accurate information and services.

## The Theme for 2023 is Consent

The World Association for Sexual Health (WAS) strongly believes that consent is an important issue in any discussion of sexual health. Respect for each other's boundaries, desires, and autonomy is essential to creating a safe and healthy environment for all people. Without consent, sex can become an exploitative and dangerous act. World Sexual Health Day is an important opportunity to promote open and honest communication about sex and to raise awareness about the importance of consent.

## Take Action

1. Educate yourself and others on sexual health topics, including contraception, sexually transmitted infections, reproductive health, and healthy relationships.
2. Raise awareness of World Sexual Health Day through social media and other platforms. [See social media messages below](#)
3. Organize or participate in a World Sexual Health Day event or discussion. [Add photos of previous events](#)
4. Support organizations that provide sexual health services and education.
5. Advocate for comprehensive sexual health education in schools and other youth-serving organizations.
6. Talk to your healthcare provider about sexual health topics and ensure that you are up to date on the necessary screenings, tests, and vaccinations.
7. Donate to organizations that provide sexual health services and education.

## Quiz

[Need to turn this into a quiz...](#)

1. Safe and consensual sex: Knowing when and how to say "no" and understanding that all sexual activities need to be consensual.
2. Knowledge and communication: Understanding the risks of different sexual activities and being able to communicate openly with a partner about health and safety concerns.
3. Birth control and contraception: Knowing what options are available and how to use them effectively.

4. Mental and emotional health: Creating a safe and secure environment for yourself and your partner to talk about expectations, boundaries, and desires.
5. Physical health: Taking care of your body and understanding how to reduce the risk of STIs and other sexual health related issues.
6. Reproductive health: Knowing how to maintain reproductive health, including regular checkups, screenings, and treatments.

### **Sign up for more information**

#### **Tweets about consent**

1. Consent is important! It's never okay to do something to someone, or have someone do something to you, without permission. #ConsentHeart
2. It's essential to remember that consent is not only verbal, it can also be nonverbal. Pay attention to body language and cues. #ConsentHeart
3. Consent is not a one-time thing; it must be ongoing, and it must be freely given each and every time. #ConsentHeart
4. Consent is not just about sex! It's about respecting someone's boundaries and understanding that everyone has the right to say no. #ConsentHeart
5. Consent is not a grey area! It's a simple concept: If there is no clear and enthusiastic "yes," it's not okay. #ConsentHeart

#### **Facebook posts about consent**

1. "Consent matters! Make sure you're always comfortable before you do anything with someone else, no matter how small it may be. #ConsentHeart
2. "Silence doesn't mean yes. Don't assume that just because someone isn't saying no, they're giving consent. Always ask for explicit consent before engaging in any kind of physical relationship. #ConsentHeart
3. "Consent is not a one-time thing. You need to make sure that you have explicit consent for each and every step of a physical relationship. #ConsentHeart
4. " Consent isn't just about sexual activity. You need consent for all kinds of physical contact, from holding hands to hugging. #ConsentHeart
5. "Consent is not a grey area - it's black and white. If someone hasn't said yes, then it's a no. #ConsentHeart

## **World Sexual Health Day posts on TikTok regarding consent**

1. "Hey everyone! This week's #ConsentIs topic is: What is the importance of ongoing consent? #ConsentHeart
2. "Hey everyone! Consent is a crucial part of relationships. Don't forget to check in with your partner about their comfort level and boundaries for every sexual encounter. #ConsentHeart
3. "Hey everyone! It is important to remember that consent is not a one-time thing. It is something that needs to be discussed and checked in on throughout the relationship. #ConsentHeart
4. "Hey everyone! Saying 'no' to any kind of sexual activity is okay. Respect the other person's boundaries and decisions at all times. #ConsentHeart
5. "Hey everyone! Consent is more than just saying yes. It is an ongoing conversation. Make sure that you and your partner both feel safe and comfortable in any sexual situation! #ConsentHeart