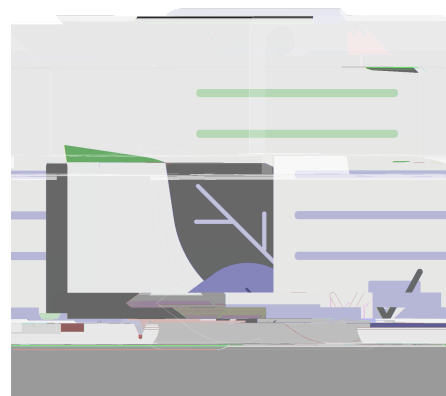


My Personal Contract to Protect My Sexual Health



Reasons why I want to protect myself from STIs and an unplanned pregnancy	I pledge to protect my sexual health by... 1. 2. 3.
People I can talk to about protecting my sexual health	

My Signature _____

Signature of my parent/guardian or other trusted adult _____

Write a letter to your future self in which you describe your dream for your life based on your strengths, interests, and values.

Be sure to include :

details about your dreams for your future, for example, your career, education, and relationships.

your plan for protecting your sexual health.

