



## WORLD SEXUAL HEALTH AWARENESS MONTH

### *District Health Department #10 Strives to Empower People Of All Ages And Genders To Take Control Of Their Sexual Health*

September 19, 2019 --- September marks the tenth annual Sexual Health Awareness Month. The theme for this year is **Sexuality Education for All – A Bridge to Sexual Health**. During Sexual Health Awareness Month, the American Sexual Health Association (ASHA), is offering online resources, such as fact sheets, interviews, videos, and podcasts, to help people learn more about their sexual health. District Health Department #10 (DHD#10) supports sexual health through services and education.

According to ASHA, sexual health is the ability to embrace and enjoy our sexuality throughout our lives. It is an important part of our physical and emotional health. Being sexually healthy means:

- Understanding that sexuality is a natural part of life and involves more than sexual behavior.
- Recognizing and respecting the sexual rights we all share.
- Having access to sexual health information, education, and care.
- Making an effort to prevent unintended pregnancies and STDs and seek care and treatment when needed.
- Being able to experience sexual pleasure, satisfaction, and intimacy when desired.
- Being able to communicate about sexual health with others including sexual partners and healthcare providers.

District Health Department #10 strives to empower people of all ages and genders to take control of their sexual health. Education services, birth control methods, counseling on fertility awareness, referrals for sterilization, STD testing and treatment, and exams, including Pap Smears and HIV testing, are available to our clients in ten counties including Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, and Wexford.

DHD#10 services are confidential, LGBTQ friendly, and no one will ever be denied service due to inability to pay. To learn more about our sexual health services, or to schedule an appointment please call 888-217-3904.

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#### MEDIA CONTACT

Jeannine Taylor  
Public Information Officer  
O: 231-876-3823  
C: 231-920-4998  
E: jtaylor@dhd10.org



#### COUNTIES SERVED:

Crawford  
Kalkaska  
Lake  
Manistee  
Mason  
Mecosta  
Missaukee  
Newaygo  
Oceana  
Wexford



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