

My Sex Risk Action Plan

Think about one specific way in which you would like to improve your health by reducing risky sex behaviors. Think about why you would like to achieve this goal and what you will need to do to achieve it. Then start the specifics on how you will achieve this goal and when you will start working on this goal.

My goal:

What is the first step I'm going to take to do this:

What is the second step I'm going to take to do this:

What potential helpers can you identify?

