VACCINES PROTECT YOUR HEALTH
Males ages 9-26 are eligible for HPV vaccines. Adults at risk (such as men who have sex with men and partners of those with the virus) should be vaccinated against hepatitis B.

CONDOMS ARE KEY
Condoms are inexpensive, easy to find and use, and they work. Think of them as more than birth control: Correct, consistent condom use reduces the risks of STIs (especially HIV).

PUT YOURSELF TO THE TEST
Testing recommendations for sexually transmitted infections aren’t identical for everyone, and not all men need the same tests. Our testing guide will give you insight for talking with your healthcare provider.

HAVE HEALTHY RELATIONSHIPS
Relationships are a two-way street. Give your partner—and insist they give you—respect. Learn more about healthy relationships, including how to communicate with your partner.

THE BALLS ARE IN YOUR COURT
Testicular exams aren’t just for the doctor’s office—there’s an at-home version of “Turn your head and cough!” Self-exams can alert you to any changes within your testicles that might need attention. DIY!

PROSTATE HEALTH
Around age 50, men should talk with their healthcare providers about prostate cancer testing. Have the chat a few years earlier if you have a family history of the disease.

EXERCISE IS ESSENTIAL
Walk. Run. Lift. Jump. Twist. Work your body. Exercise not only helps you keep off the extra pounds, but can lower blood pressure, reduce stress, and just make you feel good.

KNOW ABOUT BIRTH CONTROL OPTIONS
There’s more to think about than just condoms and the pill. Learn about different birth control options—and the pros and cons of each.

FIND THE RIGHT PROVIDER FOR YOU
Your relationship with your healthcare provider is one of the most important you’ll have. Ask them anything. Remember that no matter what you say, they’ve heard it all before.

THERE’S ALWAYS MORE TO LEARN
What you learned in high school is not enough. You’ll change over your lifespan, so there will be new things to explore, and new challenges to meet. When life throws you a physical or emotional curve ball, be ready to find the help and answers you need. Don’t just survive, thrive!