



KALUSUGAN

Una sa **LAHAT**
para sa **LAHAT**



D. Learn to be responsive but assertive. Be sensitive to the feelings of other people but only up to a certain point without risking your personal values and beliefs.



When Your Body Says ...

It's normal to have sexual feelings, but you don't have to act on them. Decide beforehand how far you're willing to go and stick to it. If you think or feel that you're going to explode?

- > Take a cold shower
- > Go for a stroll
- > Keep yourself busy
- > Find other healthy and safe outlets



Sex Isn't Just About Your Body

It's also about your health, your heart, your mind and your values.