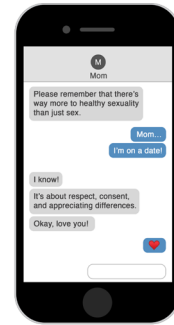


# WEEK 1 SOCIAL MEDIA TOOLKIT

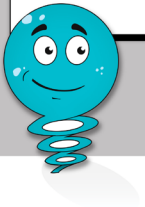
## VIDEO 1

Remember: Conversations about sexuality are more than sex. [www.wesaynomas.org](http://www.wesaynomas.org)  
#SAAM



### Positive questions about healthy sexuality:

- In what ways do you appreciate your body?
- How do you enjoy sexual feelings without necessarily acting on them?
- What are sexual boundaries and limits?
- Do you practice "wellness" habits such as regular checkups, breast or testicular exams?



Talk with your children. Visit [www.wesaynomas.com](http://www.wesaynomas.com)

## GRAPHIC 1

Don't concentrate on "disasters" about sex (sexually transmitted diseases, unwanted pregnancies, or violence).

Start a conversation by staying positive.  
<https://www.decimosnomas.org/en/start-talking/healthy-sexuality/is-now-a-good-time/> #SAAM

## VIDEO 2

Remember: Conversations about sexuality are more than sex. [www.wesaynomas.org](http://www.wesaynomas.org)  
#SAAM

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Because *you*  
don't have all the  
**answers?**



58 likes