

Prevention is power.

Black and Latina women are often ignored in HIV prevention and sexual health education, so we're stepping out and speaking up.

We're taking back our power by centering Black and Latina women. In educating our community, we are equipping women to have honest conversations with their healthcare providers about PrEP and PEP for HIV prevention.

For *me*. For *her*. Prevention belongs to *us*.



Better sexual health means better overall health.

We are ignored and stigmatized in HIV prevention and sexual health education. It's time to take back the power over our health care and take control of these conversations.



NC HIV ACTION PLAN SAC IHS LATINO COMMUNITY

The Ella/Her project is about motivating, inspiring, and empowering Black and Latina women in North Carolina to take control of their health. When we prioritize our sexual health, pleasure, and freedom we're not only standing up for ourselves, we're standing up for our community.

Talk about sex for your health, for your pleasure, for your freedom.

Understand the importance of sexual health.

Your sexual health can impact your physical, mental, and emotional health. Good sexual health is good overall health.

HIV and STI prevention is critical to your sexual health no matter what kind of relationship you're in—heterosexual, gay, polyamorous, monogamous, or otherwise. It's your right to feel empowered to make informed decisions that are best for you and your sexual experiences.

Find the right healthcare provider.

Working with a healthcare provider who you feel comfortable with and who understands your needs is key to achieving good sexual health and overall health. Here are some things you can look for:

- They treat you with respect.
- They invite you to ask questions.
- They listen when you speak.
- They explain things so that you understand.
- They recommend prevention and regular screenings.

Even if your provider doesn't bring up sexual health, you still can. Some providers won't know it's important to you until you say something.



Scan here to request more information about how you can take control of your sexual health including HIV prevention.