

# Promoting **HEALTHY** *lifestyles*

## PRACTISE SAFE SEX



**Delay your first  
sexual experience**

**Abstain from sex**

**Be faithful to one sexual partner**

**Condomise -  
use a condom every  
time you have sex**



# SAFE SEX SAVES LIVES

TOLL FREE: 0800 53 55 54



health

Department of  
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FREE STATE PROVINCE

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