

LIFE REMINDERS

1. A moment of pleasure, a lifetime regret. Teen pregnancy is a common issue/on the rise in Fiji today. Think about it- are you really ready to be a parent?
2. Don't become a statistic make the right choice.
3. I choose to be safe now.
4. It is important to respect your body and the bodies of others.
5. STIs are preventable, get checked now.
6. Contraceptives are available but the choice is yours.
7. Condoms is safe to use but it is how you use it.
8. Abstaining from sex is cool.
9. Be a child enjoy life.
10. Cervical cancer kills but it is treatable get tested NOW.
11. Choose right because if she/he is not right you will be left out to fight for your life.
12. Consent is an essential part of healthy, intimate relationship. The absence of a NO, is not a YES.
13. Being bold and loving your body means being aware of what you need and when you need it.
14. Guard your body it is your temple.
15. Healthy relationships are built on respect, equality and mutual consent.
16. Love conquers all.
17. Periods is not a disease; it is not weird or inappropriate to talk about it.
18. Plan your family. Have the number of children you can feed, clothe and educate.
19. Safe sex no regret.
20. Sexual violence affects people in different ways.
21. Sexuality is who you are, sex is what you do.
22. The absence of a no is not a yes, my body, I choose.
23. There is a window of opportunity for everyone to know and care about your sexual health issues. Don't miss that opportunity.
24. Unprotected can change the course of your life.
25. Children are becoming parents, YOU choose.