

Dear [Couple's Names],

Congratulations on your engagement! As you prepare for your future together, we would like to take this opportunity to provide you with some important sexual health advice to ensure a healthy and fulfilling relationship.

Communication is Key

Open and honest communication about sexual health and preferences fosters trust and intimacy. Make time to discuss your needs, boundaries, and any concerns you may have.

Get Tested Together

Before you get married, consider scheduling a sexual health screening. This helps to protect both of you and can prevent the spread of any sexually transmitted infections (STIs).

Understand Contraceptive Options

Discuss and explore the various contraceptive methods available to you. It's important to choose a method that suits both of you and aligns with your family planning goals.

Educate Yourself

Invest time in learning about sexual health topics, including STIs, safe sex practices, consent, and intimacy. The more you know, the better equipped you'll be to take care of each other.

Seek Professional Guidance

If you have questions or need personalized advice, don't hesitate to consult with a sexual health professional or counselor. They can provide valuable insights tailored to your relationship.

Remember, a strong foundation of mutual respect and understanding will be beneficial in navigating your sexual health journey together. Wishing you a happy and healthy relationship!

Sincerely,
[Your Name]
[Your Organization]