

Siarad am ryw

“SEXtember”

Time to talk about sex

Ymgyrch sy'n annog dynion a merched sy'n cael rhyw i gael archwiliad iechyd rhywiol rheoliadd, ac i siarad efo gweithiwr iechyd proffesiynol am faterion iechyd rhywiol a dulliau atal cenhedlu.

Take the **Sextember** Challenge, what can you tick off...?

- Find out where your nearest sexual health clinic is
- Get a sexual health check-up at the clinic
- Get some condoms for you or a friend
- Have an open discussion with a friend or partner about sex
- Check out all the available information on the NHS webpages

Derbyniwch Sialens “**Sextember**”, ydych chi wedi...?

- Dod o hyd i'ch clinig iechyd rhywiol agosaf
- Cael archwiliad iechyd rhywiol yn y clinig
- Cael condoms i chi'ch hun neu i'ch ffrind
- Cael trafodaeth agored am ryw gyda ffrind neu bartner
- Edrych ar dudalennau'r GIG ar y we i weld yr holl wybodaeth sydd ar gael

A campaign that encourages sexually active men and women to undertake regular sexual health checkups and talk to a health professional about sexual health matters and contraception.

www.sextember.org



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