



BUMED OFFICE OF WOMEN'S HEALTH

Recruit Brief: Contraception and Sexually Transmitted Infections (STIs) Video

The Navy Medicine Office of Women's Health developed a video to **educate Recruits on contraceptive options, pregnancy prevention, and STI symptoms and screening**. The video will equip Recruits with the tools and knowledge to practice healthy behaviors and protect their wellbeing and medical readiness.

VIDEO TOPICS

- Preventing pregnancy
- Symptoms and screening for STIs
- Frequently asked questions about sexual health
- Menstrual management
- Contraceptive options
- Emergency contraception
- Lesbian, Gay, Bisexual, Trans, Queer (LGBTQ) sexual health

ACCESSING THE VIDEO

The video is available via CAC-enabled links on the Female Force Readiness Clinical Community milSuite page ([here](#)), the Women's Health Webpage ([here](#)), or by scanning the QR code.

