

So They Can Know Is Here To Help You:

- Send anonymous emails to your partners through our website
- Watch videos on how to talk to your partners
- Read scripts and tips for telling your partners in person or on the phone
- Take a quiz to help you figure out which of your partners to notify
- Learn more about your STD and sexual health
- Help your partners to find testing locations near them, STD testing doctors that take their insurance, and order testing kits online

Visit us at
www.sotheycanknow.org



**Let Your
Partners Know
They Need to
Get Tested**

What Is Partner Notification?

Partner notification is the process of telling your sexual partners that you have been diagnosed with a STD. It can either be done by you, or anonymously by an organization, health department or website.

Why Should I Let My Partners Know?

It is very important that you let your partners know about your STD so they can use protection, get tested, and get treated. This is not only for their health, but for the health of every person they have had sex with or will have sex with. It is also important to let your current partners know that they should get tested so that they don't re-infect you with the STD.

Who Should I Tell?

In general, you should tell anyone that you have had sex with since your last negative STD test. Depending on the STD you have and the location of your infection, there may be more specific suggestions on who to tell. **You can find this detailed advice at www.sotheycanknow.org.**

How Can I Tell My Partners Myself?

You can tell your partners about your STD diagnosis in person, on the phone, in a text message, in an email, or in a private message through a social networking or dating website. Make sure your partner is alone and that it is a good time to talk before you let them know about the STD.

Tips For Telling Your Partners:

- Visit www.sotheycanknow.org to view scripts for talking to a partner
- Practice what you are going to say
- Find a place where the conversation will not be overheard
- Tell them as soon as possible
- Keep calm and be direct
- Know the facts about the STD, how it spreads, what health problems it can cause, and how often people with your STD don't have any symptoms
- Urge your partner to get tested, and give them resources on finding testing sites near them

How Can I Tell My Partners Anonymously?

Here are some different ways you can do it:

- In an email through www.sotheycanknow.org
- In an e-card through www.inspot.org
- Through your health department. This is usually just available for HIV and syphilis. Contact your health department to see if they offer anonymous partner notification for your STD. You can search for your health department's phone number at www.naccho.org/about/lhd/
- In an anonymous letter you write and mail yourself

What Resources Exist To Help Me Out?

www.sotheycanknow.org

www.inspot.org

www.cdc.gov/std

www.plannedparenthood.org

www.ashasexualhealth.org

www.itsyoursexlife.com

www.dontspreadit.com
