

## How to Approach the Subject of STD or STI Testing

“Honesty is the best policy.” Certainly you’ve heard this old adage more than a few times throughout the course of your life. However, when it comes to sexual relationships, the statement that honesty is the best policy takes on an altogether new meaning.

If you are considering starting a relationship of some sort with another individual that will include sexual activity, it really does become important for you to know a reasonable amount of the sexual history of that individual. Likewise, it is equally important for your potential partner to have the basic information about your own sexual history.

Included in all of this is the need to ascertain when your proposed partner last had an appropriate test for HIV and other sexually transmitted diseases. On some level, and even in the 21st century, this can be a difficult topic to broach. In the end, however, there are some tips and pointers that you can keep in mind when it comes to approaching a person – a potential sex partner – about the issue of STD or STI testing. Through this informational article, you are provided an overview of these helpful tips and pointers.

The first thing that you need to keep in mind when it comes to broaching the subject of STD or STI testing is to make sure that you have undertaken your own test or that you are scheduled to do so. You simply cannot broach the subject of this type of testing with a potential partner unless and until you have taken or taken steps towards an STD or STI test. When it comes to this issue, you really do need to put your money where your mouth is.

The second factor that you need to keep in mind is the importance of selecting an appropriate time to broach the subject of this type of testing. You simply should not raise the subject of STD or STI testing on the fly or in a matter of fact manner. This really is serious, sensitive business on different levels. Therefore, you need to set aside some time when you and your potential partner will be alone and can have a relaxed and frank conversation.

The third point to keep in mind is that you need to be frank and direct. Lay out the pros of obtaining STD or STI testing in an honest and rational manner. Make sure that you are not accusatory in the manner in which you approach this subject.

Finally, you will want to make sure that you listen closely to what your potential partner has to say about the subject of STD or STI testing. Make sure that you listen to any questions or concerns that your potential partner might have in regard to this issue.

As an aside, you might want to schedule an appointment for STD or STI testing with your potential partner. Not that this is a particularly pleasurable “date,” there is some value in undertaking this process together and with one another.

For more information visit: [How to Approach the Subject of STD or STI Testing](#)

### About the Author

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