

**HEALTHY SEXUALITY IS PHYSICALLY AND EMOTIONALLY SAFE** for you – and for your partner(s), if you choose to have any. This means choosing when and how to express your sexuality in ways that make you **FEEL GOOD ABOUT YOURSELF** (psst, you can do this in many ways other than having sex). Just consider what's right for you based on your values, morals, ideas, or cultural traditions. Remember, there is no single "normal" approach to sexuality but a wide spectrum, so it's really all about **YOU**.

Already sexually active? Thinking about becoming sexually active now or in the future?

## IS IT RIGHT FOR YOU?

Is sexual activity fulfilling? Does it make you feel good about yourself? Does your partner respect you (whether or not you want to have sex)?

## CONSENT

**Enthusiastic mutual consent is paramount**

This means you and your partner want to be sexually active in compatible ways with each other at that time – and you're comfortable enough to communicate your boundaries and preferences.

What it sounds like:

I want to keep doing this!

How do you feel?

Is this okay?

Are you comfortable?

## BE HONEST

Be comfortable saying, and hearing, "I'm not comfortable" – it's okay to stop at any time

## NO PRESSURE

There are a lot of ways to show affection, desire, and intimacy besides being sexually active.

Healthy sexuality is **FREE OF COERCION AND VIOLENCE**. It's not okay for someone to pressure you.

## HOO KNEW?

89% of UVa students do NOT have unprotected sex due to drinking.\*

## PREVENTING STIs

These can be contracted through any contact (oral, vaginal, or anal) with genitals of someone who has an STI. Most people with an STI show no symptoms.

## PLAN

Make annual appointments with your gynecologist or general physician, even if you aren't sexually active, to keep up with what's going on with your body. Also make an appointment if you notice any changes in your genital region.

Get free STI screening at the Thomas Jefferson Health Department in the city of Charlottesville (434) 972-6219

## EASY AS 1-2-3:

- 1. PROTECT YOURSELF** with abstinence or a barrier method (internal or external condom or dental dam). Grab them **FREE** from your RA, Student Health, or the LGBTQ Center. Meet with a PHE to learn how to use them.
- 2. REDUCE THE RISK** of exposure by limiting number of partners.
- 3. GET TESTED** every six months or with each new partner – it's cool to ask your partner to get tested, too.

Visit [cdc.gov/sexualhealth](http://cdc.gov/sexualhealth) for more info on STIs

## HOO KNEW?

80% of UVa students had 0, 1, or 2 sex partners within the last 12 months.\*\*

## PREVENTING PREGNANCY

Consider your lifestyle and what you want in a contraceptive. Efficacy? Convenience? Free or low-cost? Provides STI protection? There are options for your preferences and budget!

Meet with a PHE (see below) to learn about the pros and cons of different forms of birth control.

Visit [bedsider.org](http://bedsider.org) for accurate info about birth control and other choices related to sex.

## Awesome resources for healthy sexuality:

- Student Health (434) 924-5362 (main line)**  
Have an annual exam, discuss birth control and STI prevention options, get screened for STIs, or get support from a counselor
- Meet with a Peer Health Educator (PHE) (434) 924-1509**  
Learn what to expect at your first gynecology appointment or discuss birth control and STI prevention methods with a trained student
- LGBTQ Center**  
Explore questions or concerns in a safe, supportive environment, or pick up STI prevention materials

Nervous about seeing a doctor, nurse, counselor, or PHE about this stuff? It's common to feel that way, but try to relax. The providers at Student Health enjoy talking with students about their concerns and want them to feel as comfortable as possible. They would love to meet you – really!

\*From the Spring 2013 Health Survey with responses from 654 UVa Students

\*\*From the 2012 National College Health Assessment with responses from 455 UVa students