

HEALTHY SEXUALITY

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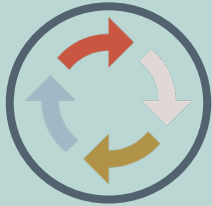
Everyone deserves to feel physically and emotionally comfortable with who they are. It is a personal choice to decide whether, how, and when to express sexuality. Expressing sexuality is different for everyone, and having sex isn't the only way to do so. Choosing not to have a sexual relationship is common, and most adults have times of abstinence.

SHARING POSITIVE CONSENT

Genuine mutual consent is essential for healthy sexuality. Positive consent is:

INFORMED AND EXPLICIT!

You and your partner clearly understand what is comfortable for each other at that time.



ENTHUSIASTIC AND CONTINUOUS!

This involves active listening, asking, and checking in frequently to see how your partner is feeling.

VOLUNTARY AND IN THE PRESENT!

Consent is not forever. You can change your mind at any time, and so can your partner.



FREELY GIVEN!

No one should be pressured, coerced, threatened, hurt, or incapacitated (such as by alcohol, drugs, or sleep).

HOO KNEW?

MOST UVA students who drink have **not** had unprotected sex after drinking.*

“People come in to college with a lot of different experiences, so **try not to get caught up in comparisons.**”

—P.S., CLAS 2019

GOT A PARTNER?

Prioritize good communication! Healthy sexuality means respecting the sexuality of any partner you have. **Take some time to reflect on what your boundaries are, and communicate openly about how you feel.** If choosing to have sex, be informed to help keep yourself and your partner(s) safe.

REDUCING THE RISK OF...

Unwanted Pregnancy



Learn about birth control.

There are lots of options (IUDs, implants, condoms, pills, and more), and each has advantages. Choose something that fits your needs, and learn how to use it correctly.

- Meet with a Peer Health Educator to explore birth control preferences.
- Visit bedsider.org for accurate information about birth control methods.



Get birth control.

Student Health can provide prescriptions and referrals for birth control. Some methods are available over-the-counter.



Use birth control correctly every time.

Need a backup plan? Find emergency contraception ASAP at any pharmacy, or call Student Health Gynecology to discuss options.

Sexually Transmitted Infections (STIs)

STIs spread through sexual contact with infected semen, vaginal fluid, or skin (oral, genital, or anal). Most people with an STI show no symptoms. **Follow these steps to reduce risk:**



Use barrier methods.

Pick up condoms and dental dams FREE from your RA, Student Health, or the LGBTQ Center. These are also available for purchase at pharmacies and grocery stores.



Be consistent. Use condoms and/or dental dams correctly every time.



Get tested for STIs with each new partner, and get treated if necessary.

STI testing and treatment at Student Health are accessible! Testing is fast and low-cost (no need to use insurance). Treatment is also low-cost. As always, Student Health is confidential.



Disclose your STI status to your partners, and ask your partners about their status.

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*From the February 2017 Health Survey with responses from 1,010 UVA students.

Talk to us at StallSeatJournal@virginia.edu

Want this poster for your room? Feel free to take me home April 15-19.