

Healthy sexuality is physically and emotionally positive for you - and your partner(s), if you 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 besides sex). Consider what's best for you based on your desires, values, morals, or culture. Remember, there is no single "normal" approach to sexuality but a wide spectrum, so it's all about YOU.



## IS SEX RIGHT FOR YOU?

Choosing not to have sex is common, and most adults have times of abstinence. If choosing sex, is it fulfilling? Does it make you feel good about yourself? Do you and your partner respect each other (whether or not you want sex)?

### CONSENT

Enthusiastic mutual consent is paramount:

**WHAT IT SOUNDS LIKE:** This means you and your partner actively communicate a mutual desire to engage in sexual activity together at that time - and you're comfortable enough to communicate your preferences and boundaries.

I want to keep doing this!

How do you feel?

Are you comfortable?

Is this okay?

#### BE HONEST.

It's a conversation, and you can express your feelings before, during, or after sex. Be comfortable saying - and hearing - "No, this is not okay." You can stop anytime.

#### NO PRESSURE.

There are many ways to show affection, desire, and intimacy. Healthy sexuality is free of coercion and violence. It's not okay for someone to pressure someone else.

## REDUCE RISK

## OF UNWANTED PREGNANCY

Consider what you want in a contraceptive. Efficacy? Convenience? Free or cheap? Provides STI protection? Choose something you can use correctly and consistently. There are options for your preferences and budget!

- Meet with a Peer Health Educator (PHE - see below) to learn about pros and cons of different forms of birth control.
- Visit [bedsider.org](http://bedsider.org) for accurate info about birth control.

## REDUCE RISK

## OF STIs

STIs can be spread when the infected semen, vaginal fluid, or skin (oral, genital, or anal) of one person comes into sexual contact with another person. Most people with an STI show no symptoms.

### EASY AS 1-2-3:

**1** Protect yourself with abstinence or a barrier method: external (male) or internal (female) condom or dental dam. Grab them FREE from your RA, Student Health, or the LGBTQ Center.

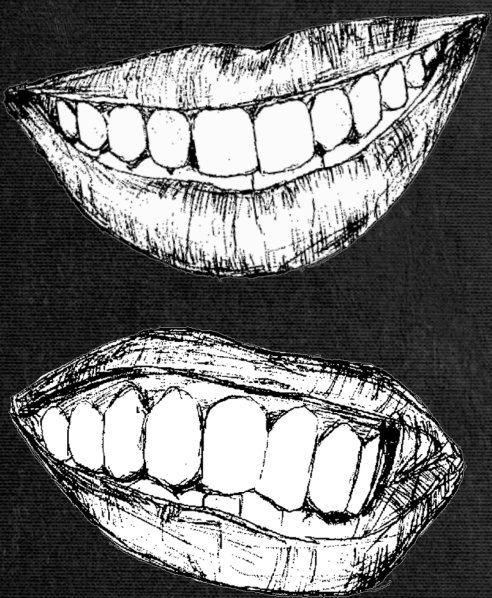
**2** Risk of exposure can be reduced by limiting number of partners.

**3** Talk to a healthcare provider about STI testing with each new partner.

- Get FREE screening for HIV/STIs at the Thomas Jefferson Health Department in Charlottesville. Ride bus #9! (434) 972-6200
- Visit [cdc.gov/sexualhealth](http://cdc.gov/sexualhealth) for info on STIs.

**HOO KNEW?**  
93.9% of UVA students stick with the sexual boundaries they set for themselves.\*

**HOO KNEW?**  
84.6% of UVA students who drink have NOT had unprotected sex after drinking.\*



## RESOURCES

**Student Health (434) 924-5362** - Have an annual exam, discuss birth control and STI prevention, get screened for STIs, or get support.

**Peer Health Educators (PHEs) (434) 924-1509** - Meet with a trained student to discuss what to expect at a gynecology appointment, the pros and cons of birth control methods, or how to use STI prevention methods.

**LGBTQ Center** - Explore questions or concerns in a safe, supportive environment, or pick up STI prevention materials.

**Madison House HELP Line (434) 295-TALK** - No problem is too big or too small. They're here to listen.

If sexually active (or thinking of becoming sexually active), see a healthcare provider or PHE to plan how to keep your body healthy and to get recommendations for screening or other care, even if you have no symptoms. Also make an appointment if you notice changes in your genitals.

Nervous about seeing a doctor, nurse, counselor, or PHE? That's common, but relax. The providers at Student Health enjoy talking with students and want them to feel comfortable. They would love to meet you!

\*From the Spring 2015 Health Survey with responses from 931 UVA students