

Healthy Sexuality

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Everyone deserves to be physically and emotionally safe in who they are. It is a personal choice to decide whether, how, and when to express sexuality so you feel good about yourself. 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.

Got a Partner?



Establish good communication! Healthy sexuality includes respecting the sexuality of any partners you have. If choosing to have sex, be informed to help keep yourself and your partner safe.

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 and checking in to see how your partner is feeling.
- **Freely given!** No one should be pressured, coerced, threatened, hurt, or incapacitated (such as by alcohol, drugs, or sleep).
- **Voluntary and in the present!** Consent is not forever. You can change your mind at any time, and so can your partner.

Reducing Risk

STIs

- 1 **Learn about STI risk reduction.** STIs spread through sexual contact with infected semen, vaginal fluid, or skin (oral, genital, or anal). Most people with an STI show no symptoms. External (male) and internal (female) condoms and dental dams reduce risk (most forms of birth control do NOT reduce risk). Another way to reduce risk is by limiting number of partners.
 - | Meet with a PHE to learn how to use condoms correctly.
- 2 **Get STI risk reduction.**
 - | Pick up condoms and dental dams FREE from your RA, Student Health, or the LGBTQ Center. Or buy them at a pharmacy.
- 3 **Use STI risk reduction correctly every time.**
- 4 **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 partners.

Unwanted Pregnancy

- 1 **Learn about birth control.** There are lots of options (IUDs, implants, condoms, pills, and more), and each has advantages. Select something that fits your needs, and learn how to use it correctly.
 - | Meet with a PHE to explore birth control preferences.
 - | Visit bedsider.org for accurate info about birth control methods.
- 2 **Get birth control.**
 - | Student Health Gynecology can provide prescriptions and referrals for birth control. Some methods are available over-the-counter.
- 3 **Use birth control correctly every time.**
 - | Need a backup plan? Find emergency contraception ASAP at a pharmacy, or call Student Health Gynecology to discuss options.

**HOO
KNEW?**

Most UVA students who drink have NOT had unprotected sex after drinking.*

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

Resources

Student Health - Serving all genders and sexual orientations. Get confidential, non-judgemental sexual healthcare. Healthcare providers are happy to discuss these topics with you., and many students talk to their providers about their sexual health. [Schedule online at Healthy Hoos.](#)

Peer Health Educators (PHEs) - Meet with a trained student to discuss birth control preferences, STI risk reduction, and what to expect at a gynecology appointment. Located at Office of Health Promotion, Student Health.

LGBTQ Center - Explore sexual identity in a safe, supportive environment. Plus, pick up STI risk reduction materials. Located in Newcomb Hall ground floor.

Want this poster for your room? Feel free to take me home April 16-20. Talk to us at StallSeatJournal@virginia.edu!

Designed by Jimmy Strong, Class of 2019
Edited by Madeline Speirs and Matt Salit, Class of 2019