

Healthy Sexuality

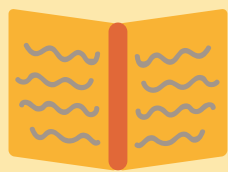
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Everyone deserves to feel physically and emotionally comfortable with who they are.

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. It is common for adults to choose not to be sexually active in various phases of life.

Sharing Positive Consent

Genuine, mutual consent is essential for healthy sexuality.



Positive consent is:

Informed and Explicit

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



Enthusiastic and Continuous

This involves active asking, listening, and frequent check-ins to see how you and your partner are feeling.



Voluntary and In the Present

Consent is not forever. You can change your mind at any time and so can your partner. It is important and necessary to respect their and your own boundaries at all times.

NOW

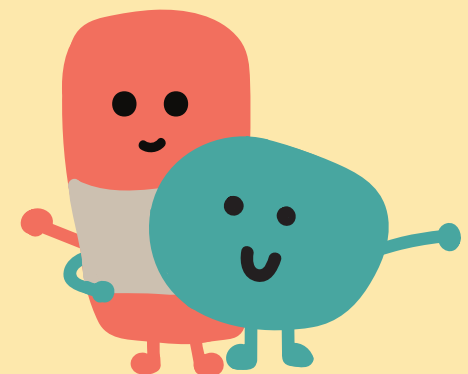


Freely Given

Alcohol, drugs, and/or sleep can impact consent. If someone is pressured, coerced, threatened, hurt, or incapacitated they cannot consent.

HOO? KNEW!

92% of UVA students who drink watch out for friends to make sure they stay safe. *



HOO? KNEW!

90% of UVA students who drink have **not** had unprotected sex after drinking. †

Online Dating Safety

Online dating platforms allow people to present a curated version of themselves.

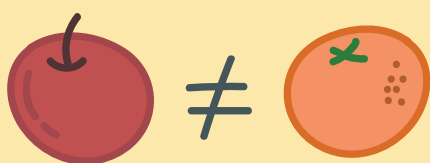
When talking to or meeting someone you met online keep in mind that you do not owe them anything and can change your mind or leave at any point.

If choosing to meet someone in person, consider these safety tips:

- Avoid giving out personal information
- Tell a friend who you are meeting and where
- Share your location on your phone with a trusted friend
- Meet in a public, busy place
- Have a plan of how to leave if you are uncomfortable and how you are going to get home

Comparison

Although it can be difficult, avoid comparing your sexual experiences with those of others. **People have different desires and relationships with sex. Be respectful of others' choices.** What's most important is to honor your personal preferences.



Stall Seat Journal is Hiring!
Apply to join our team on Handshake!

Free + Low Cost Resources and Services

The Charlottesville/ Albemarle Health Department offers free testing once a month. Call (434) 972-6269 for more information.

Planned Parenthood Charlottesville provides a wide variety of health services for everyone. (434) 296-1000

Student Health provides prescriptions and referrals for birth control as well as STI testing and treatment that is fast and low-cost. (434) 924-5362

The LGBTQ center offers access to free safe sex materials. Now located on the third floor of Newcomb.

Peer Health Educators can confidentially discuss birth control options and other aspects of relationships. Healthyhoos.virginia.edu

Bedsider.org provides information about birth control options.

For a comprehensive list of resources for support or to report a sexual assault, visit eocr.virginia.edu/appendixa-1.

* From the April 2019 UCelebrate survey with responses from 833 UVA students.

† From the February 2019 Health Survey with responses from 808 UVA students.

Want this poster for your room? Feel free to take me home **April 13-17**.

Talk to us at StallSeatJournal@virginia.edu

Follow us on Instagram [@StallSeatJournal_UVA](https://www.instagram.com/StallSeatJournal_UVA)

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