

HEALTHY SEXUALITY

Everyone deserves to feel physically and emotionally comfortable. It's YOUR personal choice to decide whether, how, and when to express sexuality. If choosing to have sex, learn about consent and preventing unplanned pregnancies and STIs to help keep yourself and your partner(s) safe.



POSITIVE CONSENT IS ESSENTIAL FOR HEALTHY SEXUALITY.

Actively listen to one another. **Consent isn't a negotiation.** If the answer's no, listen the first time it's communicated. Proceed only after receiving and giving positive consent, which is all of the following:

FREELY GIVEN



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

Your and your partner's yeses should be for your individual reasons

ENTHUSIASTIC



Only do what you and your partner(s) WANT to do, not what you feel you're expected to do.

Even if you're in a romantic relationship, having sex isn't the only way to be intimate

CONTINUOUS AND REVERSIBLE



Consent is ongoing and every new activity requires consent. You can change your mind at any time, and so can your partner(s).

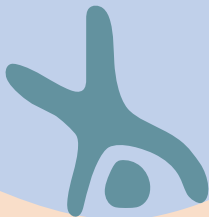
Even if you've done something before doesn't automatically mean you've consented again

INFORMED AND SPECIFIC



You and your partner(s) clearly understand what's comfortable for each other at that time.

Saying yes to one thing (like going to a bedroom to make out) doesn't mean you've consented to others (like having sex)



HOO? KNEW!

3 out of 4 UVA undergraduates use
protective barriers, like condoms,
when engaging in sexual activity*



*From the February 2020 NCHA with
responses from 904 UVA undergraduates.

PREVENTING SEXUALLY TRANSMITTED INFECTIONS (STI)

STIs spread through sexual contact (oral, genital, or anal).
Most people with an STI don't have symptoms.

TO REDUCE RISK OF STI:



- Consistently use barrier methods (condoms or dental dams)
- Get tested for STIs with each new partner and treat as directed by medical providers; ask new partner(s) to do the same before getting sexual
- Consider limiting the number of partners

You can get tested and treated for STIs at Student Health and Wellness (SHW). As always, SHW is confidential. You can be tested for common STIs for \$30 which will be charged to your student account as an unspecified service from SHW.

REDUCING THE RISK OF UNEXPECTED PREGNANCY



BIRTH CONTROL

There are lots of options (condoms, pills, IUDs, implants, and more). Choose the one that's right for you.

- ⇒ Meet with a Peer Health Educator to explore birth control options
- ⇒ Visit Student Health & Wellness for accurate information, prescriptions, and referrals for birth control

NEED A BACKUP PLAN?

- ⇒ Consider purchasing emergency contraception at a pharmacy
- ⇒ Visit **Planned Parenthood** or **Student Health & Wellness** to discuss options
- ⇒ Visit **Thrive Women's Healthcare of Central Virginia** for no cost, confidential medical services (pregnancy & STI testing), education, and support from medical staff and patient advocates