

Healthy Sexuality

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Office of Health Promotion
Department of Student Health
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Talk to us at [StallSeatJournal@virginia.edu!](mailto:StallSeatJournal@virginia.edu)

All people deserve to be physically and emotionally safe in their sexuality. That means choosing whether, how, and when to express sexuality so you feel good about yourself. It also means respecting the sexuality of any partners you have. Expressing sexuality is a personal choice, 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. If choosing to have sex, help keep yourself and your partner safe by ensuring consent and using protection from unwanted pregnancy and STIs.

Consent is Sexy

Enthusiastic mutual consent is paramount! This means actively communicating a mutual desire for the *who, what, when, and where* of sexual activity. You and your partner should be on the same page about what is okay at that time. Consent is for the present, not forever. A person is free to stop anytime.

Genuine consent is freely given – that means a person can only consent if they are NOT pressured, coerced, incapacitated (such as by alcohol, drugs, or sleep), threatened, or hurt.

Consent Sounds Like:



Is this okay?
How do you feel?
Are you comfortable?
I want to keep doing this! Do You?

Reduce Risk of Unwanted Pregnancy and STIs

UNWANTED PREGNANCY:

- **Learn about birth control:** There are lots of birth control options to meet your preferences and budget. Select something that fits your needs, and use it correctly.
 - ▶ Meet with a PHE to learn the ins and outs of different methods, plus how to use them.
 - ▶ Visit bedsider.org for accurate online info about birth control.
- **Get birth control.**
 - ▶ Student Health Gynecology and Pharmacy can provide prescriptions for birth control. Some methods are available over-the-counter.
- **Use birth control correctly every time.**
 - ▶ Need a backup plan? Find Emergency Contraception (EC) asap at a pharmacy.

STIs:

- **Learn about STI protection:** 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. Another way to reduce risk is by limiting number of partners.
 - ▶ Visit cdc.gov/sexualhealth for info on STIs.
 - ▶ Meet with a PHE to learn how to use condoms.
- **Get STI protection.**
 - ▶ Pick up condoms and dental dams FREE from your RA, Student Health, or the LGBTQ Center. Or buy them at a pharmacy.
- **Use STI protection correctly every time.**
- **Get tested for STIs with each new partner, and get treated if necessary.**
 - ▶ Student Health and the Thomas Jefferson Health Department offer testing and treatment.

See details in Resources below!

Resources

Student Health (434) 924-5362

Have an exam, discuss birth control and STIs, pick up condoms, get screened or treated for STIs, or get support for any health concerns. Happily serving ALL genders and sexual orientations.

Peer Health Educators (PHEs) (434) 924-1509

Meet with a trained student to discuss birth control methods, STI protection, and what to expect at a gynecology appointment. Located at Office of Health Promotion, Student Health.

LGBTQ Center

Explore questions or concerns in a safe, supportive environment. Plus, pick up STI prevention materials. Located in Newcomb Hall ground floor.

Thomas Jefferson Health Department (434) 972-6200

Get FREE screening for STIs, plus treatment (possible small fee). Located in Charlottesville. Ride bus #9.

Madison House HELP Line (434) 295-TALK

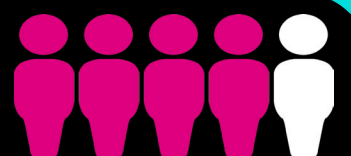
No problem is too big or too small. They're here to listen. They serve all.

Designed by Brittany Duguay, Class of 2017
Want this poster for your room? Feel free to take me home April 17 – 21.

HOO

KNEW?

*From the February 2016 National College Health Assessment with responses from 701 UVA students



83.8% of UVA students who drink have NOT had unprotected sex after drinking.*