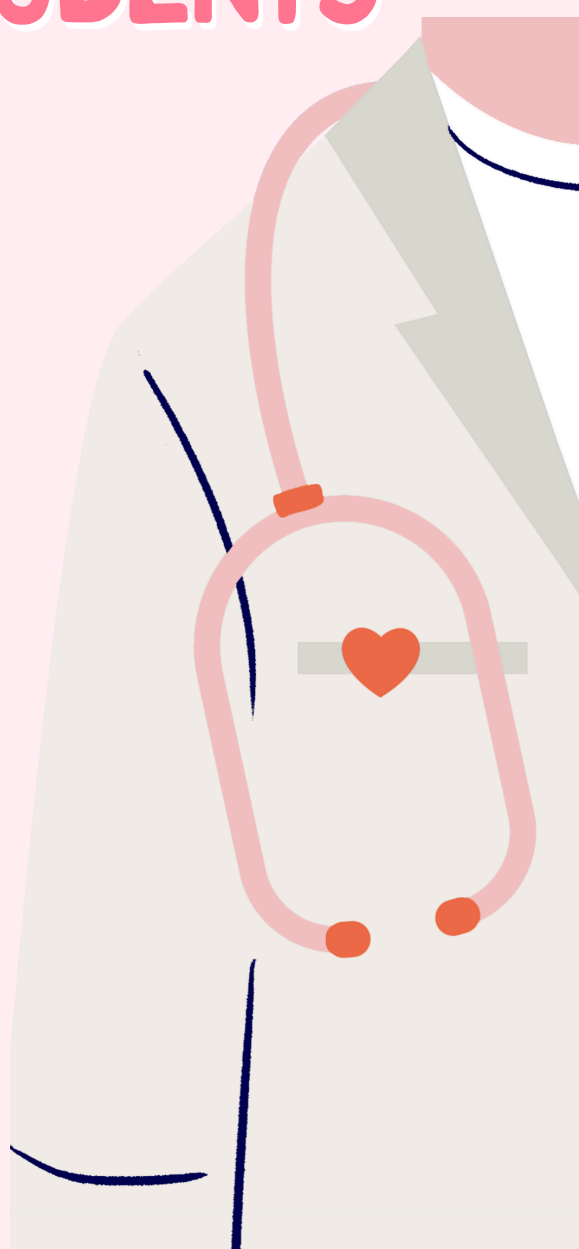


# A GUIDE TO SEXUAL HEALTH

FOR COLLEGE STUDENTS



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## A BRIEF OVERVIEW

**SEXUAL HEALTH: A POSITIVE RESPECTFUL APPROACH TO SEXUALITY AND  
SEXUAL RELATIONSHIPS FREE OF DISCRIMINATION AND VIOLENCE**

**THE PURPOSE OF THIS MANUAL IS TO EDUCATE COLLEGE STUDENTS ON  
SEXUAL HEALTH IN ORDER TO MAKE EDUCATED SEXUAL CHOICES**

**ACCORDING TO A SURVEY CONDUCTED AT JOHN HOPKINS ROUGHLY 67% OF  
STUDENTS ARE SEXUALLY ACTIVE, WHICH CALLS FOR THE NEED OF SEXUAL  
HEALTH EDUCATION.**

**THIS MANUAL CONTAINS 5 DIFFERENT EDUCATIONAL CHAPTERS THAT  
INCLUDE:**

**STI PREVENTION  
CONSENT AND SEXUAL ASSAULT  
CONTRACEPTIVES  
FAMILY PLANNING  
& THE STIGMA SURROUNDING SEXUAL HEALTH**

**EACH CHAPTER CONTAINS SEVERAL RESOURCES FOR STUDENTS AS WELL  
AS BREIF EDUCATION ON EACH TOPIC**

**THIS WILL ENSURE A SAFER AND MORE COMFORTABLE CAMPUS FOR  
STUDENTS**

# STI PREVENTION

## WHAT IS AN STI?

**AN STI IS BACTERIA, VIRUS OR PARASITE TRANSMITTED THROUGH ANY FORM OF SEXUAL CONTACT**

**30 +**

**THERE ARE OVER 30 DIFFERENT OF STIS, HOWEVER THERE ARE A PROMINANT 8. OF THESE 8, FOUR ARE CURRENTLY CURABLE WHILE THE OTHER 4 ARE FORMS OF VIRAL INFECTIONS**

## 8 MOST COMMON STIS + SIGNS AND SYMPTOMS

### SYPHILIS

**SYPHILIS IS AN STI CAUSED BY BACTERIA. THE DISEASE IS PRESENT AS SORES AND SPREADS PERSON TO PERSON THROUGH DIRECT CONTACT OF THE SORES. SYMPTOMS RANGE FRO PRIMARY ALL THE WAY UP TO TERTIARY. THESE SYMPTOMS INCLUDE SORES, RASHES, FATIGUE,OR IN SERIOUS CASES DAMAGE TO KEY SYSTEMS,**

**GONORRHEA IS A STI CAUSED BY BACTERIA. IT IS MOST COMMONLY SPREAD THROUGH ANY FORM OF SEXUAL ACTIVITY.**

**MALE SYMPTOMS INCLUDE: PAINFUL URINATION, DISCHARGE AND PAIN OR SWELLING**

**FEAMLE SYMPTOMS INCLUDE: DISHCARGE, PAINFUL URINATION, BELEDING, PELVIC PAIN**

### GONORRHEA

### CHLAMYDIA

**CHLAMYDIA IS A STI CAUSED BY BACTERIA CHLAMYDIA TRACHOMATIS. IT IS SPREAD THROUGH ANY FORM OF SEXUAL ACTIVITY.**

**SYMPTOMS INCLUDE: PAINFUL URINATION, DISCHARGE, PAN DURING INTERCOURSE, BLEEDING**

**TRICHOMONIASIS IS A STI CAUSED BY A PARASITE. MANY PEOPLE SHOW NO SIGNS OR SYMPTOMS**

**IN WOMEN SYMPTOMS INCLUDE: FOUL-SMELLING DISCHARGE, BURNING AND ITCHING, PAIN DURING URINATION**

**MALE SYMPTOMS INCLUDE: ITCHING AND IRRITATION, AND DISCHARGE**

### TRICHOMONIASIS

## HEPATITIS B

HEPATITIS B IS AN STI THAT RESULTS FROM THE HEPATITIS B VIRUS. IT IS A FORM OF LIVER DISEASE. IT IS USUALLY SPREAD WHEN BODILY FLUIDS COME INTO CONTACT WITH ONE ANOTHER, HOWEVER CAN ALSO BE SPREAD THROUGH SHARING EQUIPMENT. SYMPTOMS INCLUDE: FATIGUE, FEVER, DARK URINE, NAUSEA AND ABDOMINAL PAIN

## HERPES SIMPLEX VIRUS

HSV IS A STI THAT IS CAUSED BY A VIRUS. IT CREATES BLISTERS AND ULCERS. HSV-2 IS SPREAD BY SEXUAL CONTACT AND THIS IS KNOWN AS GENITAL HERPES. SYMPTOMS INCLUDE: FEVER, HEADACHE, BLISTERS, AND BODY ACHES DURING OUTBREAKS

## HIV

HIV IS AN STI THAT IS A VIRUS IT ATTACKS CELLS THAT FIGHT INFECTIONS. THIS IS SPREAD THROUGH COMING IN CONTACT WITH BODILY FLUIDS OF SOMEONE THAT IS POSITIVE FOR HIV. IF LEFT UNTREATED HIV CAN BECOME AIDS.

SYMPTOMS INCLUDE: SWEATS, CHILLS FATIGUE, DIARRHEA, FEVER, RASH, WEIGHTLESS, SHINGLES, PNEUMONIA, AND SEVERAL MORE

## HPV

HPV IS AN STI CAUSED BY A VIRUS. IT CAUSES WARTS AND SOME DIFFERENT FORMS OF CANCERS. IT IS TRANSMITTED SEXUALLY THROUGH SKIN TO SKIN CONTACT.

SYMPTOMS INCLUDE: GENITAL WARTS, COMMON WARTS, PLANTAR WARTS AND FLAT WARTS

## THE IMPORTANCE OF GETTING TESTED

1/4

1 IN 4 COLLEGE STUDENTS HAS OR HAS HAD A SEXUALLY TRANSMITTED INFECTION

21

21 YEARS OLD IS THE RECOMMENDED AGE THAT WOMEN SHOULD START GETTING PAP SMEARS. IT IS RECOMMENDED TO BE REPEATED EVERY 3 YEARS TO EARLY DETECT CERVICAL CANCERS AND HPV

IT IS RECOMMENDED TO GET TESTED EVERY YEAR FOR STIS. MANY STIS HAVE NO SYMPTOMS AND THEREFORE CAN CAUSE SERIOUS HEALTH PROBLEMS IN THE FUTURE

# GUIDE ON CONDOMS

## WHEN & HOW TO USE THEM

1

**OPEN AND REMOVE CONDOM FROM WRAPPER**

2

**PLACE CONDOM ON THE HEAD OF THE ERECT PENIS**

3

**PINCH AIR OUT THE TIP OF THE CONDOM**

4

**UNROLL CONDOM ALL THE WAY DOWN THE PENIS**

5

**AFTER SEX BUT BEFORE PULLING OUT, HOLD THE CONDOM AT THE BASE, THEN PULL OUT WHILE KEEPING IT IN PLACE**

6

**CAREFULLY REMOVE THE CONDOM AND DISPOSE OF IT PROPERLY**

**IT IS RECOMMENDED TO KEEP CONDOMS STORED IN A COOL, DRY PLACE IN THEIR ORIGINAL PRACKAGING PRIOR TO USING. REMEMBER TO CHECK THE EXPIRATION DATES PRIOR TO PURCHASING**



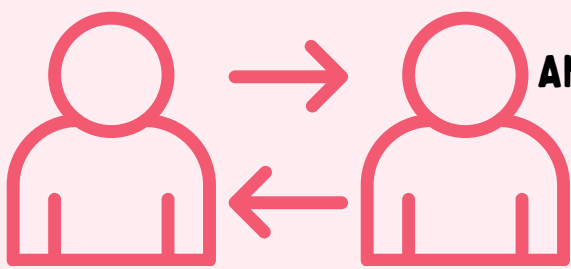
# RESOURCES/ PROTECTION



**YOU CAN GET CONDOMS FROM DRUGSTORES, UNIVERSITY HEALTH CANTERS, LOCAL CLINICS, SUPERMARKETS, DOCTORS OFFICES, AND MOST LOCAL DRUG STORES/GASTSTATIONS**



**VACCINATIONS ARE AVAILABLE FOR BOTH THE HEPATITIS B AND HPV STIS. YOU CAN RECIEVE THESE VACCINATIONS AT LOCAL SUPER MARKETS, CLINICS, WITH YOUR PRIMARY CARE DOCTORS, OR AT THE UNIVERSITIES HEALTH CENTER**



**ANOTHER WAY TO PROTECT AGAINST STIS IS THE TYPE OF RELATIONSHIP YOU HAVE WITH YOUR PARTNERS.**

**MONOGAMY: HAVING ONE ROMANTIC/SEXUAL RELATIONSHIP AT A TIME**  
**ABSTINENCES: REFRAINING FROM SEX/ AND OR SEXUAL ACTIVITIES WITH YOUR PARTNER**  
**OR**  
**HAVING LIMITED PARTNERS, AND OPEN RELATIONSHIPS IS RECOMMENDED**

## WHAT TO DO IF YOUR ARE STI POSITIVE?

**IF YOU SUSPECT YOU MAY HAVE AN STI OR HAVE BEEN EXPOSED IT IS IMPORTANT TO VISIT A HEALTHCARE PROVIDER IMMEDIATELY . SOME STIS RE CUREABLE. ADDITIONALLY, YOU CAN PREVENT FURTHER SPREADING OF THE STI BY BEING INFORMED AND COMMUNICATING WITH YOUR PARTNERS.**

**IF YOU NEED ANYONE TO TALK TO ABOUT YOUR DIAGNOSIS, REACH OUT TO COUNSELING AND THERPY IN YOUR LOCAL COMMUNITY OR AT YOUR LOCAL SCHOOL**

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# CONSENT & SEXUAL VIOLENCE

## WHAT IS CONSENT?

**AGREEMENT OR PERMISSION EXPRESSED THROUGH AFFIRMATIVE, VOLUNTARY WORDS OR ACTIONS THAT ARE MUTUALLY UNDERSTANDABLE TO ALL PARTIES INVOLVED, TO ENGAGE IN A SPECIFIC SEXUAL ACT AT A SPECIFIC TIME<sup>8</sup>**

## WHAT DOES CONSENT LOOK LIKE?

**CONSENT MUST BE CLEARLY AND FREELY COMMUNICATED:<sup>8</sup>**

- **ASKING PERMISSION<sup>8</sup>**
- **CONFIRMING RECIPROCAL INTEREST<sup>8</sup>**
- **LETTING YOUR PARTNER KNOW YOU CAN STOP AT ANY TIME<sup>9</sup>**
- **PERIODICALLY CHECKING IN<sup>8</sup>**
- **PROVIDING POSITIVE FEEDBACK<sup>8</sup>**
- **EXPLICITLY AGREEING TO CERTAIN ACTIVITIES THROUGH "YES" OR OTHER AFFIRMATIVE STATEMENTS<sup>9</sup>**

## WHAT DOES CONSENT NOT LOOK LIKE?

**AN ABSENCE OF "NO" DOES NOT INDICATE CONSENT:<sup>8</sup>**

- **IF A PARTNER IS INCAPACITATED, HE OR SHE IS NOT ABLE TO GRANT CONSENT<sup>8</sup>**
- **CONSENT IS NOT PRESENT WHEN A PARTNER KNOWS OR SHOULD KNOW THAT THE OTHER PERSON IS INCAPACITATED<sup>8</sup>**
- **THE PARTNER INITIATING THE SEXUAL ACT IS RESPONSIBLE FOR GETTING CONSENT<sup>9</sup>**
- **REFUSING TO ACKNOWLEDGE "NO," STOP," OR ANY NON-AFFIRMATIVE PHRASE IS A VIOLATION OF CONSENT<sup>8</sup>**
- **FLIRTING, KISSING, OR CERTAIN CLOTHES DOES NOT INDICATE OR GRANT CONSENT<sup>9</sup>**



# FACTS ABOUT CONSENT



**CONSENT CAN BE  
WITHDRAWN AT ANY  
TIME WITH CLEAR  
COMMUNICATION<sup>8</sup>**



**CONSENT CANNOT BE  
GIVEN BY A PARTNER  
WHO IS INCAPACITATED  
DUE TO ALCOHOL USE<sup>8</sup>**



**CONSENT CANNOT BE  
GIVEN BY A PARTNER  
WHO IS INCAPACITATED  
DUE TO DRUG USE<sup>8</sup>**



**CONSENT CANNOT BE  
BASED ON A PRIOR  
RELATIONSHIP OR  
PRIOR SEXUAL  
ACTIVITY<sup>9</sup>**



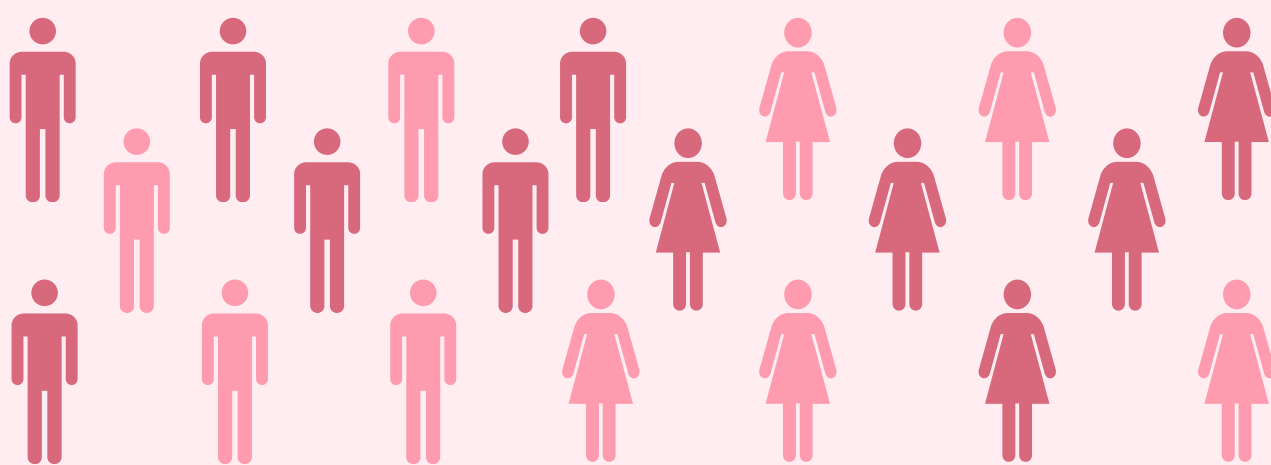
**CONSENT CANNOT BE  
GRANTED BY A  
PARTNER WHO IS  
ASLEEP OR PARTIALLY  
ASLEEP<sup>8</sup>**

# SEXUAL VIOLENCE

**WHEN CONSENT IS IGNORED OR VIOLATED,  
SEXUAL ACTIVITY BECOMES SEXUAL  
VIOLENCE<sup>9</sup>**

**SEXUAL VIOLENCE MAKES UP  
THE LARGEST PROPORTION OF  
ON-CAMPUS CRIME. IT HAS  
SIGNIFICANT PHYSICAL AND  
MENTAL HEALTH EFFECTS<sup>10</sup>**

**SEXUAL VIOLENCE REFERS  
TO PHYSICAL SEXUAL ACTS  
WITHOUT THE CONSENT OF  
THE OTHER PARTNER. IT  
INCLUDES SEXUAL ASSAULT,  
RAPE, DATING VIOLENCE,  
DOMESTIC VIOLENCE, AND  
STALKING<sup>7</sup>**



**WOMEN AGES 18-24 IN COLLEGE ARE THREE TIMES MORE  
LIKELY TO EXPERIENCE SEXUAL ASSAULT OR RAPE  
COMPARED TO WOMEN IN GENERAL<sup>10</sup>**

**MEN ENROLLED IN COLLEGE ARE 78% MORE LIKELY TO BE  
VICTIMS OF SEXUAL VIOLENCE COMPARED TO THOSE NOT  
ENROLLED<sup>10</sup>**

## STATISTICS ON SEXUAL VIOLENCE

- **26.4% OF WOMEN UNDERGRADUATES AND 6.8% OF MEN UNDERGRADUATES EXPERIENCE SEXUAL ASSAULT OR RAPE<sup>9</sup>**
- **13% OF ALL STUDENTS, UNDERGRADUATE AND GRADUATE, EXPERIENCE SEXUAL ASSAULT OR RAPE<sup>9</sup>**
- **ROUGHLY 20% OF COLLEGE-AGED WOMEN RECEIVE ASSISTANCE FROM A VICTIM SERVICES ORGANIZATION<sup>9</sup>**
- **50% OF SEXUAL VIOLENCE HAPPENS FROM AUGUST TO NOVEMBER ON CAMPUSES<sup>7</sup>**
- **AN ESTIMATED 90% OF ON-CAMPUS ASSAULTS ARE UNREPORTED<sup>7</sup>**

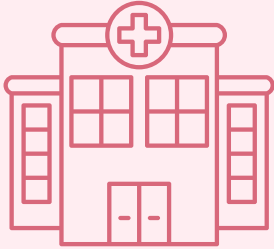
# SEXUAL VIOLENCE RESOURCES

**IF YOU OR SOMEONE YOU KNOW HAS BEEN AFFECTED BY SEXUAL VIOLENCE, THERE ARE RESOURCES TO HELP! MANY OF THESE SERVICES ARE CONFIDENTIAL, LOW OR NO-COST, AND HAVE HELPED SURVIVORS OF SEXUAL VIOLENCE LIVE THEIR BEST LIVES**



## **NATIONAL SEXUAL ASSAULT HELPLINE**

- **OPEN 24 HOURS**
- **HELPED MORE THAN 3.5 MILLION PEOPLE SINCE 1994**



## **CAMPUS HEALTH CENTER/HOSPITAL**

- **CAN PROVIDE TREATMENT AND COUNSELING**



## **POLICE DEPARTMENT**

- **REPORT WHAT HAPPENED AND HELP JUSTICE BE SERVED**
- **THEY CAN HELP YOU, EVEN IF YOU THINK YOU DON'T KNOW A LOT!**



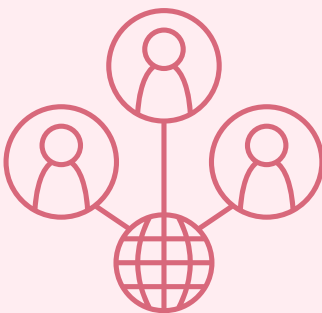
## **LOCAL ORGANIZATIONS**

- **CITY, COUNTY, AND STATE NONPROFITS PROVIDE CARE, COUNSELING, AND RESOURCES**



## **FRIENDS & FAMILY**

- **YOU MAY BE HESITANT, BUT LEAN ON YOUR SUPPORT SYSTEM!**



## **NATIONAL SEXUAL VIOLENCE RESOURCE CENTER**

- **NETWORK OF COMMUNITY-BASED CRISIS CENTERS AND LOCAL ORGANIZATIONS**
- **PROVIDES ADVOCACY, EDUCATION, REFERRALS, AND ACCOMPANIMENT DURING MEDICAL EXAMS OR POLICE INTERVIEWS**

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# CONTRACEPTIVES

## WHAT ARE THEY?

CONTRACEPTIVES ARE THE ACT OF PREVENTING PREGNANCY. IT ALLOWS CONTROL OF REPRODUCTIVE HEALTH BY PHYSICALLY BLACING THE PASSAGEWAY OR DISRUPTING THE MENTSTRUAL CYCLE. CONTRACEPTIVES ARE ALSO KNOWN AS BIRTH CONTROL.<sup>1</sup>

## DIFFERENT TYPES FOR COLLEGE STUDENTS

THERE ARE FIVE MAIN TYPES OF CONTRACEPTIVES, HOWEVER SOME ARE NOT AS EASILY ACCESSIBLE OR EVEN AVAILBLE FOR COLLEGE STUDENTS. THE FIVE MAIN TYPES ARE AS FOLLOWS.<sup>2</sup>

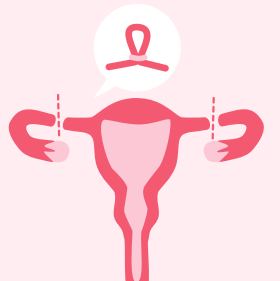
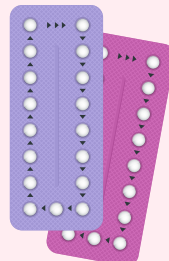
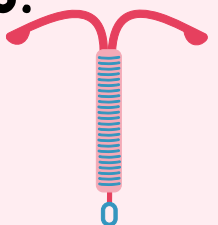
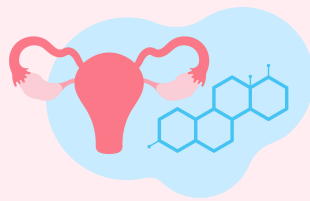
1. HORMONAL METHODS

2. BARRIER METHODS

3. LONG-ACTING REVERSIBLE CONTRACEPTIVES

4. EMERGENCY CONTRACEPTION

5. STERILIZATION



HOWEVER, THIS REPORT WILL FOCUS ON LONG-ACTING REVERSIBLE CONTRACEPTIVES, HORMONAL METHODS, AND BARRIER METHODS. THESE ARE THE MOST READILY AVAIABLE FOR COLLEGE STUDENTS AND ARE ALL USED BEFORE INTERCOURSE TO PREVENT PREGNANCY.<sup>2</sup>

## EMERGENCY CONTRACEPTIVES

EMERGENCY CONTRACEPTIVES INCLUDE THE COPPER IUD AND EMERGENCY CONTRACTIVE PILLS. THESE BOTH ARE USED AFTER INTERCOURSE TO PREVENT PREGANCY.<sup>2</sup>

## STERILIZATION

STERILIZATION IS A PERMANENT FORM OF BIRTH CONTROL THAT CAN PREVENT PREGNANCY. HOWEVER, IT IS RECOMMENDED THAT STERILIZATION IS NOT USED UNTIL 30 YEARS OF AGE.<sup>3</sup>



# HORMONAL METHODS

## WHAT ARE THE DIFFERENT TYPES OF HORMONAL BIRTH CONTROL?

FIRST ONE MUST UNDERSTAND WHAT IS HORMONAL BIRTH CONTROL. HORMONAL BIRTH CONTROL CONTAINS EITHER ESTROGEN AND PROGESTIN OR PROGESTIN ONLY. THERE ARE MANY DIFFERENT METHODS INCLUDING AN IMPLANT, INTRAUTERINE DEVICE, INJECTIONS, PILLS, VAGINAL RINGS, AND SKIN PATCHES.<sup>4</sup>

### IMPLANT

A SMALL ROD THAT CONTAINS PROGESTIN AND INSERTED UNDER THE SKIN INTO THE UPPER INNER ARM BY A HEALTH CARE PROVIDER.<sup>4</sup>



INTRAUTERINE DEVICES RELEASE HORMONE PROGESTIN AND CAN BE LEFT IN PLACE FOR UP TO EIGHT YEARS AFTER PLACEMENT IN THE UTERUS.<sup>4</sup>

### IUD

### INJECTIONS

DEPOT MEDROXYPROGESTERONE ACETATE IS INJECTED DEEP INTO THE UPPER ARM AND IS GIVEN ONCE EVERY THREE MONTHS.<sup>4</sup>



TAKING ORAL CONTRACEPTIVES PREVENT OVULATION, KEEP MUCUS OF THE CERVIX THICK. AND KEEP UTERUS LINING THIN.<sup>4</sup>

### PILLS

### VAGINAL RINGS

FLEXIBLE PLASTIC RINGS THAT CONTAIN BOTH ESTROGEN AND PROGESTIN. THE RING IS INSERTED INTO THE VAGINA AND HORMONES ARE SLOWLY ABSORBED INTO THE BODY.<sup>4</sup>



CONTAIN ESTROGEN AND PROGESTIN, THE PATCH IS WORN FOR ONE WEEK ON THE SHOULDER, UPPER BACK OR BUTTOCK. A NEW PATCH IS APPLIED EACH WEEK.<sup>4</sup>

### SKIN PATCHES

HORMONAL BIRTH CONTROL CAN BE UP TO 99% EFFECTIVE HOWEVER WITH TYPICAL USE EFFECTIVENESS IS ROUGHLY 91%<sup>5</sup>

# BARRIER METHODS

## WHAT IS A BARRIER METHOD?

**BARRIER METHODS OF BIRTH CONTROL ARE USED TO KEEP THE SPERM FROM REACHING THE EGG. THERE ARE 5 MAIN METHODS OF BARRIER BIRTH CONTROL.<sup>6</sup>**

### SPERMICIDE



**SPERMICIDE IS A CHEMICAL THAT INACTIVATES SPERM, IT CAN BE USED ALONE OR WITH OTHER BARRIER METHODS.<sup>6</sup>**

### CONDOMS

**CONDOMS ARE THE ONLY METHOD OF BIRTH CONTROL THAT CAN ALSO PREVENT THE SPREAD OF A STI. THERE ARE MALE AND FEMALE CONDOMS THAT PREVENT THE SPERM FROM ENTERING THE UTERUS.<sup>6</sup>**



### SPONGE



**THE SPONGE IS A ROUND DEVICE THAT CONTAINS SPERMICIDE. IT IS INSERTED INTO THE VAGINA TO COVER THE CERVIX AND PREVENT SPERM FROM ENTERING THE UTERUS.<sup>6</sup>**

### DIAPHRAGM

**THE DIAPHRAGM IS IN A DOME SHAPE AND FITS INSIDE THE VAGINA AND COVERS THE CERVIX. IT HAS TO BE USED WITH SPERMICIDE AND IS PRESCRIPTION ONLY.<sup>6</sup>**



### CERVICAL CAP



**THE CERVICAL CAP IS A PLASTIC DOME THAT FITS OVER THE CERVIX AND STAYS IN PLACE BY SUCTION. THIS ALSO MUST BE USED WITH SPERMICIDE AND PRESCRIBED BY A HEALTH PROFESSIONAL.<sup>6</sup>**

**BARRIER METHODS ARE SOME OF THE LEAST EFFECTIVE METHODS OF PREVENTING PREGNANCY. BARRIER METHODS ARE ROUGHLY 70-75% EFFECTIVE.<sup>6</sup>**



# LONG LASTING REVERSIBLE

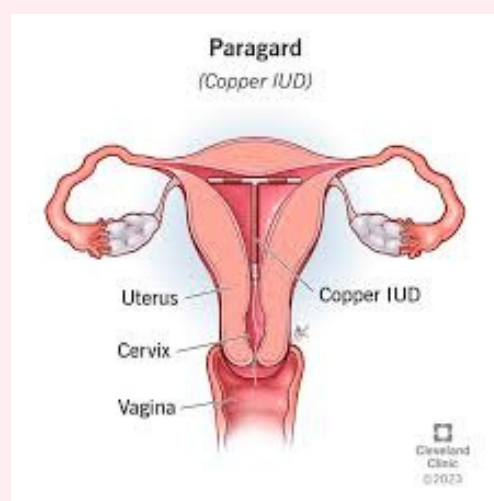
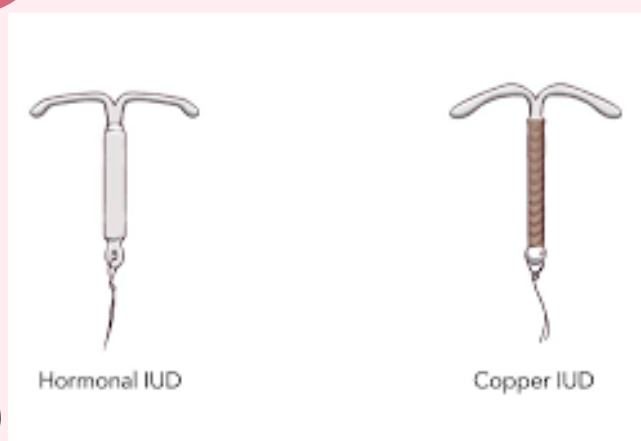
## WHAT ARE LONG LASTING REVERSIBLE CONTRACEPTIVES?

THERE ARE TWO DIFFERENT TYPES OF LONG-ACTING REVERSIBLE CONTRACEPTIVE METHODS. THEY ARE BOTH ALSO HORMONAL METHODS, BUT LAST MUCH LONGER THAN OTHER FORMS OF BIRTH CONTROL. THIS SECTION INCLUDES MORE DETAILED INFORMATION ABOUT BOTH METHODS.<sup>7</sup>

### INTRAUTERINE DEVICE

THE IUD DEVICE IS PLACED IN THE UTERUS AND THERE ARE 2 DIFFERENT TYPES OF DEVICES.

1. HORMONAL IUD-
  - RELEASES HORMONE PROGESTIN INTO THE UTERUS. THERE ARE DIFFERENT BRANDS AND CAN BE APPROVED TO BE LEFT FOR 3-8 YEARS.<sup>7</sup>
2. COPPER IUD
  - THE COPPER IUD RELEASES COPPER INTO THE UTERUS AND DOES NOT RELEASE ANY HORMONES AND CAN BE APPROVED TO BE LEFT IN FOR UP TO 10 YEARS.<sup>7</sup>



BOTH TYPES OF IUDS CAN BE REMOVED BY A HEALTH CARE PROFESSIONAL DURING A PELVIC EXAM. THE STRINGS OF THE DEVICE ARE PULL TO REMOVE THE DEVICE AND ONLY TAKES A FEW MINUTES.<sup>7</sup>

### BIRTH CONTROL IMPLANT



THE IMPLANT IS THE SIZE OF A MATCHSTICK AND RELEASES PROGESTIN INTO THE BODY. IT CAN BE APPROVED FOR UP TO 3 YEARS OF USE. IT IS VERY IMPORTANT TO TALK TO A HEALTH CARE PROVIDER BECAUSE IT CAN BE MADE LESS EFFECTIVE BY CERTAIN MEDICATIONS. THE IMPLANT MUST BE REMOVED BY A HEALTH CARE PROFESSIONAL, AND CONSISTS OF NUMBING THE UPPER ARM WITH LOCAL ANESTHETIC. A SMALL INCISION IS MADE AND REMOVED, AND THIS PROCEDURE ONLY TAKES A FEW MINUTES.<sup>7</sup>

THE IUD AND IMPLANT ARE THE MOST EFFECTIVE FORM OF REVERSIBLE BIRTH CONTROL THESE BIRTH CONTROL METHODS ARE 99% EFFECTIVE. DURING THE FIRST YEAR OF USE LESS THAN 1 IN 100 WOMEN USING AN IUD OR IMPLANT WILL GET PREGNANT.<sup>7</sup>

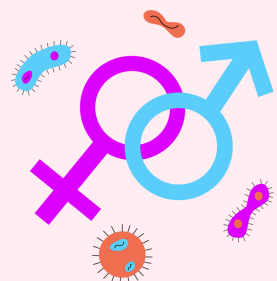
# HOW TO PICK THE RIGHT BIRTH CONTROL METHOD

**FACTORS THAT SHOULD BE CONSIDERED WHEN DECIDING WHICH BIRTH CONTROL METHOD IS BEST FOR YOU AND YOUR PARTNER INCLUDE THE FOLLOWING<sup>8</sup>**

- 1. THE EASE OF USE OF THE BIRTH CONTROL AND THE COMFORT LEVEL WHILE USING THE METHOD.<sup>8</sup>**
- 2. WHAT A HEALTH CARE PROFESSIONAL ADVISES BASED ON PERSONAL CIRCUMSTANCES.<sup>8</sup>**
- 3. EFFECTIVENESS AT PREVENTING PREGNANCY WITH CORRECT USE OF BIRTH CONTROL.<sup>8</sup>**
- 4. EFFECTIVENESS AT PREVENTING SEXUALLY TRANSMITTED DISEASES WITH CORRECT USE OF BIRTH CONTROL.<sup>8</sup>**
- 5. SIDE EFFECTS OR RISKS OF THE BIRTH CONTROL METHOD.<sup>8</sup>**
- 6. HOW FREQUENTLY YOU HAVE SEX AND THE AMOUNT OF SEXUAL PARTNERS YOU HAVE.<sup>8</sup>**
- 7. OTHER BENEFITS FROM THE BIRTH CONTROL METHODS.<sup>8</sup>**
- 8. PLANS ON PREGNANCY IN THE FOLLOWING YEARS.<sup>8</sup>**
- 9. YOUR AGE AND OVERALL HEALTH<sup>8</sup>**



**THERE ARE VARIOUS BIRTH CONTROL OPTIONS AVAILABLE THAT CAN HELP REDUCE THE RISK OF PREGNANCY. CHOOSING THE BEST METHOD SHOULD BE BASED ON INDIVIDUAL PREFERENCES AND NEEDS. IT IS IMPORTANT TO COMMUNICATE OPENLY IF A PARTICULAR METHOD CAUSES DISCOMFORT OR HARMFUL SIDE EFFECTS. SPEAK TO HEALTH CARE PROVIDERS AND SEXUAL PARTNERS TO ENSURE THE METHOD IS WORKING TO THE BEST OF ITS ABILITY AND DECREASING PREGNANCY RISKS.<sup>8</sup>**



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# FAMILY PLANNING

## WHAT IS FAMILY PLANNING?



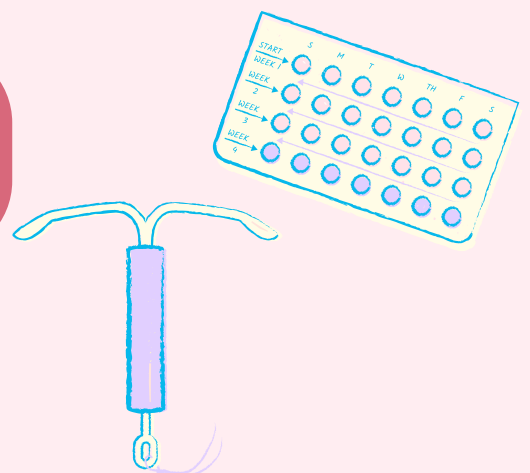
**FAMILY PLANNING** IS THE ABILITY FOR INDIVIDUALS TO CHOOSE THE TIMING AND SIZE OF THEIR FAMILY<sup>16</sup>

FAMILY PLANNING CAN BE PERFORMED IN MULTIPLE WAYS. THE MOST POPULAR METHOD OF FAMILY PLANNING IS THE USE OF **BIRTH CONTROL**.<sup>16</sup>

## RESOURCES FOR FAMILY PLANNING

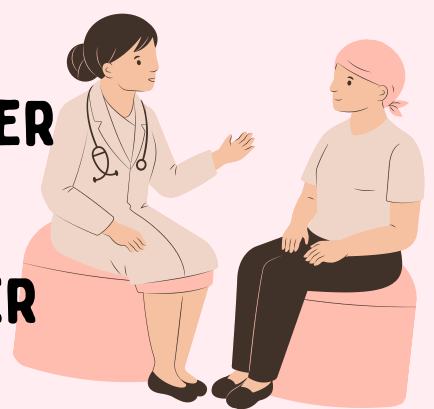
### BIRTH CONTROL ACCESS

THERE ARE MULTIPLE WAYS TO OBTAIN BIRTH CONTROL, AND MANY COST-EFFECTIVE OPTIONS



#### 1. YOUR UNIVERSITY HEALTH OFFICE

MOST UNIVERSITIES HAVE A HEALTH CENTER WHERE STUDENTS CAN RECEIVE AND BE PRESCRIBED BIRTH CONTROL. MANY OFFER FREE CONDOMS AS WELL.



#### 2. PLANNED PARENTHOOD<sup>17</sup> [WWW.PLANNEDPARENTHOOD.ORG](http://WWW.PLANNEDPARENTHOOD.ORG)

PLANNED PARENTHOOD IS AN ORGANIZATION THAT PROVIDES BIRTH CONTROL, PREGNANCY COUNSELING, STI TESTING, AND MORE.<sup>17</sup>



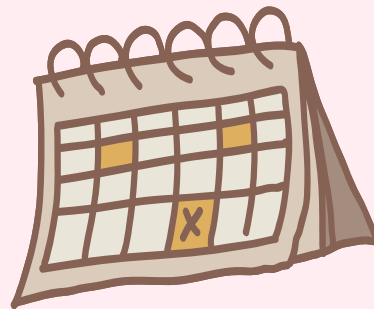
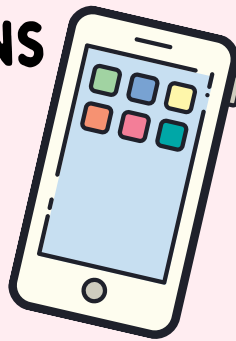
# RESOURCES FOR FAMILY PLANNING (CONTINUED)

## 3. FIND MY METHOD<sup>18</sup> [WWW.FINDMYMETHOD.ORG](http://WWW.FINDMYMETHOD.ORG)



FIND MY METHOD IS A WEBSITE THAT OFFERS<sup>18</sup>  
INFORMATION ABOUT VARIOUS  
CONTRACEPTIVE OPTIONS

## 4. PERIOD TRACKING APPS



THERE ARE VARIOUS APPS THAT CAN ASSIST<sup>19</sup>  
YOU IN TRACKING YOUR PERIOD IF YOU HAVE  
ONE. THEY CAN TELL YOU WHERE YOU ARE IN  
YOUR CYCLE, WHEN TO EXPECT YOUR PERIOD,  
AND WHEN YOU ARE MOST FERTILE.

## HOTLINES



THERE ARE VARIOUS **HOTLINES** AVAILABLE  
THAT CAN ASSIST WITH FAMILY PLANNING

### 1. PLANNED PARENTHOOD HELPLINE

**(800)-230-7526**

OFFERS COUNSELING ON BIRTH CONTROL  
OPTIONS, SEXUAL HEALTH, AND PREGNANCY  
COUNSELING<sup>20</sup>

### 2. BEDSIDER'S EMERGENCY HOTLINE

**(202) 478-8500**

ANSWERS QUESTIONS REGARDING EMERGENCY  
CONTRACEPTION AND BIRTH CONTROL<sup>21</sup>

### 3. NATIONAL ABORTION FEDERATION HOTLINE

**1-800-772-9100**

OFFERS CONFIDENTIAL ASSISTANCE REGARDING  
PREGNANCY TERMINATION OPTIONS<sup>22</sup>

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# STIGMAS AROUND SEXUAL HEALTH

## WHAT ARE THE STIGMAS?

SEXUAL HEALTH STIGMAS REFER TO THE NEGATIVE ATTITUDES - OR JUDGEMENTS - SURROUNDING THE DISCUSSION OF SEXUAL ACTIVITY OR THE RELUCTANCE TO SEEK OUT INFORMATION RELATED TO SEXUAL HEALTH.<sup>11</sup>

ARISE DUE TO A COMBINATIONS OF SOCIETAL NORMS THAT VIEW SEXUAL TOPICS AS TABOO. HISTORICALLY, TOPICS SUCH AS CONTRACEPTION, MENSTRUATION, STIS, AND SEXUAL ORIENTATION HAVE UNDERGONE CENSORSHIP.<sup>14</sup>

## WHY DO THESE STIGMAS EXIST?

## HOW ARE STIGMAS HARMFUL?

AVOIDING DISCUSSIONS ABOUT SEXUAL HEALTH LEADS TO A LACK OF ACCURATE INFORMATION, WHICH IN TURN CAN CAUSE PHYSICAL, MENTAL, AND EMOTIONAL HARM.<sup>12</sup>

## STATISTICS

1 IN 7

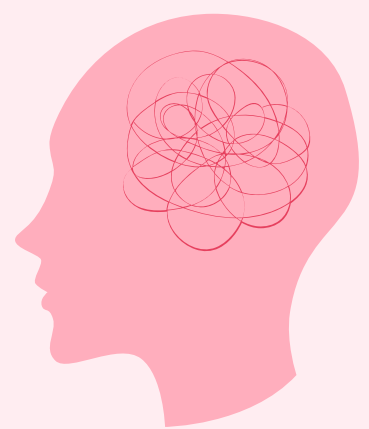
PEOPLE ARE UNCOMFORTABLE TALKING ABOUT STIS WITH A PHYSICIAN.<sup>11</sup>

13%

OF PHYSICIANS REPORTED BEING UNCOMFORTABLE TREATING HIV PATIENTS.<sup>11</sup>

4X

MORE LIKELY FOR TRANSGENDER PEOPLE IN THE US TO EXPERIENCE ASSAULT THAN CISGENDER PEOPLE.<sup>11</sup>



## WHAT'S THE MAIN WAY TO REDUCE STIGMA AROUND SEXUAL HEALTH?

TALKING ABOUT IT!



# REDUCING THE STIGMA

## WHAT ARE SOME COMMON MISCONCEPTIONS?

### MYTHS:

1. THE "PULL-OUT" METHOD WORKS.
2. YOU CANNOT GET PREGNANT ON YOUR PERIOD.
3. YOU CAN ONLY TRANSFER STIS IF YOU EXHIBIT SYMPTOMS.
4. USING TWO CONDOMS REDUCES THE RISK OF PREGNANCY AND STIS.
5. YOU CAN CONTRACT AN STI FROM A TOILET SEAT.



### FACTS:

1. WHILE THIS METHOD CAN REDUCE THE RISK OF PREGNANCY, IT IS ONLY 78% EFFECTIVE.<sup>13</sup>
2. IT IS POSSIBLE AS SPERM CAN LIVE IN THE VAGINA FOR UP TO FIVE DAYS.<sup>13</sup>
3. MAJORITY OF STIS CAN GO UNDETECTED WITH MANY PEOPLE UNKNOWINGLY TRANSFERING THEM.<sup>13</sup>
4. IT IS RISKIER TO USE MORE THAN ONE CONDOM. CAN CAUSE BREAKAGE DUE TO FRICTION.<sup>13</sup>
5. GENERAL SPREAD THROUGH SEX AND GENITAL CONTACT - CANNOT LIVE LONG OUTSIDE THE HUMAN BODY.<sup>13</sup>

## HOW TO REDUCE THE STIGMA?

### 1. OPEN AND ACCURATE EDUCATION

CREATING STANDARDIZED, COMPREHENSIVE SEXUAL EDUCATION PROGRAMS THAT INCLUDES FACTS AND DISPELS RUMORS.<sup>12</sup>

### 2. PROVIDE POSITIVE MESSAGING

ENCOURAGE DISCUSSIONS THAT VALUE SEXUAL HEALTH, WITHOUT SHAME OR GUILT, RATHER THAN PERPETUATING FEAR-BASED MESSAGES THAT TARGET CERTAIN DEMOGRAPHICS.<sup>15</sup>

### 3. TRAINING FOR HEALTHCARE PROFESSIONALS

MAKING SURE HEALTHCARE PROFESSIONAL AND PHYSICIANS ARE KNOWLEDGABLE AND COMFORTABLE WHEN TREATING AND DISCUSSING SEXUAL HEALTH WITH THEIR PATIENTS.<sup>15</sup>



# RESOURCES FOR OVERCOMING STIGMA

## 1. COUNSELING SERVICES



**PERSONAL FEELINGS OF EMBARRASSMENT COULD LEAD TO GUILT OR SHAME - A PRIVATE SETTING CAN ALLOW FOR OPEN DISCUSSIONS WITH NO JUDGEMENT.**

**ATTENDING COUNSELING CAN AID WITH FEELINGS FROM PAST TRAUMAS OR NEGATIVE EMOTIONS.**

**SERVICES CAN OCCUR ONLINE OR IN-PERSON; DEPENDS ON THE COMFORTABILITY OF THE CLIENT.**



## 2. CAMPUS-WIDE INITIATIVES AND RESOURCES

**VISITING CAMPUS HEALTH CENTERS - SPACES THAT PROVIDE FREE CONDOMS AND EDUCATIONAL MATERIALS.**

**ATTEND OR INTERACT WITH CAMPUS ORGANIZATIONS - OR PRESENTATIONS - THAT ADVOCATE FOR SEXUAL HEALTH AWARENESS.**

**ATTEND EVENTS DURING SEXUAL HEALTH AWARENESS WEEKS - MANY WORKSHOPS, SPEAKERS, AND RESOURCES TO EDUCATION STUDENTS.**

## 3. SEXUAL HEALTH WEBSITES AND APPS



**VISIT WEBSITES SUCH AS THE AMERICAN SEXUAL HEALTH ASSOCIATION OR THE NATIONAL COALITION FOR SEXUAL HEALTH FOR ACCURATE, UP-TO-DATE INFORMATION.**

**USE PLANNED PARENTHOOD'S ONLINE CHATBOT, ROO, OR CHAT FEATURE WITH EDUCATORS FOR QUICK ANSWERS TO ANY QUESTIONS.**

**UNIVERSITY-DRIVEN HEALTH PROMOTION WEBSITES TO RECEIVE MORE CURATED INFORMATION.**

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