

SEXUAL HEALTH 101

WE'LL TALK ABOUT IT





SEXUAL HEALTH: 101

Am I Ready to Have Sex?

Personal Values and Goals

- What are my personal, family, and/or religious values and goals?
- How might engaging in forms of sexual activity affect these values and goals?

How do I feel?

- Will having sex make me feel differently about myself or my partner?
- What if sex isn't what I expected?
- Who else can I talk to about my feelings?



Protecting Yourself & Partner: Physical Risks

- Do I know how to prevent unwanted pregnancy for myself or my partner?
- Do I know how to reduce the risk of getting an STI in each form of sexual activity I engage in?
- Where can I get safer sex supplies?
- Have I discussed testing for STIs with my partner?

Communication

- Can I talk open and honestly with my partner about how I feel about sexual activity?
- It's easier to talk with my partner when I use alcohol and other drugs.
- Can I say "no" if I don't want to engage in certain activities?
- Can I talk to a health care provider about safer sex options and my sexual health?



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- Take time to weigh your **birth control options** and discuss them with your medical provider to find out the best method for you.
- Always use a barrier (condom or dental dam) during sexual activity to prevent the spread of sexually transmitted infection.

Consider these questions while deciding which method of birth control is right for you:

1. Is pregnancy possible? (Fertilization is possible anytime sperm and egg are present together.) If so, how important is it that I don't get pregnant right now?
2. How comfortable do I feel using this method?
3. Is this method safe for me?
4. How does my partner feel about birth control?
5. Is this method one that I can use consistently and easily?
6. How much will this method cost me (per month, per year)?
7. Will this method protect me from STIs as well?
**If not, how will I address this?
8. Do I have religious or moral feelings about using birth control?

Free Safer Sex Supplies are located in the Center for Health Promotion Resource room.





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Birth Control Options (in order from most to least effective)

<u>METHOD</u>	<u>WHAT IS IT?</u>	<u>Effectiveness rates</u>
<u>Birth Control Implant</u>	Tiny rod put under skin of arm by medical provider; slowly releases artificial hormones; stops egg release from ovary.	99% Effective 
<u>IUD (Intra-uterine Device)</u>	Small device put inside uterus by medical provider; prevents sperm from fertilizing egg.	99% Effective 
<u>Birth Control Shot</u>	Shot of artificial hormones given by medical provider. Stops ovaries from releasing an egg and thickens mucus in cervix. 	Typical use— 94%
<u>Pill, Patch, Ring</u>	Pills, skin patch, or vaginal ring that release artificial hormones; stops egg release; thickens cervical mucus; prescribed by medical provider.	Typical use— 91% 
<u>Diaphragm</u>	Rubber cup fits inside vagina, over cervix. For it to be most effective, it must also be used with contraceptive jelly or cream that kills sperm. 	Typical use— 88%
<u>Condoms: internal/external</u>	External condom fits over erect penis to catch sperm during ejaculation. Internal fits inside the vaginal area. 	Typical use: External condom 85% Internal condom 79%
<u>Fertility Awareness Methods</u>	Track your menstrual cycle and don't have sex or use other BC methods on fertile days.	Typical use: 76-88%
<u>Withdrawal Method</u>	Pulling out the penis out of the vagina before ejaculation (cumming) occurs. ** The best way to make the pull out method effective is to use it with another type of birth control (ring, pill or condoms)	Typical use— 78%
<u>Foam, Suppositories, and Film</u>	Made of sperm-killing chemicals. Put into vagina before sex. 	Typical use— 71%



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Other things to keep in mind...

- For more information on birth control methods check out the Planned Parenthood website www.plannedparenthood.org or Bedsider www.bedsider.org.
- Talk with your health care provider to find the method that works best for you.
- Not all birth control methods protect against Sexually Transmitted Infections (STI) or Sexually Transmitted Diseases (STD)
- Only internal or external condoms can help reduce your chance of getting or spreading STIs and STDs.
- If you're using another form of birth control, it's a good idea to use condoms (internal or external made from latex or plastic) also to increase effectiveness



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What Does STD/STI Mean?

STD or STI = sexually transmitted disease or infection. Some infect only your sexual and reproductive organs, while others can cause other bodily infections, and can even be life threatening.

There can often be no signs or symptoms if you have an STI/STD, or the symptoms may disappear while the infection is still present. This is why it is so important to get tested.

Some symptoms include:

- Sores or bumps on the genitals, or in the oral or rectal area
 - Painful or burning urination
 - Unusual or odd smelling genital discharge
 - Pain during sex
- Unusual vaginal bleeding (not associated with a period)
- Sore, swollen lymph nodes, particularly in the groin area
 - Lower abdominal pain
 - Fever
- Rash over the trunk, hands or feet

How Are STI/STDs Spread?

- Oral, vaginal or anal sex
- Some are also spread by contact with infected blood/needle sharing.
 - Genital Touching



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There are lots of different ways to love.

**If you're getting it on,
make sure you get tested.**

IC Gets Tested!





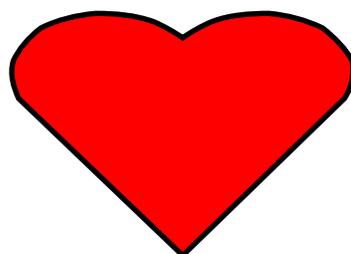
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Sex and COVID-19

Medical professionals and scientists are still learning a lot about how COVID-19 can be transmitted. There are various ways that they recommend to slow the spread of COVID-19 including wearing a face covering and continuing to use barrier methods (internal and external condoms) to decrease contact with semen, feces, and saliva during sexual activities.

Having a conversation with your partner about how they are practicing social distancing can be had along side STI prevention.

Check out the CDC website for more information on how to reduce your risk of getting and transmitting COVID-19 if you plan on being sexual active.





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Services on Campus

Hammond Health Center

*Make an appointment by
Calling 607-274-3177*

- GYN and other exams
- Pregnancy testing
- STI/HIV testing: For students who have active symptoms of an STI.
- Prescription birth control
- Emergency Contraception Pills
- HPV Vaccine
- STI Express (For students who do not have active symptoms of an STI.)

Center for Health Promotion

Lower Level, Hammond Health Center

www.ithaca.edu/sacl/healthpromotion/

- Free condoms, oral dams, and lubricant (Talk to your RA Spring 2021)
- Free Health information and brochures
- Information about other sexuality-related resources

Center for LGBT Education, Outreach & Services

Lower Level, Hammond Health Center

www.ithaca.edu/center-lgbt-education-outreach-services

- Office staffed by a professional director
- Resource room that offers a welcoming/supportive environment for LGBT people and their allies
- Resources, information and referrals on LGBT issues
- Campus wide LGBT-themed educational programs and events



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Services in the Ithaca Community

Planned Parenthood

620 W. Seneca Street, Ithaca
(607) 273-1513

www.plannedparenthood.org/ppsf1

Free or sliding scale services include:

- STI/HIV testing
- Annual exams
- Birth control counseling and supplies
- Abortion services
- Emergency contraception– Plan B (morning after pill)
 - PREP– helps prevent HIV

The Southern Tier AIDS Program

314 W. State Street, Ithaca
(607) 272-4098

www.stapinc.org

Free services and supplies include:

- HIV Rapid Test
- Condoms and safer sex supplies
- PREP– helps prevent HIV

