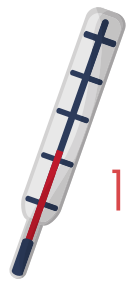




## UPCOMING EVENTS



### FLU SHOTS

10.9.18 | 10am-3pm  
University Center



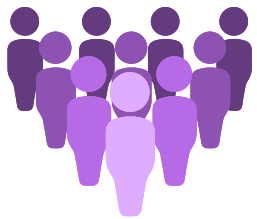
### KEVIN HINES

11.19.18 | 6pm  
Dodd Auditorium

UMW IS  
HERE  
TO  
HELP

### @ THE UMW STUDENT HEALTH CENTER...

- FREE CONDOMS
- FREE TESTING for HIV, Syphilis, Gonorrhea, & Chlamydia on the 3rd Friday of every month
- STI treatment, pregnancy testing, contraception, and routine gynecological exams
- Student Health 101: an online health magazine for UMW students! Visit [umw.readSH101.com](http://umw.readSH101.com)



## SEXUALLY TRANSMITTED INFECTION FACTS

1. Sexually transmitted infections can spread through any intimate contact with infected semen, vaginal fluid, saliva, or skin.
2. Condoms and dental dams, used correctly, can help reduce the risk of sexually transmitted infections.
3. Most sexually transmitted infections do not show any symptoms.
4. Nearly 20 million new sexually transmitted infections occur every year in the US - half of which are among those ages 15-24!

TIP: Talk to your partners and stay safe. Know your status and use protection with every sexual activity.

## ♥ ROMANTIC RELATIONSHIP TIPS

1. Respect each other and talk honestly and freely.
2. Neither partner is dependent on the other for an identity and partners can maintain friendships outside of the relationship.
3. Sexual respectfulness - partners never force sexual activity or insist of doing something the other isn't comfortable with doing.

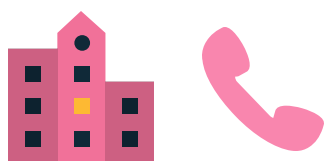
## 🏠 ROOMMATE RELATIONSHIP TIPS

1. Take the time to get to know each other and acknowledge their existence daily - it will open the door to more conversations.
2. Sharing a meal regularly with each other is a great way to create an opportunity for understanding, compassion, and empathy.
3. Check in with each other weekly and address issues by listening, reflecting, and making strides to finding a common ground.

### HEALTHY RELATIONSHIPS

# 101

## SEXUAL ASSAULT RESOURCES



### CONFIDENTIAL RESOURCES

- Empowerhouse: supports survivors of domestic violence
- Student Health: supports students with medical services
- RCASA: supports survivors of sexual assault
- Talley Center for Counseling Services: supports students with counseling services

### NON-CONFIDENTIAL RESOURCES

- Office of Title IX: supports students of sexual violence
- Residence Life: offers resources and support to residential students
- University Police: offers resources to students to assist in their safety