

The Wash Post Volume 13: March – April 2020. The Birds & The Bees.

Be Safe Tips.

- Practice safe sex by using one of the top 4 effective contraceptive methods of Birth Control:
 - Implant.
 - Injection.
 - Pill/Patch/Ring.
 - Male Condom (this is the only one that also prevents STIs).
- Use more than one method of birth control. It can further decrease the chance of becoming pregnant.
- Carefully clean and disinfect sex toys to avoid spread of Sexually Transmitted Infections (STIs).

Consent Do's & Don'ts.

- Do:
 - Verbally check in. (“Is that ok?” “Do you like that?”)
 - Look for non-verbal cues. Does a partner seem checked out or disinterested? Check in.
 - Set and agree on boundaries, roles, and safe words.
 - Remember that consent can be withdrawn at any point if you feel uncomfortable.
- Don't:
 - Assume a “Yes” is an all-access pass to your partner(s), present and future.
 - Push previously agreed upon boundaries.
 - Continue pursuing or coercing after a “No.”

Did you know?

- Sexually Transmitted Diseases (STDs) or STIs are generally acquired by sexual contact.
 - The organisms (bacteria, viruses or parasites) that cause sexually transmitted diseases may pass from person to person in blood, semen, or vaginal and other bodily fluids.
 - STDs don't always cause symptoms. It's possible to contract sexually transmitted diseases from people who seem perfectly healthy and may not even know they have an infection.
- Information is according to the Mayo Clinic.

Be Aware of Risky Sexual Behavior.

- According to the National College Health Assessment:
 - 49% of UMW students participating in vaginal intercourse reported not using a condom or other protective barrier.
 - 32% of UMW students participating in vaginal intercourse reported using withdrawal as a contraceptive.
 - 20% of sexually active UMW students reported using (or reported their partner used) emergency contraception (“morning after pill”) within the last 12 months.

Healthy Relationships.

A healthy relationship is built on mutual respect, trust, honesty, support, fairness, equality, separate identities, good communication, playfulness, and fondness.

- Signs of an unhealthy relationship: need to justify your actions, attempt to control or manipulate, feel pressure to change who you are for the other person, lack of privacy, put one person before the other by neglecting yourself or your partner.
- 10% of UMW students experienced an emotionally abusive intimate relationship in the past 12 months.
- 3% of UMW students experienced a sexually abusive intimate relationship in the past 12 months.

Resources.

Student Health Center:

- Free condoms at the self help station.
- STI testing .
- General reproductive health.

Relationship Resources: The Talley Center for Counseling Services, Office of Title IX, and the Center for Prevention & Education.