



S.T.A.H.L. NEWS

STUDENTS TALKING ABOUT HEALTHY LIFESTYLES...WORDS OF WHIZ-DOM

Brought to you by Health AWAREness, Center For Health and Well Being

February 10, 2014

RESPONSIBLE

&

SAFER

SEX

In this month of love, kisses, and candy, we (The Office of Health AWAREness) want to offer you some information on sexual responsibility. This information is meant to be a resource and will help whether you are sexually active, contemplating becoming sexually active, or choosing to abstain.

Remember—knowledge is power!

SAFER IS SEXY



WHAT YOU SHOULD KNOW?

- Sex is an intimate act between two people and is a big step. Make the decision that is best for you and your partner.
- Sex should only occur with mutual consent and under no pressure.
- Persons who are sexually active should assume responsibility for their health as well as the health of their partner.
- If at any point during sexual activity you feel uncomfortable, do not hesitate to tell your partner to stop.
- **Remember**—respect, trust, honesty, and communication are the building blocks of a healthy sexual relationship and you shouldn't be afraid to ask for these. **Do You Ask?...**

HOW TO BE SEXUALLY RESPONSIBLE

- * The only way to effectively eliminate 100% of the risk of HIV, sexually transmitted infections (STI's), and unplanned pregnancy is to practice abstinence.
- * Be aware of what sexual activity you and your partner are comfortable with engaging in together.
- * Practice safer sex by Getting the Green Light from your partner. Always get true consent— a sober, enthusiastic, and verbal yes.
- * During sexual activity, always use protection (i.e. condoms, dental dams, and contraceptives) to reduce the risk of STI's and unplanned pregnancy.
- * Understand that alcohol and other drugs negatively affect your sexual decision making and make sexual experiences less pleasurable for both you and your partner.
- * If sexually active, be sure to go for STI testing regularly and encourage your partner to do the same.

FUN THINGS TO DO WITH YOUR PARTNER...EVEN IF YOU AREN'T SEXUALLY ACTIVE (OR ARE CHOOSING TO ABSTAIN):

1. Give sweet kisses and hugs.
2. Snuggle up together with some hot chocolate.
3. Send flowers or candy—simply because you can.
4. Let your partner know how much you love him or her.
5. Make a special play list of your favorite love songs.
6. Write a love letter and mail it to him or her.
7. Take a long, random walk and hold hands during the walk.
8. Do something together that neither of you have ever done.
9. Have a candlelit dinner (it doesn't have to cost a fortune!).
10. Respect, trust, and admire each other. Let him or her know you care.

Sources for this article include:
www.canikissyou.com, www.smartersex.org, www.adagiohealth.org

Rule #43 of Awesome

If you're single on Valentine's Day, don't let anyone make you feel bad about it.

Single?

- Invite another single friend to dinner at a new restaurant.
- Plan a cozy evening at home with your favorite movie and snacks.
- Treat yourself to a self-indulgent gift, such as a massage or expensive candy.
- Attend on/off-campus Valentine's Day events and meet new people.

RESOURCES

If you need information, have questions on sexual health, or need contraceptives, you can always contact any of the following offices:

- IUP Health Service - 724.357.2550
- Adagio Health - 724.349.2022
- Health AWAREness - 724.357.4479

For more information contact: Center for Health and Well-Being
Health AWAREness; Suites on Maple-East, 724-357-4799
Updated by Mia Reuschling (AWARE Peer Educator)



Now open...

The Health Hut!

Come over to Suites on Maple-East and check out the CHWB's Health Hut. Pick up **FREE** health and well-being items, including safer sex devices such as male and female condoms. Visit www.iup.edu/healthhut for more information.

