

Be Responsible.

Be Healthy.

Be Happy!



Brought to you by:



The Center for Health & Well-Being
Health AWAREness
G-59 Suites on Maple, East
(724) 357-4799

College Students & Sexual Responsibility



Sponsored by
Health AWAREness and the
Center for Health & Well-Being

Being Sexual Responsible

Sexual responsibility means you make safer sex choices and respect your sex partner.



This means you:

- Communicate openly about sex;
- Take precautions against STI's and unplanned pregnancy;
- Make informed decisions.

The 5 Principles of Sexual Responsibility:

1. Seek respectful and mutually satisfying relationships
2. Get adequate sexual knowledge
3. Recognize your own values and respect what is important to you
4. Be a good citizen and protect the rights of others
5. Remember you have a right to make your own decisions



Communication



THE ABILITY TO EFFECTIVELY COMMUNICATE WITH OTHERS HAS A HUGE IMPACT ON INTERPERSONAL RELATIONSHIPS. LEARNING HOW TO SAY WHAT YOU MEAN IN A WAY OTHERS WILL UNDERSTAND CAN ELIMINATE MANY STRESSES ON RELATIONSHIPS.

Get the GREEN LIGHT!

The green button represents IUP's commitment to making campus safer for all of us.

Only "YES" means Yes.
Did you get the Green Light?



What can you do to support the Green Light Campaign?

It's a reminder that violence shouldn't be part of our campus life.

It's a way to demonstrate our commitment to making our campus safer.

- wear a green button!
- Believe violence is unacceptable and tell others!
- Treat each other with respect!
- Speak up when you hear victim blaming statements!
- Talk to your friends, your organizations, and your class about the need to have a safe campus!



Contraception



If you choose to be sexually active, contraception is a critical component of sexual responsibility if you choose to be sexually active. It is important for you to discover what method works best for you— and it is important to

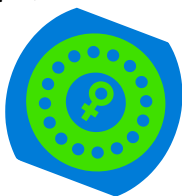
discuss with your partner what you choose to use. While contraception was originally developed to prevent unplanned pregnancy, some methods can also play a vital role in preventing the contraction of STI's.

So Many Choices!

There are many contraceptive options:

- abstinence
- Condom (male & female)
- oral contraceptives (the pill)
- patch
- ring
- depo-provera(the shot)
- IUD

And so much more



Want to learn more?

Book a Contraceptive Consultation



Visit the Health AWAREness website to request an appointment with a trained Peer Contraceptive Consultant. This student will discuss methods of birth control and provide referrals to campus and community providers.

This service is free and confidential



STI's

It's important to be knowledgeable about sexually transmitted infections (STI's) and what behaviors put you at risk.



In the US, there are more than 20 million new cases of STI's a year among people aged **15-24!***

You can't tell someone has an STI by looking at them. That is why it's so important to get tested regularly and communicate with your partner before engaging in sexual activity.

Most Common STI's amongst college students:

1. Human Papilloma Virus (HPV)
 2. Chlamydia
 3. Genital Herpes
 4. Gonorrhea
 5. HIV
 6. Hepatitis
 7. Trichomoniasis
- Visit Health Awareness website to learn more



LEARN MORE!

Campus/ Community Resource

| | |
|-------------------------------------|--|
| Adagio Health..... | 1097 Oak St., Indiana, PA 15701 (724) 349-2022 (www.adagiohealth.org) |
| PA Department of Health..... | 75 N. 2nd St. Indiana, PA 15701 (724) 357-2995 |
| Center for Health & Well-Being..... | Suites on Maple East, Indiana, PA 15705 (724) 357-WELL (www.iup.edu/chwb) |

Not Everyone Is "Doing It"

HERE ARE SOME WAY THAT IUP MAKES LOVE WITHOUT DOING IT



1. Relax on a bench in the Oak Grove

2. Snuggling at an IUP sporting event.



3. Do laundry together.



4. Buy or make matching outfits.

5. Have your picture taken together.

6. Plan a summer vacation.

7. Hide a love note where the other will find it.

8. Write a love letter and mail it



9. See a play in Waller Hall

10. Give and receive lots of hugs and kisses.



Healthy Relationships

We all deserve to be loved and cared for. We also deserve the opportunity to participate in healthy relationships. It is important to recognize what is healthy and unhealthy behavior.



5 Signs of a Potentially Unhealthy Relationship

- Emotional abuse
- Controlling behavior
- Irrational jealousy
- Substance abuse
- Inconsistent treatment



REMEMBER:

EVERYONE deserves to be in a healthy relationship!

If you, or someone, you know is in an unhealthy relationship, help is available. You're not alone, contact the Haven Project at the Alice Paul House. 24/7 hotline 724*349-4444