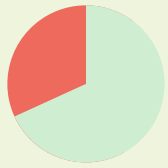


SEXUAL HEALTH: MORE THAN CONDOMS

If you think sexual health is all about the physical, we have some news for you. Though that makes up a huge component of sexual health, there are also relational, mental, and emotional dimensions, too!

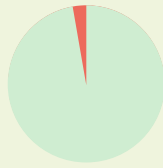
Here's a quick look at sexual health from a holistic perspective. According to ACHA:



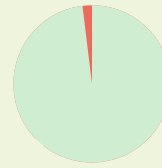
33% of TTU students have never had sex



68% of sexually active students had only one partner in the last year



2.6% of TTU students have HPV



1.8% of students have had chlamydia

1 IN 5
AMERICANS
HAVE AN STI

Let's get physical: Sexual health basics

Sexually transmitted infections (*ob my!*)

You can transmit a STI without knowing you have an STI. Asymptomatic carriers: the only way to know for sure that you don't have an STI (and don't spread an STI to anyone else) is by getting tested.

No penetration? Not a problem for STIs. STIs can be transmitted through all forms of unprotected sexual activity.

Now, when it comes to STIs, there are three kinds: bacterial, viral, and parasitic.

Bacterial infections can be treated with antibiotics and are easier to treat the sooner you're tested and diagnosed.

Syphilis

Chlamydia

Gonorrhea

Viral infections cannot be treated, but you can manage symptoms over the course of your lifetime with medicines.

HIV

Herpes

HPV

Parasitic infections can be treated, and sometimes cured, with antibiotics.

Pubic lice (crabs)

Scabies

Trichomoniasis

When should I get tested?

GONORRHEA:
2-30 days after exposure

TRICHOMONIASIS:
5-28 days after exposure

CHLAMYDIA:
1-3 weeks after exposure

SYPHILIS:
10 days-3 months after exposure

HERPES:
2 weeks-3 months after exposure

HEPATITIS B:
3 weeks-2 months after exposure

HIV:
4 weeks-3 months after exposure

HEPATITIS C:
up to 6 months after exposure

Breaking the stigma one convo at a time

When it comes to STIs, there tend to be a lot of stigmas associated with them. The good news is you can help break them one convo at a time!

It's important to remember that even if STIs may be awkward to talk about, they're super important to disclose to any past, present, or future sexual partners you have.

On the other hand, if someone is disclosing that they have an STI to you, be sure to actively and nonjudgmentally listen! From there, you can determine your comfort level, if you do want to have sex, and what precautions you want to mutually agree on with that partner.

The condom controversy

Some people prefer to not use condoms while having sex for a variety of reasons. But here's a fun fact: Condoms are the only form of birth control that also protects against STI transmission!

Now that we have that out of the way, let's talk about safely using a condom (whether internal or external).

CONDOMS CAN BREAK DURING SEX IF THEY ARE...

past their expiration date

not used with enough lube

stored in an incorrect way

applied incorrectly

A broken condom is an ineffective condom, so taking extra care to make sure they're used correctly will keep you and your partners as safe as you can be!

store condoms in a cool, dry place, like a dresser or cabinet

What about identity and sexual orientation?

Identity and sexual orientation tend to be grouped together even though they're very different things! Here's a short guide to help you know what terms to use when talking about these topics:

Attraction can refer to sexual attraction or romantic attraction. This varies widely depending on the person, so keep this in mind before talking about sexual orientation with someone!

Expression is how we present ourselves to the world (and is how the world interprets our actions, clothing, and behaviors in terms of gender norms).

Sex assigned at birth refers to things like genitals and chromosomes. Keep in mind that sex assigned at birth is not gender.

Gender identity is all about your psychological sense of self and how you know yourself to be in your own mind.

Someone's sexual and romantic attraction may be different. Someone's expression and gender identity might be different, too.

Consent is key

One thing that's important to remember is that even if you're in a relationship with someone, you and your partner need to give consent before having sex. Every single time. No exceptions, okay? Cool.

CONSENT IS...

Consent is freely and actively given; mutually understandable words or actions; words which indicate a willingness or non-willingness to participate in mutually agreed upon sexual activity; a voluntary, imaginative, enthusiastic, creative, wanted, informed, mutual, honest, and verbal agreement; an active agreement; and a process.

When you're with someone, you need to get consent every single time. Keeping this in mind will make sure that everyone involved will be able to enjoy themselves as much as possible and as safely as possible. To learn more about consent, head to <https://www.depts.ttu.edu/titleix/>.

WHERE CAN I GET TESTED?

Lubbock health department: *STD/HIV Clinic*

m-f 9-11:30 am, m-th 1:30-3:30 pm | 806.775.2933
same day appt. only. call at 8am | \$20

Student Health Services

m-f 8am-5:30pm | 806.743.2848 | Student Wellness Center, 1st floor clinic | \$50+

Project Champs

HIV health care and support | 806.771.0736 ext. 204

UMC Freedom Clinic

Must call 806.762.3597 | m-f 8am-5pm | 5022 Ave. Q, Briercroft Center | \$125-\$175

Any Lab Test Now

806.771.4858 | m-f 8am-6pm, sat. 9am-2pm
5217 82nd st. unit 102A | call for pricing

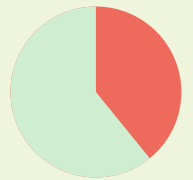
Planned Parenthood

806.696.3436 | 3716 22nd | call for pricing

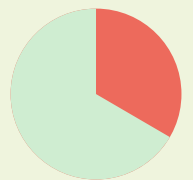
*prices listed are prices without insurance

THE BEST WAY TO LEARN MORE ABOUT SOMEONE IS TO ASK!

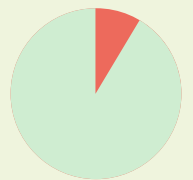
Did you know?



39.1% of transgender and gender non-conforming people



33.1% of women



and 8.6% of men

experience non-consensual sexual contact (aka sexual assault) during college.

DID SOMEONE SAY FREE?

Free condoms:

RISE – Drane 247

SUB – 2nd floor near cubicles

Student wellness center – 1st floor

REC – FitWell

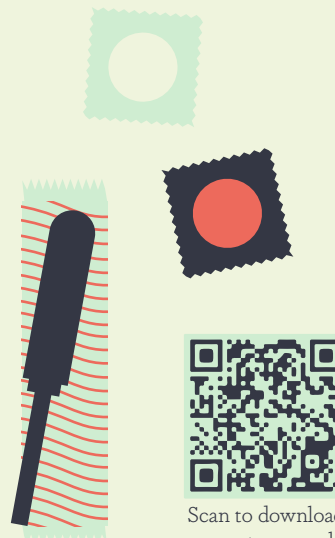
Free menstrual products:

RISE – Drane 247

SUB – 2nd floor near cubicles



Want more resources? Contact your friends at RISE (Risk Intervention and Safety Education)
rise.ttu.edu | rise@ttu.edu | 806.742.2110 | @tturise



SOURCES:

<https://www.genderbread.org/resource/genderbread-person-v4-0>

<https://www.cdc.gov/std/default.htm>

<https://www.plannedparenthood.org/learn/gender-identity/sex-gender-identity>

Healthline.com

<https://www.bustle.com/articles/118139-4-statistics-that-prove-we-need-to-teach-people-about-consent>