



Potty Talk



LET'S TALK ABOUT SEX!!!

ARE YOU READY FOR SEX?????

Knowing when the time feels right is a personal decision. So how can you be sure that you're ready?

Whether it is your **first time** OR your **100th time**, you have the power to decide! The most important thing is to **BE SAFE & FEEL GOOD** with your situation.

HERE ARE SOME IMPORTANT QUESTIONS TO ASK YOURSELF

- Does having sex support your personal values, morals and goals? **Know yourself, your values, and your morals - ask yourself - does this situation "feel right" & trust your feelings.**
- Do you understand and accept the emotional risks of having sex? **Heartbreak, regret, shame, and loss can be emotional risks associated with sex. Are you ready and willing to face these if your partner isn't sure or doesn't want a commitment/relationship/future with you?**
- Are you ready to protect yourself and your partner from physical risks, like **STDs** and **pregnancy**? **BE SAFE---Know about the various STDs and how one can contract them. Know that there is no 100% protection against unwanted outcomes if you have sex, only abstinence can totally protect you**
- Do you know what sex is and what can and can't carry risk? **Oral sex, anal sex, lying on top of each other naked and heavy "making out" are all sexual contact that CAN result in STDs.**
- Do you feel pressured to have sex by your partner or peers? **Are you doing it for the "right" reasons?? Having sex out of fear of embarrassment, not fitting in, trying to get someone to like you, etc. is a recipe for disaster!**
- Are you ready to talk openly about sex with your partner? If you don't feel comfortable talking about sex with your partner, you **AREN'T READY** for it!!! **You should be comfortable talking about protection (AGAINST PREGNANCY AND STDs), asking about each partner's history of STDs, and asking about your partner's feelings and level of commitment.**
- Do you care about and trust your partner? Do you know your partner well? **Ask yourself how well you know the person you are thinking of being with and if there is MUTUAL trust and respect between the two of you.**



Sex: Is It Safe?

Type of Sexual Contact	Can I Get Pregnant	Can I Get an STD	How Can I Protect Myself?
Vaginal Intercourse	Yes	Yes, any STD	Abstinence, Condom
Anal Intercourse	No	Yes, any STD	Abstinence, Condom
Oral Sex	No	Yes, most STDs (but not as likely)	Abstinence, Condom, plastic food wrap, latex dam
Genital Touching (skin-to-skin)	Rarely*	Yes, herpes, HPV and syphilis (but not as common)	Abstinence, Condom, plastic food wrap, latex dam
Kissing	No	Yes**	Don't kiss when herpes sores are on mouth
Abstinence***	No	No	—

*If pre-ejaculate ("pre-cum") enters the vagina

**If herpes virus is present on or around the mouth

***Abstinence means no sexual contact, including genital (skin-to-skin) touching.

HOW CAN YOU BEST PROTECT YOURSELF??

- Abstain from sex altogether—this is the safest way
- Use latex condoms ALWAYS (for vaginal, oral and anal sex)
- Limit your partners. The more sex partners you have, the greater the risk.
- Talk to your partner about other sex partners and any needle use.
- Get checked for STDs regularly, and remember that many people don't have symptoms! **The Cowell Health Center** can do this (554-4501)
- Know the signs & symptoms of STDs & look closely at yourself & partner
- Don't have sex when you are drunk or high. It can make it harder to use a condom correctly (if you use it at all!!!).
- Have your partner get checked for STDs



"Ask the Sex-Perts"

Everything you ever wanted to know about sex!!

Have you ever wondered. . . .

- How to talk about sex with your partner?
- What contraceptive methods work best?
- What are the symptoms of STDs and how to better protect yourself?
- How many SCU students have sex? Have STDs?
- If and when you are ready to have sex?
- Why you can't get birth control at SCU?
- What are the emotional risks of having sex?

Panel discussion and Q&A Session with the Cowell Health Center & Wellness Center staff.

Tuesday, April 25th
7:00 PM

Kennedy Commons
(women only)

**FREE pizza and soda served



"Potty Talk" is brought to you by the Wellness Center. For more information on these and other health topics, contact:

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HELP US LEARN

"THE TRUTH ABOUT SCU STUDENTS" AND THEIR HEALTH PRACTICES!!

And, be automatically entered to win cool prizes such as:

Apple iPod
Digital Camera
Restaurant & Movie gift cards
Free 60-min massage

Starting Monday, May 8th



WIN!!

You may be One of 2800 randomly selected SCU undergrads to participate in the biannual National College Health Assessment

If selected, watch for an invitation email on 5/8/06 entitled: "SCU Invites you to Complete NCHA Survey! Win iPod, Digital Camera, Massages, Movie passes & more!" and take the brief (10-20 min) online survey.

This survey looks at college health issues such as safety & violence, depression & suicide, alcohol & other drug use, sexual behavior, eating disorders, nutrition & exercise.

Your participation assists us in planning & providing the most appropriate health services for you, student health & wellness programs, creating future "Potty Talk" issues, & seeing how we compare to other college students!!

Participants who complete the survey will be entered into the random drawing!