



# Potty Talk



## The Naked Truth: Relationships and Sex

So you're in a relationship and you're considering having sex. Before you do anything, there are a bunch of things to think about, and talk about so you're both prepared. Having safer sex needs to be top priority. This means talking with your partner about his or her sexual history and how he or she feels about using condoms, and so on. And of course, you have to be ready to talk about your own sexual past. While that might be the last thing you want to do . . . it needs to happen!!



### SEX MYTHS

*There are lots of crazy myths out there about sex and STDs, but when it comes to your body you can't afford to be misinformed. Read on to find out the real deal.*

**Myth:** If you already have an STD, you can't get another one.

**Fact:** Just the opposite, in fact. Having an STD can make it easier to get another one.

**Myth:** If you and your partner have the same STD, there's no reason to practice safe sex.

**Fact:** Aside from the fact that you may not both have the same type of infection, there's no way to tell what other STDs your partner has, or if they are faithful to you.

**Myth:** You can get an STD from sitting on a public toilet seat.

**Fact:** Nope. While a public toilet may look disgusting, it's actually fairly harmless. It's possible, however, to get some STDs from sharing towels, bedding, sex toys that aren't washed thoroughly in between users, or from skin-to-skin contact with someone who has herpes, HPV, scabies, etc.

**Myth:** You can tell when someone has an STD.

**Fact:** Stop kidding yourself. You wouldn't be able to tell if someone is a virgin by looking at them, so how could you tell if he or she has had unsafe sex? Just because someone looks clean cut, doesn't mean they are disease free. You never know who has an STD and who doesn't.

**Myth:** HIV was big in the 80's and early 90's, but now it's a disease for the history books.

**Fact:** This type of an attitude can kill you. HIV is still around and going strong these days. It's true that there are medications that make living with the disease easier for many people, but it is still a terminal disease.

**Myth:** If a woman has her period during sex, or if she pees right after sex, she won't get pregnant.

**Fact:** A woman gets pregnant when she's ovulating, which can happen at any time during her menstrual cycle. Peeing after sex doesn't make it less likely that a woman will get pregnant.

Source: [www.mystudentbody.com](http://www.mystudentbody.com)



### Talk to a Peer Health Educator!

The Peer Health Educators are a group of SCU students whose mission is to help students make informed and knowledgeable decisions regarding their health.

PHE's are educated on a wealth of different topics such as; sexual health, alcohol, mental health, stress and relaxation techniques, nutrition and so much more!

Have Questions?

E-Mail us at [phe@scu.edu](mailto:phe@scu.edu)

OR

Visit us on Facebook! Check out upcoming programs and see our photos. Just search for PeerHealth Educators in the SCU Network!



### 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 Heath 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



### NEGOTIATING SAFER SEX

- **KNOW THE FACTS** to prevent STDs/HIV. It's easy to overlook things when you're drunk, so remember to use condoms every time if you're going to have sex. Without testing it's impossible to tell who has an STD.
- **KNOW YOUR LIMITS** to stay in control of your decisions and actions. Don't drink to the point where you can't even think. Know how much it takes to get you happy and stop before you go beyond that.
- **KNOW WHAT YOU WANT** to avoid doing what you don't REALLY want to do sexually. If your life long-dream of sleeping with the homecoming king/queen is about to come true then be safe. But if you're not really feeling the guy or girl and you're just letting him or her convince you to take a romp in the sack because you're drunk you'll regret it in the morning. Make the decision before you're blasted.
- **KNOW WHAT TO SAY** to be assertive and avoid sending mixed messages. Letting a guy buy you five drinks in a bar doesn't mean you're asking for anything but it may end up getting you into trouble if you're not careful. Be up front about what your limits and intentions are.
- **KNOW HOW TO INSIST** to show you cannot be persuaded to change your mind once you've made a personal choice. It's hard to be insistent with someone, especially when they seem interested in you, but if a guy or girl won't back off, they're the one being rude.

Source: [www.mystudentbody.com](http://www.mystudentbody.com)



### VIVA POTTY TALK!!!!

#### THANK YOU FOR AN AMAZING 5 ½ YEARS!!

Hello SCU Students! For the past 5 ½ years I have loved creating the monthly "Potty Talk" issues for you. Your warm reception and positive feedback has always been greatly appreciated.

I will be leaving SCU in January to pursue a new job . . . but don't worry, Potty Talk will live on!!

Thank you all for helping make my time at SCU so special.

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

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