



Understanding Sexual Health

Sexual health is the ability to embrace and enjoy our sexuality throughout our lives. It is an important part of our physical and emotional health. Being sexually healthy means:

- Understanding that sexuality is a natural part of life and involves more than sexual behavior.
- Recognizing and respecting the sexual rights we all share.
- Having access to sexual health information, education, and care.
- Making an effort to prevent unintended pregnancies and STDs and seek care and treatment when needed.
- Being able to experience sexual pleasure, satisfaction, and intimacy when desired.
- Being able to communicate about sexual health with others including sexual partners and healthcare providers.

Sexuality vs. Sex

Sexuality

- Sexuality is how one expresses themselves sexually. Just because someone isn't having sex, does not mean they are not sexual. Sexuality can be:
- How someone engages in sexual activity
- Sexual preference in how they have sex or with whom
- How someone identifies themselves (gender identity, gender roles, sexual orientation)
- How you feel about your body
- Sexual experiences, including intimacy, passion, fantasies, thoughts, and ideas

Sex

- Each person has their own definition of sex. No matter how you define it, different sexual acts can include:
- Kissing
- Touching (which can include body parts or sexual organs)
- Oral sex
- Vaginal sex
- Anal sex
- Sex with toys
- Masturbation
- And more!

Barriers – External Condoms

- Effectiveness in protecting against unplanned pregnancies if used correctly and consistently: 98%
- Can be worn on the penis or used with sex toys. It can also be used to make a dental dam.
- Contrary to popular depiction, carrying a condom in a wallet or storing in your car can be bad!
- Primarily made out of latex, but there are non-latex options available. We DO NOT recommend using sheep skin.
- Flavored condoms can make oral sex fun, but be careful using it for vaginal or anal intercourse - It can irritate the skin



Barriers – Dental Dams

- It is possible to stay safe while going down on someone! Dental dams protect you against bodily fluids during oral sex
- It is a rectangular piece of latex that is placed on the vulva/vagina or anus
- It is made out of latex and comes in a variety of fun flavors!
- Add some lube under the dental dam to make things more pleasurable and easier to use



Barriers – Internal Condoms

- It is a non-latex pouch with two flexible rings
- These can be inserted into the vagina or anus up to 8 hours before sex
- Effectiveness in protecting against unplanned pregnancies if used correctly and consistently: 95%
- DO NOT use at the same time as an external condom - It can cause rubbing and tear the condoms
- It puts the person on the receiving end in control of the contraceptive



Steps on how to put on a condom correctly

1. Perform a visual inspection of the condom (check for air bubbles, expiration date)
2. Open condom package carefully
3. Pinch the tip of the condom
4. Roll condom all the way down using both hands
5. Smooth out the condom and add lube

HOW DO
I TELL IF THE CONDOM
IS RIGHT SIDE UP?



Sexually Transmitted Infections

- STIs are very common: there are more than 19 million new cases every year in the United States.
- Did you know that **1 in 2 sexually active young adults will get an STI by the age of 25, and most will not know it?** The good news is that all STIs are treatable and some are even curable.

IF YOUR UNDERWEAR COULD TALK



I DON'T WANT
YOUR
CHLAMYDIA!!



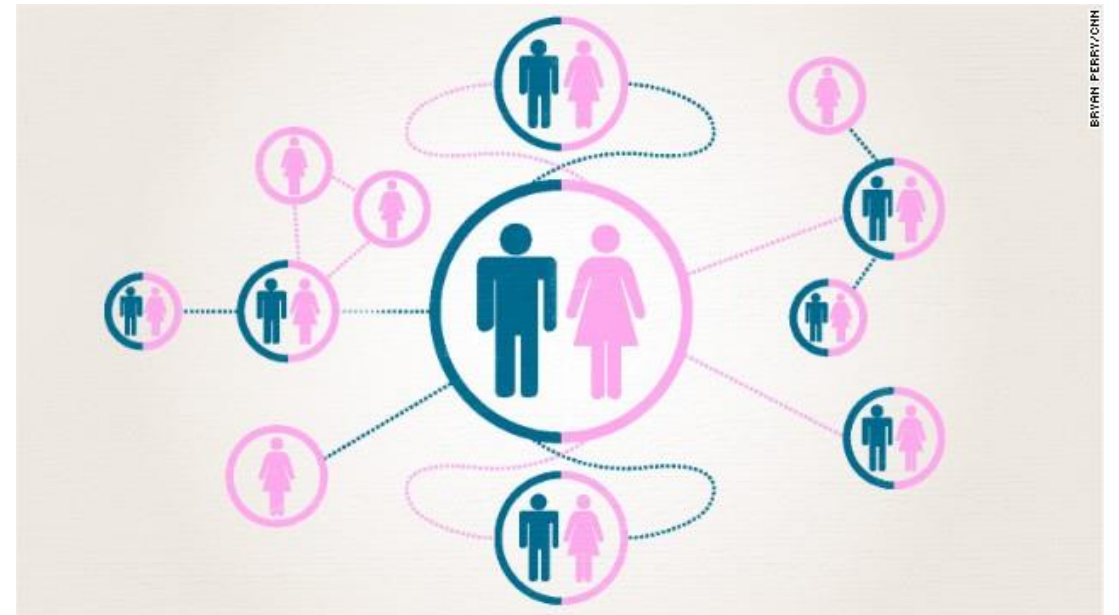
DON'T GIVE ME
YOUR
GONORRHEA!!

HEALTH PROMOTION HAS GOT YOU COVERED.

How can you reduce your sexual risk

1. Abstinence
2. Using condoms and barriers
3. Getting tested for STIs
4. Communicating with your partner
5. Limiting number of sexual partners

ABSTINENCE



Protect Yourself



Use Condoms



Talk to Your Partner



Get Tested

TPMG

Popular birth control methods



IUD



Implant



Depo Shot



The Pill



NuvaRing



The Patch

Resources

NAU Health Promotion – Sexual Health

<http://nau.edu/Health-Promotions/Sexual-Health/>

Understanding Sexual Health

<http://www.ashasexualhealth.org/sexual-health/>

Sex vs. Sexuality

<http://nau.edu/Health-Promotions/Sexual-Health/Sex-And-Sexuality/>