

Sexual Health Scavenger Hunt: Self-Guided Activity

EVEN IN THIS NEW, VIRTUAL SPACE THERE ARE MANY PROGRAMS AND RESOURCES AVAILABLE TO HELP NAU STUDENTS STAY HEALTHY AND WELL. TO START, PULL UP THE NAU HEALTH PROMOTION WEBPAGE AT:

NAU.EDU/HP

NOW START EXPLORING!

1

FIND 3 PLACES OFF-CAMPUS A PERSON COULD RECEIVE SEXUAL HEALTH CARE SERVICES.

Identify their location, services offered, times of service and additional resources available on their site.

Knowing these are helpful to yourself and can be shared with a friend!

2

Our sexual health is still very important even during the pandemic. Know where you can seek care and get access to resources.



Check out The Condom Club here at NAU and the other sections on our webpage too!

FIND 3 ONLINE SEXUAL HEALTH RESOURCES OR PROGRAMS TO SHARE WITH A FRIEND

These could be things that might not be especially interesting or helpful for you, but are things you think someone else could benefit from. Now share those with a fellow Lumberjack!

3

ACCORDING TO PLANNED PARENTHOOD – COVID19 AND YOUR SEXUAL HEALTH. NAME 3 WAYS TO PROTECT YOUR SEXUAL HEALTH DURING THE PANDEMIC.

Here, you're able to review questions and concerns and ways to protect yourself. Feel free to ask additional questions during the Health Promotion virtual office hours.

HINT

Check out what our friends over in Medical Services have to offer too! STI testing during Wednesday clinics.



nau.edu/medical

WE'D LOVE TO SEE WHAT YOU FOUND! SCREENSHOT YOUR FAVORITE FINDS OR TAKE A PICTURE OF YOUR LIST, POST IT ON INSTAGRAM AND TAG US! @NAUHEALTHPROMOTION

Check out the next page for some quick tips!

Sexual Health: Quick Tips

YOU MIGHT HAVE SEEN SOME OF THESE THINGS DURING YOUR SCAVENGER HUNT BUT ICYMI, HERE ARE SOME TIPS YOU CAN USE TO SUPPORT YOUR SEXUAL HEALTH

- Join the Condom Club to get access to free barriers throughout the academic year.
- Menstrual cups are also available at the Health Promotion office.
- Campus Medical Services offers telehealth services in response to COVID-19.
- Health is tied to all aspects of our lives including mental and physical. NAU Health Promotion connects you to Free services in all these areas. Get to know our site!
- Its ok to not be engaging in sexual activities, we understand it is a choice you make for yourself.
- Consent is very important to sexual health.



Reflection/Action Planning

- When it comes to supporting your own sexual health, what are ways you are taking care of yourself? This can include regular STI checks or knowing the resources available to you
 - What can you be doing better or learn more about?
- What are your boundaries in your relationships (amorous or non-amorous) in response to COVID19 risk reduction?
 - What are you ok with and what are you not ok with?

