Sexual Responsibility and Healthy Relationships

Let’s Talk About Sex

CONSENT

Consensual sex is when both partners are freely & willingly agreeing, or consenting, to whatever sexual activity is occurring. The issue of consent is very clear. Consent cannot be given when an individual is intoxicated. Sex without consent is sexual assault/rape. You cannot assume that you have consent—you need to ask and you need to be sober.

-Student Health Services, Illinois State University

Rape (stranger or acquaintance) is defined as forced sexual intercourse; force may involve psychological coercion (being "talked into it") as well as physical violence. This includes situations where the victim may be drunk, drugged, asleep, unconscious, or for any reason unable to say “yes” or “no.” It doesn’t matter if a girl dresses sexy or a guy is really "bombed," sex without proper consent is RAPE.

Period

www.smartersex.org and www.MenCanStopRape.org

Birth Control and STI Prevention

If used correctly every time you have sex, (vaginal, oral or anal) condoms prevent pregnancy and decrease the risk of transmitting HIV and other STIs, such as Gonorrhea and Chlamydia. (mayoclinic.com)

FREE CONDOMS
Available at:
Beu Health Center Lab - Basement
Beu Health Education Office– Seal Hall East,
2nd Floor (w/ Alcohol & Other Drugs Resource Center)
Birth control pills are 99.9% effective and only protect against pregnancy, NOT STIs. So, even if you or your partner use birth control pills, you should still use a condom to protect against sexually transmitted infections.
(webmd.com)
Remember, these methods are only effective when done consistently and correctly!!

Beu offers a variety of sexual health resources, including:
- Diagnosis and treatment of sexually transmitted infections
- HPV (Human papillomavirus) vaccination
- HIV testing
- Education on sexual risk and emergency contraception
- "Sex Ed programs like Sex Jeopardy and Deconstructing the Hookup
- Well-person care and preventative education
- Annual exams
- Self-exam techniques

Visit: www.student.services.wiu.edu/beu/services/sexual.asp
OR Call Beu at 309-298-1888 OR Stop by *Health Education in Seal Hall

Characteristics of a healthy relationship:
- physical chemistry or affection
- real intimacy, or an "at-homeness" with the other person
- fun, "the glue of intimacy"
- safety, trust and security with the other person
- mutual respect
- Good communication
- Not changing who you are or wanting to change the other person

If you answer yes to any of the following questions, your relationship may need some work.

Warning Signs of an UNHEALTHY relationship:
- Do you feel like you need to be with your mate or partner to feel complete?
- Do you feel unworthy of your mate?
- Do you give up your own identity when you are together?
- Does your mate ever call you clingy or needy?
- Do your good friends question your relationship?
- Has your relationship made you sacrifice or weaken your connection to family, friends, hobbies or work?

www.revolutionhealth.com

Communication Tips

It’s important to have good communication skills if you want to have healthy relationships, whether it be romantic or with your family or friends.

* Listen, don’t just think about what you will say next
* Be honest *Voice your needs *Respect the other person

We all deal with conflict at some point; here are some tips on how to work through it:
* Don’t interrupt *Take time to collect your thoughts
* If you’re upset, use I statements (I feel…), instead of you statements

Everyone’s Doing It...

Being on a college campus may make you think that everyone around you is having sex—not true. A 2011 CDC study found that 29% of 15-24 year olds are virgins. If you have decided to wait—until marriage, until you’re in love, whatever the reason—you’re not alone. When you have sex and who you have sex with is your decision to make. You know what is best for you; don’t let anyone convince you otherwise!