

Guide to Sexual Health

For College Students



Table of contents

01

What is Sexual Health /
The Manual Purpose

02

What You will Gain

03

Target Audience

Table of contents

04

STI Prevention

05

Consent and Sexual
Violence

06

Contraceptives

Table of contents

07

Family Planning

08

Reducing the Stigma

09

Closing Statement



What is sexual Health and the manual purpose?

Sexual health: A positive respectful approach to sexuality and sexual relationships free of discrimination and violence ¹

Purpose: To educate college students on sexual health in order to make educated sexual choices

According to a survey conducted at John Hopkins roughly 67% of students are sexually active, which calls for the need of sexual health education.²

What You'll Gain From This Tech Manual

Comprehensive Knowledge

- Understand common concerns about STIs, contraception, and safe practices

Resource Navigation

- Learn about various sexual health related resources

Facts about Consent

- Guidance, facts, and resources about approaching consent and sexual violence

Breaking the Stigma

- Debunking common myths, resources for overcoming social stigmas surrounding sexual health

Target Audience & Audience Analysis

Target Audience: College Students

Why Target This Audience?

- transition to independence
- social pressures
- lack of knowledge of preventative measures
- high rates of STIs, Sexual Violence
- alcohol and drug prevalence decreases decision making ability
- discomfort with treatment/prevention services



Chapter 1 Key Points

STI PREVENTION

STI?

AN STI is
bacteria, virus or
parasite
transmitted
through any
form of sexual
contact



8

SYPHILIS,
GONORRHEA,
CHLAMYDIA,
TRICHOMONIASIS,
HEPATITIS B, HERPES,
HIV, HPV

Protection

Condoms, vaccines
and sexual
relationships





Chapter 2 Key Points

CONSENT & SEXUAL VIOLENCE

Consent?

Agreement or permission expressed through affirmative, voluntary words or actions that are mutually understandable to all parties involved, to engage in a specific sexual act at a specific time

Sexual Violence

When consent is ignored or violated, sexual activity becomes sexual violence

Resources

National sexual assault helpline, campus health centers, police department, local organizations, friends and family, national sexual violence resource center



Chapter 3 Key Points

CONTRACEPTIVES



What are they?

Contraceptives are the act of preventing pregnancy.



Methods

There are both hormonal and barrier methods of birth control. Additionally there are emergency contraceptives.

How to pick the right one

What method is best for both you and your partner(s).



Chapter 4 Key Points

FAMILY PLANNING

What is Family Planning

Family planning is the ability for individuals to choose the timing and size of their family

Resources

University health office, planned parenthood, find my method, period tracking apps

Hotlines

Planned parenthood, bedsiders emergency hotline, national abortion federation hotline



Chapter 5 Key Points

REDUCING THE STIGMA

What is the Stigma

sexual health Stigmas refer to the negative attitudes - or judgements - surrounding the discussion of sexual activity or the reluctance to seek out information related to sexual health.

How to Reduce the Stigma

Open and accurate education, provide positive messaging, training from professionals

Overcoming the Stigma

Counseling services, campus resources and initiatives, sexual health websites and apps

Closing Remarks

It is important for college students to understand that speaking about sexual health can lead to safer decisions.

The culture of stigma can cause students to refrain from seeking proper care and resources.

Resources are available - it is okay to ask for help!



Thank You!

References

1. Sexual health. World Health Organization. Accessed December 5, 2024. https://www.who.int/health-topics/sexual-health#tab=tab_1.
2. ALYSSA WOODEN February 14. Why are we having less sex today than ever before? Letter. February 14, 2019. Accessed December 5, 2024. <https://www.jhunewsletter.com/article/2019/02/why-are-we-having-less-sex-today-than-ever-before#:~:text=The%202018%20National%20College%20Health,of%20students%20are%20sexually%20active>.