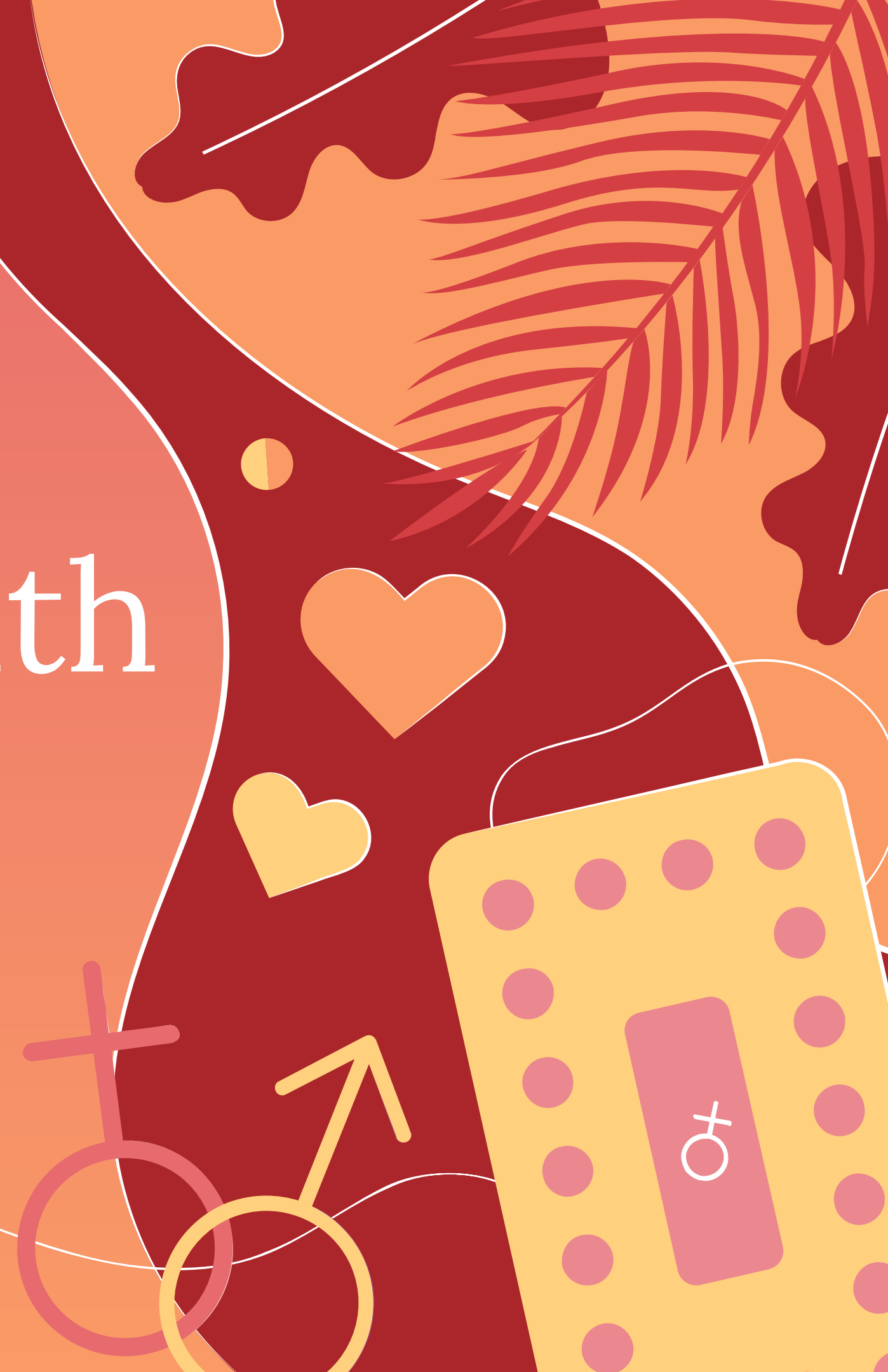


# Guide to Sexual Health

For College Students





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# What is sexual Health and the manual purpose?



**Sexual health:** A positive respectful approach to sexuality and sexual relationships free of discrimination and violence <sup>1</sup>

**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.<sup>2</sup>

# 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

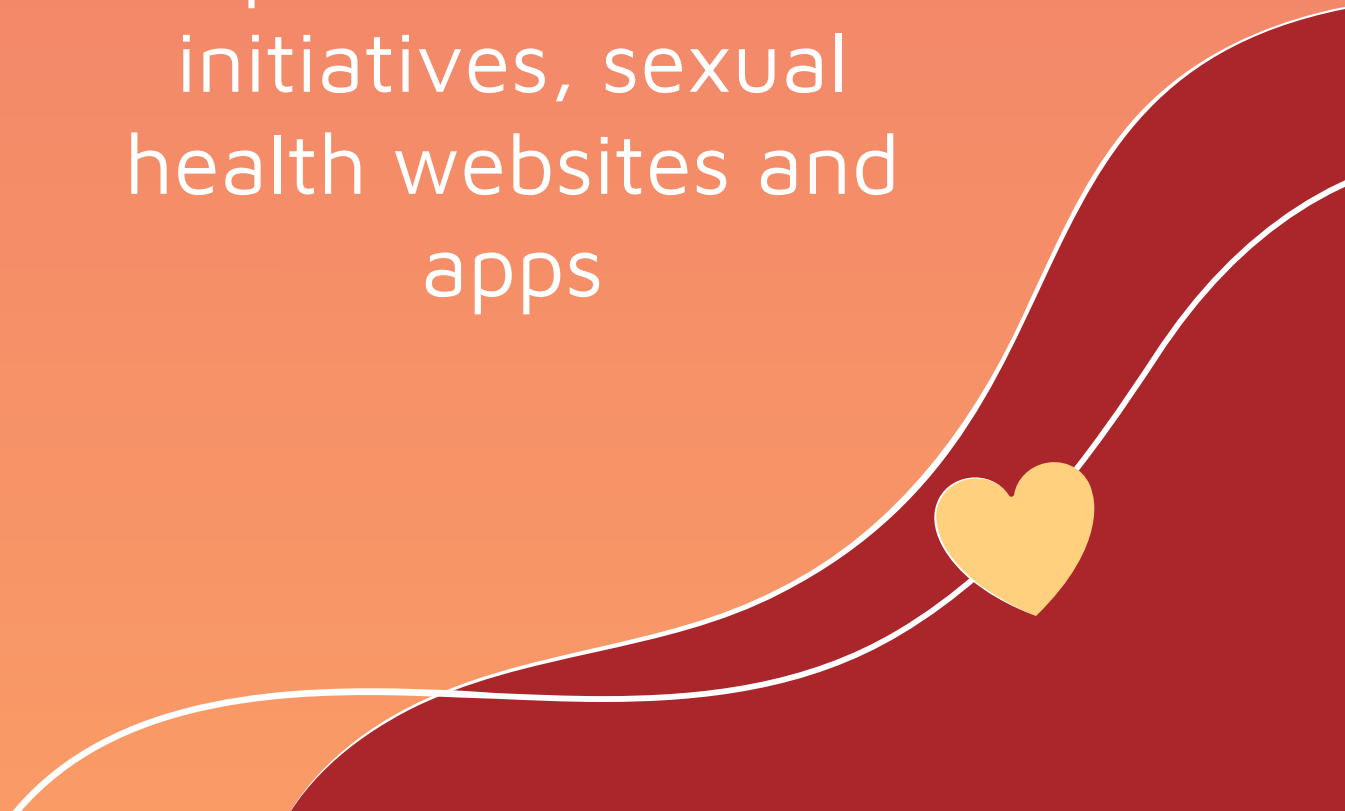
sexual health Stigmas refer to the negative attitudes - or judgements - surrounding the discussion of sexual activity or the reluctance to seek out information related to sexual health.

### 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

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