



# LETS TALK ABOUT SEX

## WHAT IS SEXUAL HEALTH?

"Sexual Health is a state of physical, emotional, mental, and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity" (World Health Organization, 2006).

## WHAT IT INVOLVES?

- Positive and satisfying relationships
- Valuing and feeling good about yourself
- Protecting yourself from getting or transmitting an STI to your partner
- Ability to communicate about sexual health with others
  - (i.e. partners and health care providers)
- Recognizing and respecting our partners decisions about their own body

OUR HOW-TO GUIDE ON HAVING MEANINGFUL  
DISCUSSIONS ABOUT SEX WITH YOUR PARTNER





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## PRACTICING SAFE SEX

To ensure you and your partner are able to thoroughly enjoy your intimate moments, you should practice safe sex. Safer sex means reducing your risk of Sexually Transmitted Infections (STI's) and can reduce the risk of pregnancy.

## PREVENTION OF STI'S & PREGNANCY

- Abstinence/Celibacy:
  - Most effective method for prevention of STI's and pregnancy. Abstaining from sex refers to not having any form of sex.
    - (oral, anal or vaginal)
- Self Masturbation:
  - Another very effective method for prevention of STI's and pregnancy.
- Open Communication:
  - It is important that you discuss sexual histories and any STI's you have or had with your partner PRIOR to having any form of sex.
- Birth Control:
  - There are various forms of birth control. Although many of these forms prevent pregnancy, not all of them protect you from STI's .
- Monogamy:
  - Having sex only with one person reduces your chances of contracting an STI. When you have multiple sex partners, your risk of STI's increase, especially if they've had sex with others.
- Know Your Status:
  - Knowing your STI status is important for your health and could potentially save your life.



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## BIRTH CONTROL & BARRIER METHODS

Barrier Methods are effective in preventing both pregnancy and many STI's.

These include:

- For Vaginal & Anal Sex:
  - Male condoms
  - Female condoms
- For Oral Sex & Anilingus:
  - Dental Dams
  - Flavored Condoms

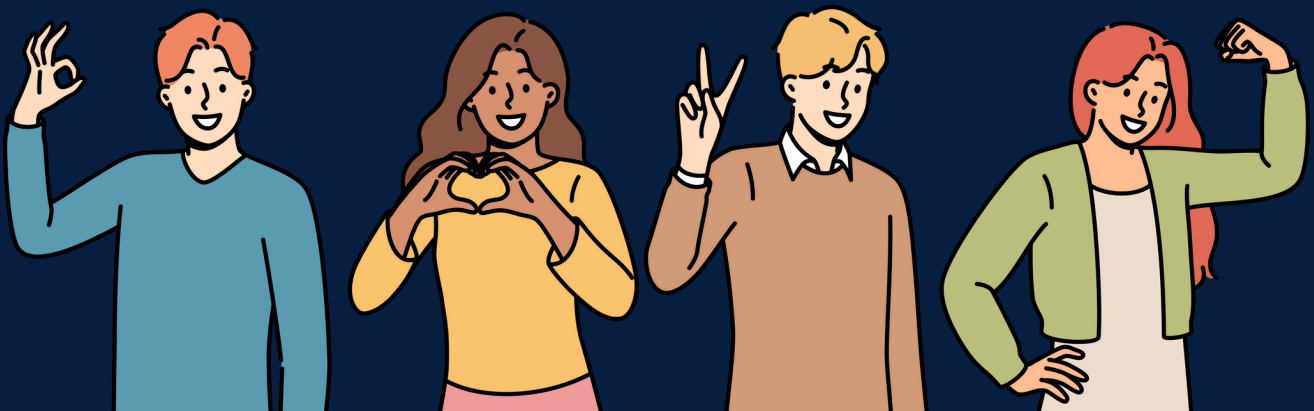
## GIVE CONSENT, GET CONSENT

Consent must be given EVERY TIME before a sexual act.

If you received consent during a previous sexual encounter with this person, that does not mean you have consent for another encounter.

Ask for consent and respect the answer.

If a person is under the influence of alcohol or drugs, they cannot legally consent to sexual activity. Do not have sex with someone under the influence.





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## COMMUNICATING ABOUT SEX

The key to having safe and enjoyable "sex-periences" with another person is open communication. Since unprotected sex could compromise the quality of your health, it is necessary to discuss everything it entails.

- **Unwanted Pregnancy**
- **Sexually Transmitted Infections (STI's)**
- **In some cases, cancer or debilitating diseases**

While condoms can help prevent pregnancy and reduce transmission of most STI's, you are still at risk. Some STI's are asymptomatic, meaning they show no symptoms, and can be transmitted through direct skin to skin contact. Having this conversation can help you determine how you want to move forward.

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