

# SEXUAL health



HEALTHY

SEX POSITIVE  
POSITIVE  
POSITIVE  
POSITIVE  
POSITIVE



**HEALTHY SEXUALITY:** Healthy sexuality means having knowledge and power to express one's sexuality in ways that enrich one's life. It includes approaching sexual interactions and relationships from a perspective that is consensual, respectful, and informed. Healthy sexuality is free from coercion and violence and is about much more than sex; healthy sexuality is emotional, social, cultural, and physical.


**SEX POSITIVITY:** The idea that sex can be a healthy part of human life and shouldn't be shamed or stigmatized. Being sex positive means not judging the choices others make regarding sex, even if those choices are different from our own (provided those choices are consensual). Sex positivity doesn't simply mean you love sex, or shame people who don't have it - it means not judging and being open!


**CONSENT:** Consent is present when clearly understandable words or actions manifest a knowing, active, voluntary, and present and ongoing agreement to engage in specific sexual or intimate conduct.

**BARRIER METHOD:** Barrier methods prevent the exchange of bodily fluids (ie condoms) and/or provide a mechanical barrier (ie sponge, diaphragm) to prevent pregnancy or STI transmission. Latex gloves, finger cots, and dental dams can also prevent the exchange of bodily fluids for different kinds of sex.

"DON'T YUCK  
SOMEONE'S YUM!"

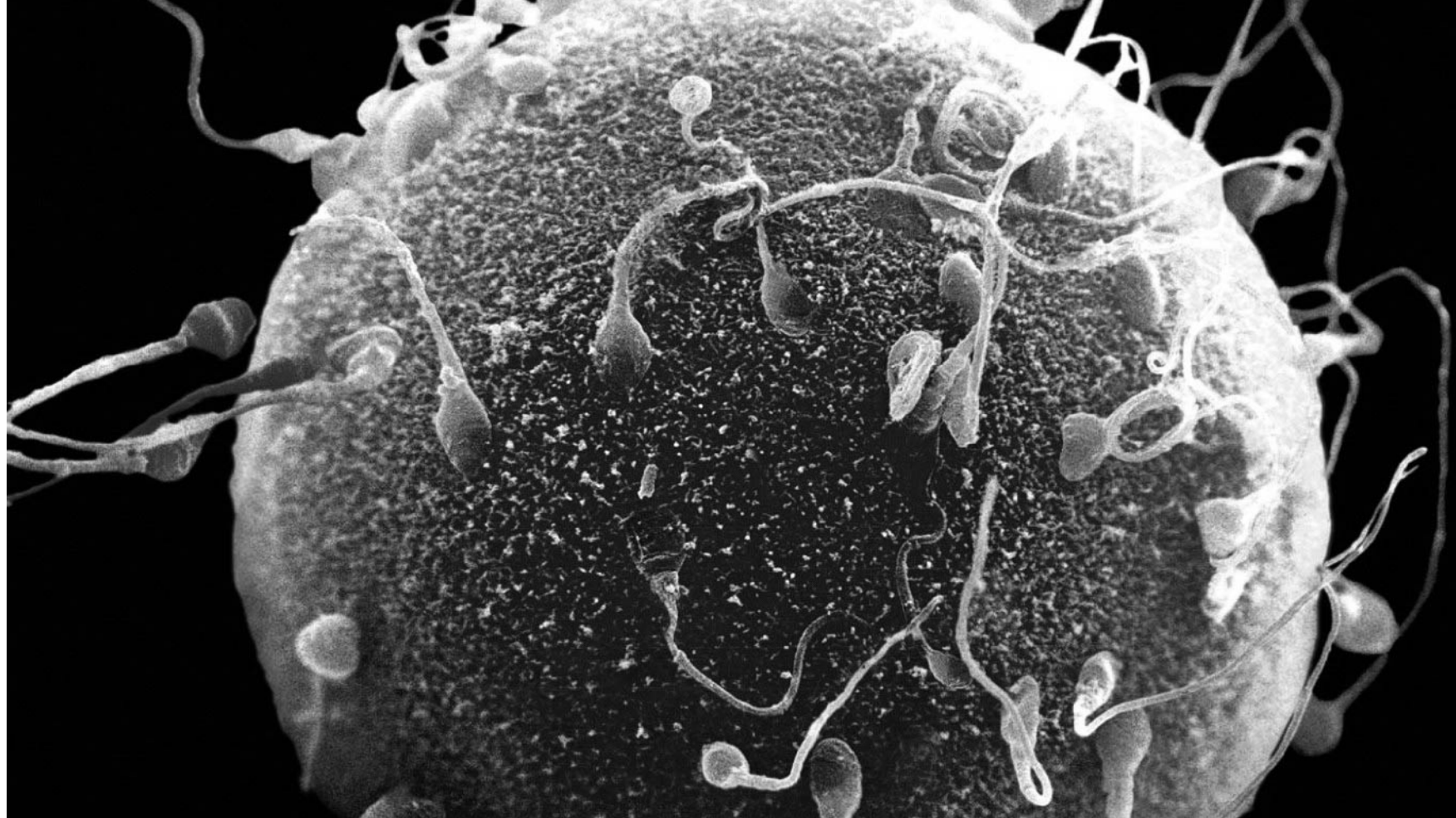


<div> <div>&gt;99%</div> <div>EFFECTIVE</div> </div>	<b>Implant (Nexplanon)</b>			
	A small rod that is inserted under the skin of the upper arm, approximately the size of a matchstick. Usually not visible after insertion.			
<div> <div>✓</div> <div>COVERED BY MOST INSURANCE</div> </div>	<div> <div>\$450 - \$848**</div> <div>WITHOUT INSURANCE</div> </div>	<div> <div>✓</div> <div>PROGESTIN</div> </div>	<div> <div>ESTROGEN</div> </div>	MUST BE PRESCRIBED AND INSERTED BY A HEALTHCARE PROVIDER
<ul style="list-style-type: none"> <li>Prevents pregnancy for up to three years.</li> <li>Super effective!</li> </ul>			<div> <div>YES</div> <div>AVAILABLE AT HEALTH SERVICES</div> </div>	

<div> <div>&gt;99%</div> <div>EFFECTIVE</div> </div>	<b>IUD (Intra-Uterine Device)</b>			
	An IUD is a small, t-shaped piece of plastic and/or copper that is put in the uterus			
<div> <div>✓</div> <div>COVERED BY MOST INSURANCE</div> </div>	<div> <div>\$50 - \$158**</div> <div>WITHOUT INSURANCE</div> </div>	<div> <div>✓</div> <div>HORMONAL &amp; NONHORMONAL OPTIONS</div> </div>	<div> <div>ESTROGEN</div> </div>	MUST BE PRESCRIBED AND PLACED BY A HEALTHCARE PROVIDER
<ul style="list-style-type: none"> <li>Prevents pregnancy for 3-12 years.</li> <li>Longest lasting form of birth control!</li> </ul>			<div> <div>YES</div> <div>AVAILABLE AT HEALTH SERVICES*</div> </div>	

\*Initial consult at Health Services, referral out to a Gynecologist to place the IUD


\*\* Price estimates without insurance came from bedsider.org




RING

Side effects for birth control vary for each method, but commonly include spotting, missed or irregular periods, breast tenderness, nausea, bloating, changes in appetite, acne, and mood changes. However, everyone's body responds differently, so talk to your doctor about which method is best for you and monitor how you feel when starting a new form of birth control.

SHOT


<div><div>&gt;99% EFFECTIVE</div></div>	Shot (Depo-Provera)						
	Shot administered in either the upper arm or the buttocks.						
✓	COVERED BY MOST INSURANCE	\$50-\$120 WITHOUT INSURANCE	✓	PROGESTIN		ESTROGEN	MUST BE PRESCRIBED BY A HEALTHCARE PROVIDER
<ul style="list-style-type: none"><li>Prevents pregnancy for 3 months</li><li>Get it every 3 months to maintain effectiveness!</li></ul>					YES NO	AVAILABLE AT HEALTH SERVICES	

\*94% effective with typical use, > 99% effective with perfect use


<div>&gt;99% EFFECTIVE</div>	The Pill (Oral Contraception)				
	Pill that is taken every day at the same time				
✓	COVERED BY MOST INSURANCE	\$10-\$133 (per month) WITHOUT INSURANCE	✓	DIFFERENT LEVELS OF SYNTHETIC HORMONES	
<ul style="list-style-type: none"><li>Most common method!</li><li>Different prescriptions contain different levels of synthetic hormones</li></ul>				YES NO	AVAILABLE AT HEALTH SERVICES
MUST BE PRESCRIBED BY A HEALTHCARE PROVIDER					

\*91% effective with typical use, 99% effective with perfect use

**>99%  
EFFECTIVE**

<div><div>&gt;99% EFFECTIVE</div></div>		<div>Patch (Zulane)</div> <div>A thin piece of adhesive-backed plastic that looks like a square bandage, which contains hormones.</div>				<div></div>	
<div>✓</div>	<div>COVERED BY MOST INSURANCE</div>	<div>\$30 - \$44 WITHOUT INSURANCE</div>	<div>✓</div>	<div>PROGESTIN</div>	<div>✓</div>	<div>ESTROGEN</div>	<div>MUST BE PRESCRIBED BY A HEALTHCARE PROVIDER</div>
<div><div>• Replace with new patch every week for 3 weeks in a row, going patchless the fourth week to menstruate</div><div>• Stick a new patch on your upper arm, lower back, stomach or butt!</div></div>					<div>YES ✓ NO</div>	<div>AVAILABLE AT HEALTH SERVICES</div>	

\*91% effective with typical use, 99% effective with perfect use

<div><div>&gt;99% EFFECTIVE</div></div>		<div>Ring (NuvaRing)</div> <div>Small bendable ring that you insert in the vagina. Insert the ring into the vagina, leave in for 3 weeks. On the fourth week take the ring out to menstruate.</div>				<div></div>	
<div>✓</div>	<div>COVERED BY MOST INSURANCE</div>	<div>\$30-\$75 (for 3 rings) WITHOUT INSURANCE</div>		<div>PROGESTIN</div>	<div>✓</div>	<div>ESTROGEN**</div>	<div>MUST BE PRESCRIBED BY A HEALTHCARE PROVIDER</div>
<div>• Don't take it out for more than 3 hours, except on the 4th week!</div>					<div>YES NO</div>	<div>AVAILABLE AT HEALTH SERVICES</div>	

\* 91% effective with typical use, 99% effective with perfect use

\*\* Uses lower levels of estrogen than the pill while remaining effective



# CONDOMS



- Condoms are typically a thin latex covering that slides over the penis or sex toy to prevent pregnancy and/or STI transmission.
- 82% effective with typical use, 98% effective with perfect use
- There are lots of different options: latex, non-latex, lubricated, non-lubricated, ribbed, etc.

**STEP 1**

Put the condom on the end of the erect penis or toy before any oral, genital, or anal contact

Pinch the tip of the condom so no air is trapped inside (a big reason for breakage!)

**STEP 2**

Unroll the condom all the way to the base, but do not pull it tightly against the tip of the penis

**STEP 3**

If using with a penis, after ejaculation, hold on to the base of the condom and withdraw while the penis is still erect

**STEP 4**

**COST ABOUT \$1 PER CONDOM, BUT THERE ARE MANY PLACES TO GET FREE CONDOMS ON CAMPUS**

# INTERNAL CONDOMS

- An internal condom is a non-latex pouch that's inserted into the vagina or anus. Has a ring on one end that is folded before insertion.
- 79% effective with typical use, 95% effective with perfect use
- Keeps semen inside the condom and out of the vagina or anus and/or can protect against STI's.
- Can be inserted hours before sex or as part of foreplay
- For vaginal sex: put lubricant on the closed end of the condom, squeeze the sides of the ring together and insert like a tampon. Push the condom as far up as it will go, all the way to the cervix and then remove your finger. The outer ring will hang about an inch outside of the vagina.

- For anal sex: remove the internal ring. Put lubricant on the closed end of the condom and push into the anus. The outer ring should hang about an inch outside of the anus.

## ADDITIONAL BARRIER METHODS:

- Dental Dams (can prevent STIs)
- Gloves (can prevent STIs)
- Sponges (do not prevent STIs)
- Diaphragms (do not prevent STIs)

**COST ABOUT \$5, BUT ARE ALSO AVAILABLE ON CAMPUS FOR FREE**



**BOTH**  
**PROTECT AGAINST**  
**STIs**

# EMERGENCY CONTRACEPTION



Want to know how it works?  
[youtu.be/zN8fEakox5I](https://youtu.be/zN8fEakox5I)

Although all of these contraceptive methods can be highly effective, everyone's body works differently and sometimes accidents can happen: enter Emergency Contraception!

- Emergency Contraception is a way to stop pregnancy before it begins
- Emergency contraception is not the same as the abortion pill

- There are 3 different methods:
  - Ella is hormonal and can be effective within 5 days
  - Plan B is hormonal and can be effective within 3 days
  - Copper IUD is non-hormonal and be effective within 5 days
- Hormonal methods can cause breast tenderness, irregular bleeding, fatigue, or occasionally upset stomach and vomiting
- The earlier you take it, the more effective it is!
- Emergency Contraception may be free if it is prescribed under insurance
- Plan B and Ella do not require a prescription if older than 17
- Health Services sells Plan B for about \$20
- The Copper IUD is available as emergency contraception through planned parenthood and other local providers that can provide short notice appointments

**99.9%**

OF WOMEN WHO WOULD HAVE  
GOTTEN PREGNANT WILL NOT GET PREG-  
NANT AFTER USING THE COPPER IUD

**85%**

OF PEOPLE WHO WOULD HAVE  
GOTTEN PREGNANT WILL NOT GET  
PREGNANT AFTER TAKING ELLA

**89%**

OF PEOPLE WHO WOULD HAVE  
GOTTEN PREGNANT WILL NOT GET  
PREGNANT AFTER TAKING PLAN B

## STI

### FACTS

- More than half of all people will have an STI at some point in their lifetime
- Infections are underreported, underdiagnosed, and many people are unaware that they have an STI
- Undiagnosed infections may lead to infertility, pelvic inflammatory disease, ectopic pregnancies, AIDS, or cancer.
- Many STI's are curable or manageable with treatment
- **Different activities carry different risks, but all sexual activity has some risk, including oral sex!**

### TESTING!

- Get tested before any kind of sex with a new partner
- A good rule of thumb: get tested once a year if you are sexually active - this is important to decrease transmission rates!
- It is helpful to talk with your healthcare provider to make a decision which testing is best for you based on your history.
- Also seek testing if you do experience symptoms, such as genital pain, itching, unusual odor or smells or unusual discharge.
- You can still give sexual partners an STI even if you don't have symptoms! Many STI's do not show symptoms, which is why it is so important to get tested regularly
- You have to ask! Make sure to bring up all of your concerns with your health-care provider.

- Types of testing include:
  - Physical exam: healthcare provider examines genitals and/or anus for signs of infection
  - Blood sample: blood drawn by needle or by pricking the skin to test for infection
  - Urine sample: urine collected in a cup
  - Discharge, tissue, cell, or saliva sample: collected by a swab in order to examine for infection
- Testing is available at Health Services.
- There are ways to prevent STI testing language from appearing on your insurance paperwork. This depends on your insurance provider, so ask the staff at Health Services if you are concerned!



STI NAME	NUMBER OF PEOPLE INFECTED IN THE US	BACTERIAL/ VIRAL	HOW IS IT TRANSMITTED?	TREATMENT
Chlamydia	1.5 Million cases were reported to the CDC in 2015	Bacterial	Bodily fluids	Curable, with oral antibiotics such as azithromycin
Syphilis	75,000 people were diagnosed with syphilis in 2015	Bacterial	Skin to skin contact	Curable, with penicillin or antibiotics
Gonorrhea	400,000 new cases of gonorrhea were reported in 2015; most prevalent among teenagers	Bacterial	Skin to skin contact	Curable, with antibiotics
Herpes	One in five people are estimated to have Genital Herpes; as many as 90% of people are estimated to have Herpes 1 (cold sores)	Viral	Skin to skin contact	Treatable, treatment consists of antivirals and self-care
Human Papillomavirus (HPV)	Approximately 75% of people	Viral	Skin to skin contact	Treatable, can be prevented with vaccines
Human Immunodeficiency Virus (HIV)	1.2 million people in the US are living with HIV	Viral	Bodily fluids	Treatable, by antiretroviral therapy; PrEP used to prevent transmission

# STIs

# FACTS

A note about skin to skin contact! While some STIs are transmitted through bodily fluids (semen, pre-cum, vaginal secretions, rectal fluids, blood), others are transmitted by skin to skin contact. This occurs when the infected site of one person's skin (for example, their genitals) come into direct contact with a mucous membrane or lesion on the uninfected person's body (vagina, anus, or a cut or sore).

This means that condoms aren't always 100% effective at preventing STI transmission, so make sure to discuss STI history with your sexual partners!

HPV can be prevented through the use of vaccines, the most common is Gardasil

## HIV FACTS

- Human Immunodeficiency Virus (HIV): HIV weakens the immune system and develops into AIDS, which can be fatal.
- HIV is not curable but can be treated with antiretroviral therapy (ARVs).

## PrEP FACTS

- PrEP stands to Pre-Exposure Prophylaxis, and may be taken by people who are at a greater risk of contracting HIV.
- PEP stands for Post-Exposure Prophylaxis, and may be taken by someone who may have been exposed to HIV in the past 72 hours.
- People with high risk of infection may choose to take PrEP daily, and PEP can be used right after possible exposure to HIV to try and stop infection.
- Both medications must be prescribed by a healthcare provider, and can be accessed through the Health Services.

# COMMUNICATION is KEY

Getting tested yourself only gets you so far if you don't know about your partner's status! Talking about getting tested can be hard, but is always worth it. You have a right to communicate your boundaries and to ask for what you need – including getting tested and safer sex. Here are some ways to get the conversation started.

I found out at the G-Spot that there are tons of free and sliding scale health clinics in Chicago! I haven't been tested in a while, do you want to go get tested together?

Super Gonorrhea is real, and freaking me out- can we both get tested?

I'd feel more relaxed and "in the moment" if we knew for sure- let's get tested together!

At my doctor's appointment the other day and they said that STI rates are on the rise. Would you be willing to go get tested? It would make me feel a lot safer.

There's going to be a free STI testing booth next week, do you want to go get tested together?

I care about you and I want to make sure we're both healthy, do you want to go get tested?

Apparently the biggest reason for not getting tested is stigma. I think we should always err on the side of caution and get tested every year and new partner- when did you last get tested?

I don't if we can catch anything with the kind of sex we've been having, but what if we got tested and asked together?



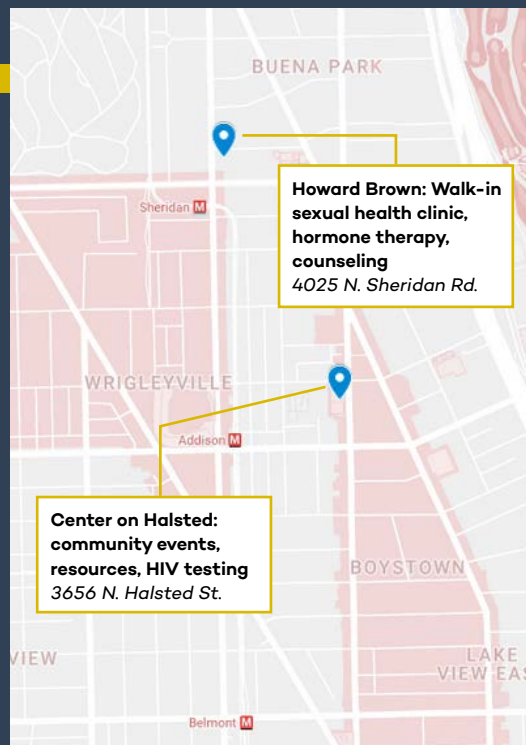
# ADDITIONAL RESOURCES

## ONLINE RESOURCES:

For more accurate information about contraception, sexual health, and testing:

- Planned Parenthood  
[www.plannedparenthood.org](http://www.plannedparenthood.org)
- Bedsider  
[www.bedsider.org](http://www.bedsider.org)
- American Sexual Health Association  
[www.ashasexualhealth.org](http://www.ashasexualhealth.org)
- Center for Disease Control  
[www.cdc.gov](http://www.cdc.gov)
- Scarleteen  
[www.scarleteen.com](http://www.scarleteen.com)

## CHICAGO RESOURCES:



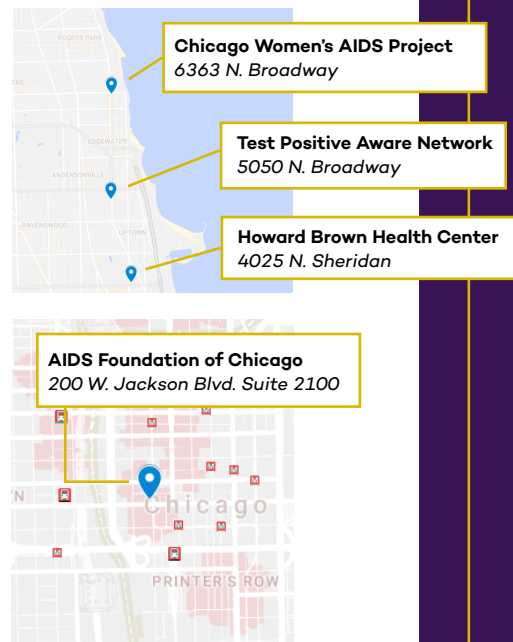
## LOW COST / SLIDING SCALE

### ABORTION SERVICES:



## HIV/AIDS

### SUPPORT:



# RESOURCES AT NORTHWESTERN

### WHERE TO GET CONDOMS FOR FREE:

- CARE
- Gender and Sexuality Resource Center
- Multi-Cultural Center
- Health Services
- SHAPE members, including the G-Spot on Fridays

### CARE

- Searle Hall, 633 Emerson Street, 3rd floor
- Free safer sex supplies including multiple types of condoms, and barrier methods and lube
- Confidential support related to healthy relationships, sexuality, and consent

### NORTHWESTERN UNIVERSITY HEALTH SERVICES

- Searle Hall, 633 Emerson Street, 1st floor
- Gynecological/reproductive health examinations
- STI testing and treatment by appointment

- Pregnancy testing
- Confidential HIV testing by appointment
- Full pharmacy services for prescription birth control and emergency contraception
- Birth control consultation and prescription

### SHAPE

- shapenu.wordpress.com
- SHAPE is composed of trained student peer educators who serve as a resource for individual students with sexuality and resources questions.

### GENDER AND SEXUALITY RESOURCE CENTER

- Norris University Center, 1999 Campus Drive, 3rd floor
- The GSRC works to provide a safe and affirming space for all members of the Northwestern University campus and acts as a hub for organizations of interest to the Queer, Trans\*, and Ally community



Northwestern | CENTER FOR AWARENESS,  
RESPONSE, AND EDUCATION

