Talk About It

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Sexual Health Education

The World Health Organization (WHO) defines sexual health as a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination and violence.

Casual sex (hooking up) does occur on religiously affiliated campuses as well as public or private institutions.

In general, college students believe they are not vulnerable to sexually transmitted infections.

The incidence of sexual assault has not dropped for the past five decades. (Adams-Curtis & Forbes, 2004)

Substance misuse and abuse has a direct positive correlation to sexual assault. (Hingson et al., 2009)
Ground Rules

Two Teams: Each team picks a name and leader. Flip a coin to see who goes first. Each team has one buzzer. Players can only buzz after entire question is read. Team has 15 seconds for a final answer. If question is answered correctly your team has control of the board. If answer is incorrect the other team can steal control. If teams buzz at the same time, the score keeper will have the power to say who was first.
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Students should be clear about their expectations before hooking up with someone.

True or False  A.
Hooking Up
True.
College students feel social or cultural pressure to have sex.

True or False
Peer Pressure
True.
What is the percentage of students who have never had sex (oral, vaginal, or anal)?
Abstinence

30% of students have never had sex.

NCHA 2012 survey
What is the percentage of college students who always use condoms during sexual intercourse? A.
Safer Sex
18.3% of students ALWAYS use condoms.
NCHA 2012 survey
What is the percentage of college students who were forced to have unwanted sex?
Unwanted Sex

Almost 2% of college students reported engaging in sexual activity against their will.

NCHA 2012 survey
What are the most common drugs on college campuses?
Legal & Illegal
Legal & Illegal Drugs

65% of students drink alcohol

38% of students smoke marijuana.

NCHA 2012 survey
How many ounces of the following liquids equals ONE standard drink?

Wine
Beer
Cognac
Drinking Alcohol
5 oz. Wine
12 oz. Beer
1 oz. Cognac
What would you say?

Your friend failed an important test in Physics and tells you that she plans on getting wasted tonight to forget about it. You try to convince her to take it easy but she insists she’ll be fine.
Getting Wasted

1. Remind her to eat and drink water throughout the night.
2. Suggest putting local taxi number in her phone to get home safely.
3. Ask her to have a girlfriend look out for her.
What should you do?
You return back to your dorm after a party and find a woman passed out on the floor of the hallway.
Passing Out
Call an RA or campus public safety.
What is the name for temporary amnesia resulting from drinking alcohol? A.
A Red Flag
Blacking out.
What is the difference between love and sex in the context of an intimate relationship?
Love or Sex

Love is based on respect, trust, open communication, and honesty.

Sex can be a selfish act.
What percentage of college students reported being in an emotionally abusive relationship?
Partnership

10% of students.

NCHA 2012 survey
What percentage of college students identify as gay, lesbian, bisexual, or undecided?
LGBT

9% of students.

NCHA 2012 survey
Olivia is suspicious of Lauren cheating on her. Olivia confronts Lauren who denies it. The discussion reaches a fever pitch. What do you suggest?
Suggestion Box

Call a time out. Walk away and try to cool down before having the conversation again.
A friend tells you about a date who begged her to have sex even though she didn’t want to. She didn’t have intercourse with him but said yes to oral sex because she was feeling uncomfortable and wanted to end the date. Was she coerced into doing it?
Sexually Coercive Behaviors

Yes. If his words carried the threat of violence or she felt threatened, this was coercion and not consent.
If both students are drunk and have sex, neither can be charged with sexual assault.

True or False

A.
Sexual Consent

False. The person who initiates the sexual activity may be charged with sexual assault. When one is drunk, one cannot give consent.
At lunch, an acquaintance, Tim, talks about the previous night during which he had sex with a girl while she was passed out.
Rights & Responsibilities

Speak up! It was a sexual assault!
What should you do?

Scenario: You’re at a frat party about to get a cup of jungle juice when you overhear someone whispering to their friend that the jungle juice is reserved for women only.

What should you do?  A.
Bystander Approach

Do not drink it and tell your friends not to drink it.
What is the percentage of college women who have reported acquaintance rape?
Acquaintance Rape

4% of students.

NCHA 2012 survey
How would you offer support to a person who is a survivor of sexual assault?
Survivor Support
Listen.
Who is more at risk for STIs: Men or Women?
Risk Factors

Women. The female genitalia offers a larger opening and surface area for viruses and bacteria to infect than the small opening of the male genitalia.
What does HIV stand for?

A.
HIV 101
Human Immunodeficiency Virus
How is the Human Papilloma Virus (HPV) transmitted?
HPV 101
Skin to skin contact.
What is the difference between bacterial and viral STIs? A.
Viral vs. Bacterial STIs

Bacterial: STIs caused by bacteria. They can be cured with antibiotics.

Viral: STIs caused by viruses, not curable but some strains can be treated with antiviral medication.
If you have a cold sore or a fever blister on your lip, you have herpes. True or false
Grab Bag
True. Cold sores/fever blisters are oral herpes and can be spread mouth to mouth and mouth to genitals.
What is the difference between HIV confidential testing and HIV anonymous testing?
Confidential vs. Anonymous

Confidential: Your NAME is recorded on the test, but only authorized personnel can see your medical records.

Anonymous: The testing site records a number or code on the test instead of your NAME.
If I am infected with an STI, symptoms will appear within one month. True or False
Incubation Period
False. Some people show no physical symptoms at all. It is important to get tested regularly if you are sexually active.
Condoms will fully protect you from getting infected with an STI. 
True or False  A.
Condoms
False. Consistent and correct use (perfect use) of condoms is 97-99% effective at protecting you from STIs and unplanned pregnancies.
There is one test for all STIs. True or False
Testing Myths

False. There is no single test for every sexually transmitted infection. Tests are specific to each infection (Chlamydia, gonorrhea, syphilis, Hepatitis B, HIV, HPV for women).
Where is the closest location to get tested for STIs?
Get Tested
This web site will provide you with the nearest location for STI and HIV testing based on your zip code.
hivtest.cdc.gov
Final Words

The purpose is NOT to memorize facts and statistics BUT INSTEAD....
The objective is to raise awareness about sexual health, sexual assault, alcohol and other drugs, and sexually transmitted infections (STIs) by having an open conversations with college students.