

sex talk.

answers to your questions about sex and relationships

wildfact

Use your Bursar Account all year long at Campus Health! All charges will show up as "Student Health Charge" on your statement.

Q How do you stay healthy sexually?

A. Reading SexTalk in *The Daily Wildcat* is a great place to start. And while this column tends to address specific concerns on sex and relationships, your all-encompassing question nods to the many factors that create a state of sexual well-being. Here are six essentials:

- 1. Foster healthy relationships.** Note that the word "sexual" did not precede "relationships" here. The reason? Cultivating positive relationships is the foundation for everything that comes later. And don't forget that good communication is key to any relationship.
- 2. Get consent.** Whether it's making out or having sex, it's your responsibility to get consent from your partner(s). Not sure how to get it? Ask... and respect the answer!
- 3. Get tested if you are sexually active.** Yes, you can have a sexually transmitted disease without signs or symptoms, so getting tested is the only way to know without a doubt. Testing is available at Campus Health and in the Tucson

community through the Pima County Theresa Lee Health Center and Planned Parenthood.

- 4. Practice safer sex.** Only abstinence and masturbation are truly "safe" sex – if you are including a partner, start with communication, then be sure to use barrier condoms, latex dams, and contraception to reduce your risks.
- 5. Know your body.** When in doubt, get checked out. If something does not seem right, it probably isn't. That sore, growth, or discharge that seems out of the ordinary, probably is. Get checked out as soon as signs and symptoms show up, since the faster you treat a sexually transmitted infection (STI), the better.
- 6. Know your resources.** Campus Health Service has doctors and nurses to serve you right on campus. You'll wait less, spend less and get quality, confidential care that you can bill to your Bursar's account. Services include general health, Women's Health, Counseling & Psych Services (CAPS), Oasis Sexual Assault and Trauma Services, and a full service pharmacy. Appointments can be made by calling (520) 621-9202.



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Have a question? Send it to sextalk@email.arizona.edu

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