

sextalk.

answers to your questions about sex and relationships

factoid

The Campus Health Pharmacy sells a variety of condoms, latex dams (for oral sex), water-based lubricants, and other sexual health products at low cost.

Q. I was at a party with some friends, one of them a girl that I was pretty close to but not seeing or anything. We both got extremely drunk and I passed out. I woke up the next morning not remembering anything, but was later told by her that I was 'fondling' her and that she ended up on the floor next to me. She doesn't remember how she got on the floor, and I don't remember anything. I feel awful if what was said is true and I want to know if there's anything I can do to alleviate the situation.

A. Admitting to this woman that something went wrong, and your behavior may have caused her harm, is the first (and perhaps most difficult) thing you can do. The fact that you are asking for help shows that you have empathy for this woman and a mature willingness to take responsibility for your actions. Below are some ideas that could help both of you move towards a healthy resolution:

1. Contact the woman and tell her you are sincerely concerned about what happened. Let her know that you feel awful about the possibility that something occurred without her consent. If she's willing, ask her to meet with you to talk about the incident and what steps could be taken to bring about a resolution for both of you.
2. Offer to make an appointment together and/or individually with a counselor at the Oasis Center on campus. Oasis counselors can spend time with both of you to gain a better understanding of the situation and help you develop appropriate resolution. Services are free to UA students, staff, and faculty. To schedule an appointment, call 626-2051.

Combining alcohol and sex can have dangerous, even devastating, results. Being aware of your limitations and the risks associated with drinking is important for preventing such situations in the future. Consider making an appointment with an alcohol specialist at the Campus Health Service to discuss safer drinking strategies. Call the Health Promotion office at 621-6483.

Reference: Oasis Center staff

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

SexTalk is written by Lee Ann Hamilton, M.A., CHES & Melissa McGee, Ph.D., MPH, health educators at The University of Arizona Campus Health Service.

