

sextalk.

answers to your questions about sex and relationships

factoid

Campus Health Service's Oasis Program posts information on how to manage violent relationships and situations, and where to get help. Visit web.arizona.edu/~oasis and select *Emergency Help*. Near the bottom of the page is information on *Safety Planning*.

Q. What is the most common STD among college-aged people? Which is most common at UA? Wouldn't it be helpful for students to know this?

A. The most common STDs (Sexually Transmitted Diseases) or STIs (Sexually Transmitted Infections) among college students are Herpes Simplex, Human Papillomavirus (HPV), and Chlamydia. These also happen to be the most common STDs on the UA campus. According to the CDC, 15 to 24-year-olds represent almost half of all new STDs. The most important thing for students to know is how to reduce the risks of getting STDs. Some options for lowering risks include: abstinence, using condoms, knowing your partner's sexual history, communicating needs to your partner, and getting tested.

Q. Does wearing one or two condoms help during sex?

A. It is never a good idea to use more than one condom at a time. In fact, you are putting yourself more at risk, since the friction between the two pieces of rubber can cause the condoms to tear or even worse, slip off! A missing condom or one with a hole in it is much less effective in protecting you from potential STDs.

Don't believe everything you saw in *Can't Hardly Wait!* Just because Seth Green's character, Kenny Fisher said, "I better double bag it, I don't know where that girl been", doesn't mean that he was actually being safer.

Q. Are there special condoms for oral sex?

A. Sort of... but they're flat, not tubular. Latex dams or dental dams are thin pieces of latex specifically designed for oral sex. You can buy them at the Campus Health Pharmacy. Simply place the dam over the genital or anal area and begin. If you don't have a latex dam, you can use a condom, cut lengthwise, to create a barrier between the mouth and genital area. However, do not attempt to substitute a latex dam for a condom.

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



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