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Students' Perceptions About Sex [brochure and video]

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Still Need More Information?
Consider this...

WKU Counseling and Testing Center

Potter Hall 4th Floor

270 745– 3159

WKU Health Services

270 745-5641

Hope Harbor

www.hopeharbor.net

270 782-5014

24 Hour Crises Line

800-656-hope (4673)

WKU University Police

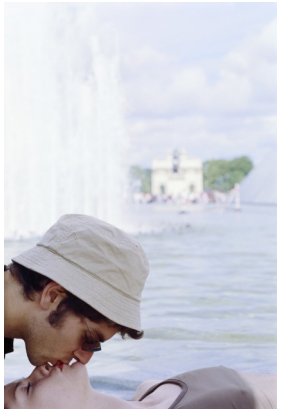
745-2548

College Students and Sex What You Should Consider

Presented By
Kyanna Coffee & Alisha Smith

CNS 571
Spring 2010

Considering Sex….



People choose to have sex for many different reasons. What's yours?

Sex can have a lot of implications: physically, emotionally, and mentally. It is important to consider

- Why do I want to have sex?
- How do my personal values or beliefs affect this decision? Will I feel guilty?
- Am I feeling pressured? How will my partner react if I say no?
- What do I really know about birth control or sexual transmitted infections?

What Are Some of the Risks?

If you choose to engage in sexual activity you should be aware that there are many risks associated with sex. Two of the largest risks are pregnancy and STI's.

The Kentucky Teen Pregnancy Coalition states on their website that 50% of unexpected pregnancies occur to women who did use contraception during the month they became pregnant. Unexpected pregnancy is a risk of engaging in sex. It is important to be aware of the risks and to consider whether or not you are ready for that responsibility.

Another risk is sexually transmitted diseases. According to the Center for Disease Control there were 8,779 reported cases of Chlamydia per 100,000 for the state of Kentucky in 2008. Talk to your partner about their sexual history and whether or not they regularly use protection. Both partners should get tested for STI's and undergo a physical **prior** to engaging in sexual activity.

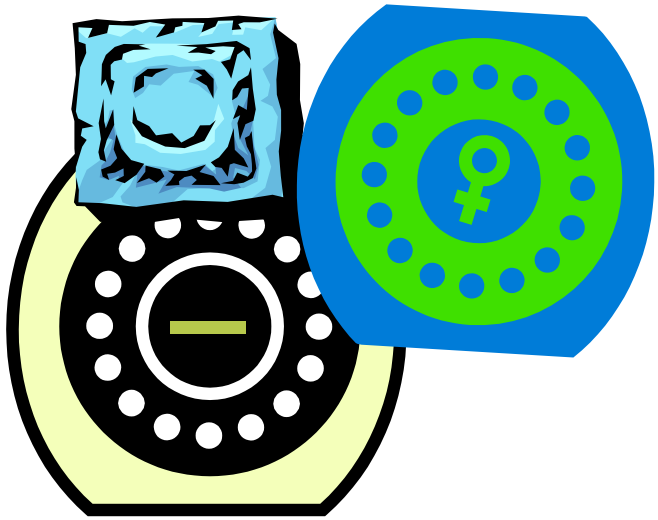
Protection. It's Essential.

The only way to fully protect yourself is through abstinence. However, if you choose to engage in sexual activity you should make sure you are using protection.

There are many different types of protection to ward against STI's but the most common is male condoms. When used properly they can help prevent infection.

Birth control can also provide an extra measure of protection for unexpected pregnancies.

Remember no contraception is 100% effective and that it is important to follow directions and use properly in order for them to be effective.



There are many different types of protection. Talk to your doctor about what works best for your needs.