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Counseling and Student Affairs

10-1-2011

Sex and Sexual Health: What's on Your Mind? [brochure]

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Recommended Citation
Rigsby, Sarah and Smith, Kristen, "Sex and Sexual Health: What's on Your Mind? [brochure]" (2011). *Counseling Concepts and Applications for Student Affairs Professionals (CNS 577)*. Paper 14.
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Websites to visit for more information:

- http://www.webmd.com/sex-relationships/guide/default.htm
- http://www.cdc.gov/sexualhealth/
- http://www.womenshealthmag.com/sex-and-relationships
- http://www.menshealth.com/sex-women/
- http://kinseyconfidential.org/

Places to visit for more information:

- Your local health department
- On Your College Campus
  - Health Services
  - Counseling and Testing Center
- Your Local Physician

References

- *Sexual and Reproductive Health: Women and Men*. 2002. Alan Guttmacher Institute. New York:AGI. http://www.guttmacher.org/pubs/fb_10-02.html
- http://www.kff.org/hivaids/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=14302
- http://www.kff.org/hivaids/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=14302
- http://www.menshealth.com/health/sex-myths
- http://www.womenshealthmag.com/sex-and-relationships/sex-myths busted?qn=12&s=11&a=1&next.x=414&next.y=0
- http://kinseyconfidential.org/resources/
- http://www.cdc.gov/sexualhealth/
- http://www.nursingschools.net/blog/2010/05/10-truly-shocking-stats-on-stds-and-college-students/

REMEMBER…

NO GLOVE. NO LOVE.

Sex and Sexual Health 101

Created By:

Sarah Rigsby & Kristen Smith

Sexual Health Statistics

- 87% of men know how to use a condom correctly
- 70% believe men should carry a condom at all times
- Only 54% of students regularly use condoms during vaginal intercourse, 29% during anal intercourse, 4% during oral sex
- 60% of women know how to use a condom correctly
- 60% also say they would still have sex even if their partner refused to wear a condom.
- Over 45% of college freshmen who have been binge drinking and under the influence of alcohol failed to consider the usage of contraceptive aids when engaging in sexual intercourse.
- 1 in 4 college students has an STD
- 80% of people who have a sexually transmitted disease experience no noticeable symptoms.
- HPV is the number one sexually-transmitted disease on college campuses.

Protect Yourself: Forms of Contraception

Abstinence

- Men reach their sexual peak at 18, and women reach theirs at 28
  - *FACT*
- Masturbation Yields the Strongest Orgasm
  - *FACT*
- Men think about sex every 7 seconds
  - *FICTION*
- Having sex in water will kill sperm.
  - *FACT(Though, it's not an effective method of birth control)*
- You should brush your teeth after oral sex.
  - *FICTION(Use mouth wash instead)*
- You can't contract an STD from performing oral sex.
  - *FICTION*
- French Kissing is bad for your teeth
  - *FICTION(It actually helps remove tooth decay and regulate plaque)*
- Sex is the most commonly searched word on the internet.
  - *FICTION(Facebook is searched 5 times more often)*
- Women have increased sex drives during ovulation.
  - *FACT*
- Men's sexual organs are designed for more pleasure than women's.
  - *FICTION(*Women win this contest hands down)