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

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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/hiv/aids/loader.cfm?url=/commonspot/security/getfile.cfm&PageID=14302>
- <http://www.kff.org/hiv/aids/loader.cfm?url=/comcommonspot/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:

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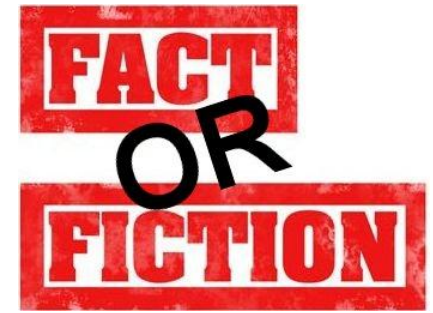
Sexual Health Statistics

- 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)*