Exploring sexuality is a natural part of adult human behavior, but all forms of sexual activity beyond masturbation and fantasy carry risk. To maximize pleasure and minimize negative consequences, consider:

The **emotional risks** you are willing to take with a partner.

Sex without **consent** is assault. See [coping.wustl.edu](http://coping.wustl.edu) for more information.

**Alcohol/other drugs** impede the ability to consent, affect judgment, and can lead to unsafe sex.

Females who have sex with males have **contraceptive options**, including emergency contraception. See [http://shs.wustl.edu/medicalServices/whpi.htm](http://shs.wustl.edu/medicalServices/whpi.htm).

**HIV and other Sexually Transmitted Infections (STIs) are on this campus.** All people who engage in oral, vaginal, and/or anal sex are at risk. Condoms and dams, used properly, decrease risk.

**STI testing** is offered at low or no cost on- and off-campus (see options at [http://shs.wustl.edu/medicalServices/std.htm](http://shs.wustl.edu/medicalServices/std.htm)).

**Guidelines for Sex Partners:**

- Have each other’s consent.
- Never use pressure to get consent.
- Be honest with each other.
- Treat each other as equals.
- Be attentive to each other’s pleasure.
- Protect each other against physical and emotional harm.
- Guard against unintended pregnancy and sexually transmitted infection.
- Be clear with each other about what you want to do and don’t want to do.
- Respect each other’s limits.
- Accept responsibility for your actions.

Adapted from Planned Parenthood’s “Sexually Transmitted Infections—The Facts,” 2007
MEDICAL

Appointments are available with female or male medical providers. Make appointments online at shs.wustl.edu or by phone at 935-6666. Lab and Pharmacy on site.

Women’s health services
- Annual Well Woman Exam
- Breast screenings
- Birth control
- Family planning advice and counseling
- Emergency Contraception (EC) for immediate or future use
- Pregnancy testing, counseling and referrals
- Sexually transmitted infection (STI) screening/treatment, HIV screening/referral
- Diagnosis and treatment of gynecological conditions
- HPV vaccine

Men’s health services
- Sexually transmitted infection (STI) screening/treatment, HIV screening/referral
- Testicular screenings
- Diagnosis and treatment of erectile conditions
- HPV vaccine

HEALTH PROMOTION (all free!)

- Programs customized for groups
- Advice for students planning peer education/outreach
- Information about the Contraceptive Choice Project and Emergency Contraception
- Condoms, dams and lube
- Brochures, books, DVDs and online resources
- Consultation on any topic

Drop in, call, or e-mail. Appointments are available. Call 935-7139 or e-mail wellness@wustl.edu.

See info and resources on the following topics at shs.wustl.edu/healthPromotion:

- Healthy Relationships
- Emotional Abuse
- Physical Abuse
- Condom and dam instructions
- Options for HIV and STD/STI testing on- and off-campus
- Violence — Rape and Sexual Assault

MENTAL HEALTH

- Counselors are available to discuss issues related to sex, sexual orientation, sexuality, gender identity, assault and abuse, etc.

Call 935-6695 to make your first appointment. Subsequent appointments may be made at shs.wustl.edu. Students are entitled to 8 free counseling sessions each academic year.