

Sexual Health Information Guide

1. Goals of Sexual Health Programming

- Provide medically accurate and shame-free information to community members
- Reduce stigma associated with all forms of sexual activity, including abstinence
- Create safe spaces for community members to access sexual health resources and information

2. Important Messaging

What Not to Say	Why	What to Say Instead
"Everyone has sex in college."	Not everyone in college chooses to engage in sexual relationships in college, or ever. We want to make sure all students feel supported in their choices to engage in sex or not.	"Deciding whether or not to have sex is your choice!"
"Not wearing a condom is gross."	We don't want to shame someone for the choices they make during sex. It's our job to provide people with the information and resources to make the best decisions for themselves. Also, not all sex requires a condom- using the phrase "physical barriers" is more inclusive.	"Physical barriers are good ways to prevent STIs and pregnancy."
"Women can get pregnant," "Guys and their girlfriends"	While all these phrases may be said with good intentions, they're not inclusive of trans and non-binary individuals, and are only inclusive of hetero-normative relationships.	"People who can get pregnant," "Partners," "People with penises," "People with vaginas."

3. The Basics:

STI Transmission:

- Sexual contact (intercourse [oral, vaginal, anal], kissing [if sores present], skin-to-skin (genital contact)
 - Passed through fluids (vaginal and anal secretions), blood, sores, semen, & breastmilk
- Parasitic STIs can be passed through sharing of or close contact with sheets or clothes
- Using or sharing unclean needles (tattoos, piercings, drug use)
- Mother-to-child transmission (pregnancy, during birth, breastfeeding)

Types of STIs:

Viral (Not curable, but treatable)	Bacterial	Organisms/Parasitic
● HIV ● HPV ● Herpes ● Hepatitis B	● Chlamydia ● Gonorrhea ● Syphilis	● Pubic Lice (crabs) ● Trichomoniasis

Symptoms of STIs:

- STIs are *often* asymptomatic, meaning they often do not show symptoms
- Symptoms may include: Discharge (change in odor or color); itchiness, irritation, or pain with sex or urination; sores; rash or redness, change in odor; organisms (like public lice); fatigue
- If someone is displaying these symptoms and has had unprotected sex, they should see a medical provider

Ways to prevent STIs and reduce sexual risk:

- Abstinence
- Using barriers methods (external condoms, internal condoms, dental dams)
- Getting tested for STIs
- Limiting number of sexual partners
- Communication among partners
- Vaccines (HPV and HEP B)

Barrier Methods:

- Health Promotion offers FREE barriers – Join The Condom Club to get 30 free condoms each semester
- Barriers (such as condoms and dental dams) are the only type of contraceptives to prevent BOTH STIs and unplanned pregnancies. Birth control (such as the pill and IUD) does not protect against STIs
- External condoms (AKA male condoms) come in a variety of types: latex, non-latex, flavored, textured, colored, different sizes, and so much more!
- Internal condoms (AKA female condoms) can be inserted into the vagina or anus prior to intercourse
- Dental dams are rectangular pieces of latex that can be placed over the vagina or anus to reduce fluid transmission during oral sex

Other Preventative Measures (HIV):

- Pre-exposure prophylaxis (PrEP): Medicine that is taken every day before possible exposure to HIV for people who are at risk of getting HIV from sex or other methods. Consistent use of PrEP can reduce the risk of getting HIV from sex by about 99%.
- Post-exposure prophylaxis (PEP): Medicine used in emergency situations within 72 hours after possible HIV exposure. When taken correctly, PEP can reduce the risk of getting HIV by more than 80%.
- PrEP and PEP are available through Campus Health Services

More about STIs

- Bacterial and parasitic STIs are curable, but that does not mean you are cured for life – Like the cold, you can contract these STIs more than once.
- Viral STIs can be treated to help with symptoms but are not curable. If a viral STI is contracted, it's important to work with a medical provider to find treatment options to help you manage the symptoms and stay well
- Early detection and treatment is important. When left untreated, STIs can cause serious health outcomes. Testing and treatment are key!

Getting Tested

- NAU Medical Services has STI testing (located in the HLC), available during regular business hours
 - \$45 chlamydia and gonorrhea is available as well (out of pocket cost, does not require insurance)
- Coconino County Health and Human Services (CCHHS), Planned Parenthood, and North Country HealthCare all offer STI testing off a sliding scale fee. CCHHS also has a teen clinic serving individuals through age 19 providing reduce cost sexual health services
- Getting tested after having unprotected sex is recommended, but even if you are having protected sex, it's recommended to get tested once a year
- Most STIs have a window period to when they show up on tests, which is generally 2 weeks. This means that if someone had unprotected sex yesterday and were tested today, it is very unlikely it would show up on tests. They will have to wait 2 weeks in order for the tests to show results. Check with a healthcare provider if you are concerned or unsure when to get tested
- **Health Promotion partners with Coconino County Health and Human Services to bring free or low-cost testing. Check the HP calendar for dates and promotional materials.**
 - **Free HIV tests and \$45 for chlamydia and gonorrhea testing (plus more dependent on event)**

4. Programming Ideas:

Bulletin Boards

- **Healthy Hookups Bulletin Board:** This bulletin board provides practices of healthy hookups: it encourages the use of barriers, encourages regular STI testing, promotes healthy communication, and describes sexual partner exposure risk. It also has resources for students available on campus.
 - Template is located in the Google Drive
- **Barriers and Condom Club Bulletin Board:** This bulletin board provides information on the different types of barriers and promotes the Condom Club, which provides access to free barriers. Located at the Health Promotion office!
 - Template is located in the Google Drive
- **Let's Talk About STIs Bulletin Board:** This provides information on the importance of regular STI testing, promotes barriers and the Condom Club, and offers insight on how to reduce risk of STIs.
 - Template is located in the Google Drive

- **Sexual Health Bulletin Board:** Create a bulletin board on the proper steps of using barrier methods, interesting sexual health facts, or on an STI testing event. Use the content in this packet!

Games/ Activities

- **Sexual Health Game:** This game allows players to read the vignette/profile closely and decide (either as a team or individually) how best to help the character by referring them to on-campus resources, busting that myth, or answering their question.
 - Template is located in the Google Drive
- **Host a sexual health trivia in your hall** – host it like a true trivia night and play the host! Have students get in groups and quiz them on their sexual health knowledge.
- **Sexual Health Skits!** Have community members get in small groups and assign each group either an STI, barrier method, or type of contraceptive method. Members will look up accurate information on their phones or laptops on the assigned topic and create a brief, informative, creative, appropriate (set ground rules that these should be appropriate & respectful), 2-3 min skit. Think commercials, dramas, open mic, whatever! Give them 5-10 minutes to prepare.
- **Play Sex Phrase.** The goal is for one student (or a pair if that seems more comfortable) to get their peers to say a vocabulary word from one of the Sex Phrase categories without using the word itself – only give them 30 seconds to add a competitive factor. Categories can be anatomy, barrier methods, birth control methods, resources on campus, etc.
- **Two Truths and a Lie: STI Style.** Participants will examine educational material about sexually transmitted infections, distinguish between STI myths and facts, and suggest sources to get medically accurate information.
- **Utilize educational videos** from Planned Parenthood or Laci Green (Youtube)
 - <https://www.plannedparenthood.org/learn/for-educators/digital-tools>
 - <https://www.plannedparenthood.org/learn/teens/sex/all-about-consent>
 - <https://www.youtube.com/watch?v=TD2EooMhqRI>

****Getting Barrier Methods for your Program:***

- Free barrier methods from Health Promotion are **only** given for active programs, meaning you are to provide some sort of in-person education. A passive program is a bulletin board, goodie bag, etc.
- **Always** provide some additional information on sexual health and risk reduction along with barrier methods. Health Promotion has testing and risk reduction handouts you can use.
- Consider the following: Will the condoms be tampered with through your activities? Will a lot of condoms be wasted during this activity? Do all your community members want condoms? Some community members are not sexually active, are allergic to latex, or prefer to use other types of barriers.

5: Reliable Sources:

- Health Promotion at NAU: <https://in.nau.edu/campus-health-services/learn-about-sexual-health/>
- Planned Parenthood: <https://www.plannedparenthood.org/learn/stds-hiv-safer-sex>
- Columbia University - Go Ask Alice: <https://health.columbia.edu/services/go-ask-alice>
- Go Ask Alice! <https://goaskalice.columbia.edu/>
- Besider: <https://www.bedsider.org/>
- The Center for Disease Control (CDC) and Prevention: <https://www.cdc.gov/std/>
- Online Birth Control Class: <https://nau.edu/birthcontrol>
- CDC: <https://www.cdc.gov/sexualhealth/Default.html>
- Options for Sexual Health: <https://www.optionsforsexualhealth.org/facts/sex/what-is-sexual-health/>
- Scarleteen: <https://www.scarleteen.com/>
- Sexual Health for Trans and Non-Binary People:
<https://www.tht.org.uk/hiv-and-sexual-health/sexual-health/trans-people>
- LGBTQIA+ Health: <https://www.cdc.gov/lgbthealth/transgender.htm>