

SPRING 2014 ISSUE

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MOMENTS

JUST FYI...

University Health Center
<http://www.health.umd.edu>

Bedsider
<http://www.bedsider.org>

Scarleteen
<http://www.scarleteen.com>

GOT SOME QUESTIONS?
Ask Jenna, coordinator of the Sexual Health & Reproductive Education (SHARE) Program, at jbeckwith@health.umd.edu.

LET'S TALK ABOUT SEX

Allie Reese

SEXUALITY IS LIKE PIZZA



Picture from helloaiaales.com.

We have a lot of options when it comes to pizza. We can choose when we want it, what we put on it, and whom we eat it with. Sometimes we're not even in the mood for pizza. In short, we all like different things, and that's okay.

Much like our pizza preferences, there are many aspects to sexuality. We might consider **our sexual behavior, relationships, gender expression, sexual orientation, beliefs and values, mode of birth control**— the list can go on. Again, we all like different things. What's important is that you *stay true to your sexuality*, and that means you've got to learn what that means to you.

So in a way, it can mean anything you want it to mean. Whether you're hooking up, having something long-term, or are saying "not right now", as long as your choices make you happy- and, as it relates to them, your partners are cool with it too- you're golden.

Before you order a pizza, you figure out what you want. Similarly, knowing what we want sexually is key— if we didn't, how can we make choices that make ourselves happy? Food for thought. ▪

Planned Parenthood (n.d.). *Sex & Sexuality*. Retrieved from <http://www.plannedparenthood.org>.

STI COVERAGE

Nobody likes getting sick. Like covering our mouths when we cough, we can choose to wear condoms and use lube. Why lube, you ask? Quite literally, it helps things go more smoothly, stopping any "micro" tears from forming. Make sure you use **water-based** lubrication, as oil-based lube will weaken condoms.



Pictures from amazon.com.

But more importantly, we have to know how to wear them properly. Assuming you've got **consent** and checked the **expiration date**, follow these quick steps for correct condom use. ▪

1. **REMOVE CAREFULLY FROM THE PACKAGE.**
2. **PINCH THE TIP OF THE CONDOM.**
3. **ROLL CONDOM DOWN THE SHAFT.**
4. **AFTER SEX, HOLD THE RIM WHILE REMOVING IT, AWAY FROM THE VAGINA.**



Pictures from womens-health-advice.com.

BIRTH CONTROL STORIES

Choosing a form of birth control can be tricky. There are many options to choose from, and there's a lot to think about. Though if you're not looking to have a baby right now, birth control is probably something you want to think about.

If you're thinking about getting on or upgrading your birth control, check out these girls' stories on the right for some ideas. One size does not fit all, so to speak, so take the time to figure out what will nicely fit you and your lifestyle. ▀

SIDE NOTE...

- *None of these girls smoke. Hormonal methods of birth control and cigarettes don't mix.*

"WHOOOPS" MOMENTS

Maybe we drank too much and forgot our pill, or broke the condom. For whatever reason our birth control fails, we need to know what to do after the fact. Here are some fast tips to act fast after an accident. ▀

IF YOU HAD PENIS-TO-VAGINA SEX OR ORAL SEX WITHOUT A CONDOM...

— be sure to get tested.

For the most accurate results, get tested **2-12 weeks after the time of sexual contact**, and **again 6 months later**.

Be sure to **use a condom** if you'll continue being sexually active.

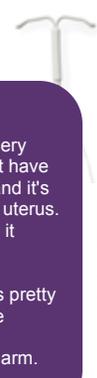
Call **(301) 314-8190**, or visit **myuhc.umd.edu** to schedule an appointment.

If you are sexually active, it's important to regularly get tested **every 6 months** and/or **between partners**.

The STD Project (n.d.). *STD Testing Windows - When to get tested for STDs*. Retrieved from <http://www.thestdproject.com/std-testing-windows-when-to-get-tested-stds/>.



Alanna lives by routine and never forgets a thing, so she chose to use the **pill**. Having to take it daily, she- and her long-term partner- are comforted both by actively partaking in pregnancy prevention, and when she gets her period.



Sarah wanted something she doesn't have to think about every day. With the **IUD**, she doesn't have to do anything for 3-5 years, and it's highly effective, located in the uterus. She also likes the spontaneity it provides. Her roommate **Lucy** wants something similar, but she has pretty bad cramps. She opted for the **implant** instead, which was surgically placed in her upper arm.



Megan uses the **ring**, which she only has to tend to once a month. She doesn't mind putting it in and removing it from her vagina. She likes the fact that she can take it out while she has sex, so her partner doesn't feel it, and she always remembers to put it back in afterwards.



Gianna prefers the **patch**, which is like a sticker that prevents pregnancy. She only needs to change it weekly, and can place on her skin that's covered in clothes for privacy.

Pictures from bedsider.org.



Aisha likes to plan appointments in advance, preferably weeks ahead of time. She's also not afraid of needles. With the **shot**, all she has to do is to visit her doctor to receive it, and she's set for 3 months.



Melanie decided to practice **abstinence**, the only 100% guarantee of no babies, and no STIs. She's well-disciplined, and committed to her values. She's excited by the idea of waiting till her wedding night to have sex with her partner.

Bedsider (n.d.). *Method Explorer*. Retrieved from <http://bedsider.org/methods>.

IF YOU HAD PENIS-TO-VAGINA SEX WITHOUT USING BIRTH CONTROL*...

— be sure to take emergency contraception.

The **Morning-After Pill** needs to be taken up to 5 days after the time of sexual contact, but **the sooner the better**.

It can be bought at the **UHC for \$30**, with your **student ID**.

*includes condoms

If you want to take a pregnancy test, take a urine/blood test **2 weeks from the time of sexual contact, or until your period is late**.

Scarleteen (2013). *Peeing on a stick: all about pregnancy tests*. Retrieved from www.scarleteen.com/article/pregnancy_parenting/peeing_on_a_stick_all_about_pregnancy_tests.