Keep it safe and satisfying

Practicing safer sex starts with education and communication. Don’t be embarrassed to talk with your partner about respecting each other’s values and feelings. It can also be helpful to talk to a doctor or trusted individual.

Tips to make sex safer and mutually satisfying:

• The only way to guarantee unwanted pregnancies and STIs is through abstinence, or postponing sex (not participating in vaginal, oral, or anal intercourse). Approximately 1 in 5 Illinois State students chose not to have sex last year.

• If sexually active, condoms can reduce your risk for STIs when used correctly and consistently.

• Often a person with an STI has no signs or symptoms, so you and your partner may want to consider getting tested.

• To prevent unwanted pregnancies, talk with your doctor about which method of birth control is right for you.

• Emergency contraception, sometimes referred to as Plan B or the “morning after pill,” can be taken three to five days after unprotected sex or condom breakage, but is most effective when taken immediately.

Where to get the goods:

• Health Promotion and Wellness
  Wellness.IllinoisState.edu • (309) 438-9355
  Condoms, dental dams/latex squares, and sexual health information
    ◦ 187 McCormick Hall
    ◦ The G-Spot on campus

• Student Health Services and Pharmacy
  www.shs.ilstu.edu • (309) 438-8655
  Birth control options, condoms, and STI testing.

• Planned Parenthood
  www.plannedparenthood.org • (309) 827-4014
  Birth control options, condoms, and STI testing.

If you choose to have sex, you are responsible for your actions, and for protecting yourself and your partner.

Wellness.IllinoisState.edu