**Barrier Methods**

**INTERNAL CONDOM**

Female condoms are internal condoms that fit inside the vagina or anus (after removing the inner ring). They cover more external genitalia than the male condom so can offer more STI protection externally from skin-to-skin contact transmission.

**EXTERNAL CONDOM**

Male condoms can be used on penises and sex toys to protect against sexually transmitted infections (STI) and unintended pregnancy. Never use a male condom and a female condom at the same time. Use silicone or water-based lube only.

**ORAL DAM**

Oral dams are protective coverings that are placed on the body part receiving oral sex. Watch a SHAPE PEER explain more at bit.ly/CondomDemos

MU Student Health Center • studenthealth.missouri.edu
What is Abstinence?

**DEFINITION**
- Refraining from all types of sexual activity including oral, anal and vaginal sex.
- Regardless of whether or not you have ever had sex, whether you are in a relationship or not.

**IT TAKES**
- Discipline
- Good communication
- Common definition
- Support

**OTHER FORMS OF INTIMACY**
- Cuddling
- Holding Hands
- Kissing
- Massaging

YOU’RE NOT ALONE
30% of college students practice abstinence

SHAPE Facebook Twitter

Sexual Health program • http://bit.ly/MizzouSHAPE • MU Student Health Center
The Importance of Lube

- Silicone-based lubricant shouldn't be used with silicone sex toys — they break down the toy.
- Flavored lubricants for oral sex should not be used for anal or vaginal sex because they can cause irritation.
- Most flavored/warming lubricants contain glycerin to produce a sweet taste but can trigger yeast infections in women prone to them. Water-based lube that contains a vegetable-derived glycerin is your best bet.

To increase pleasure
65% of women enjoyed their sexual experience more when lube was involved (Indiana University, 2009, n=2,400)

To prevent breakage
If there’s too much friction, barrier methods can break, thus defeating the purpose.

SHAPE • MU Student Health Center

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What About Consent?

Giving Consent for one Sexual Act does NOT Mean You Give Consent to Other Sexual Acts

1. Does the person want to give consent?
   • ask EXPLICITLY

2. Is the person able to give consent?
   • Are they 18 OR OLDER?
   • Are they SOBER?

Examples of Non-Consensual Sex:

- Is Incoherent or Passed Out
- Used Alcohol or Drugs
- Feels Manipulated, Coerced or Pressured

DYK?

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Healthy Relationships

Each relationship is different, but three common characteristics of a healthy relationship are:

**COMMUNICATION**
- Talk and Listen
- Create a Connection that Keeps You Close
- Resolve Conflicts
- Spend Quality Time Together

**TRUST**
- A Must-Have for Any Relationship
- Creates Confidence with Your Partner
- Makes You Feel Supported

**RESPECT**
- Essential in Resolving Conflict
- It’s OK to Agree to Disagree

A Sense of Humor Never Hurts :)

SHAPE

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Healthy Sexuality
MYTH
You can’t get STIs from oral sex

FACT
- Any exposure to genitalia or bodily fluids is a STI risk
- There are many Sexually Transmitted Infections (STIs) that can be transmitted through oral sex, including genital herpes, genital warts, gonorrhea, chlamydia, chancroid syphilis and rarely HIV
- Always use a condom or oral dam during oral sex to prevent fluids (like semen, blood, vaginal fluids) from entering the mouth

MYTH
Only certain “types” of people get STIs
(related myth: If someone gets an STI/HIV, that means they are promiscuous)

FACT
- Getting tested reveals that you are taking responsibility for your health by caring about yourself and your partner
- Getting tested has nothing to do with promiscuity
  - It only takes one time (of unprotected sex) to get an STI
  - You can get STIs, even if you’ve only had one partner
  - Anyone who is sexually active is at risk for STIs
- 1 out of 2 young people will get an STI by age 25
Free & Confidential STI Testing

October 19th
2206 Student Center
10am-3 pm
Walk-ins welcome

For more information on Sexually Transmitted Infections (STIs) and testing, visit Student Health Center’s MIZ GYT page at http://bit.ly/MIZGYT

Testing conducted by Rain of Central Missouri.