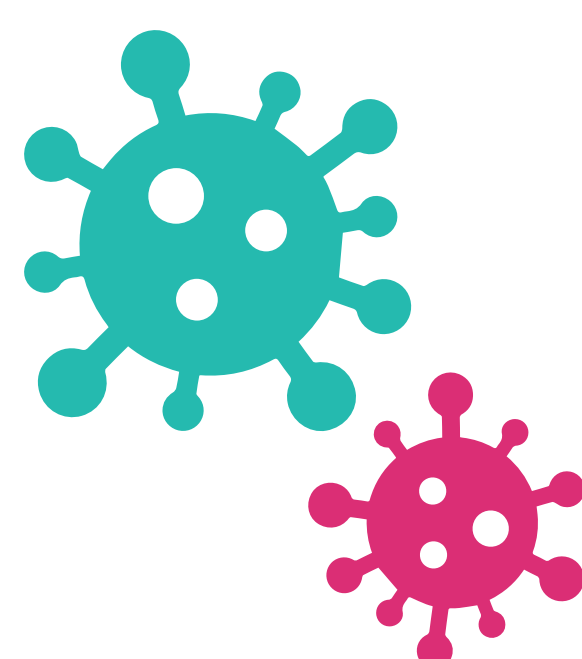




What are Sexually Transmitted Infections (STIs)?

STIs are bacterial or viral infections that are passed from one person to another through unprotected sex, genital, oral, or anal contact.



How do I know if I have a STI?

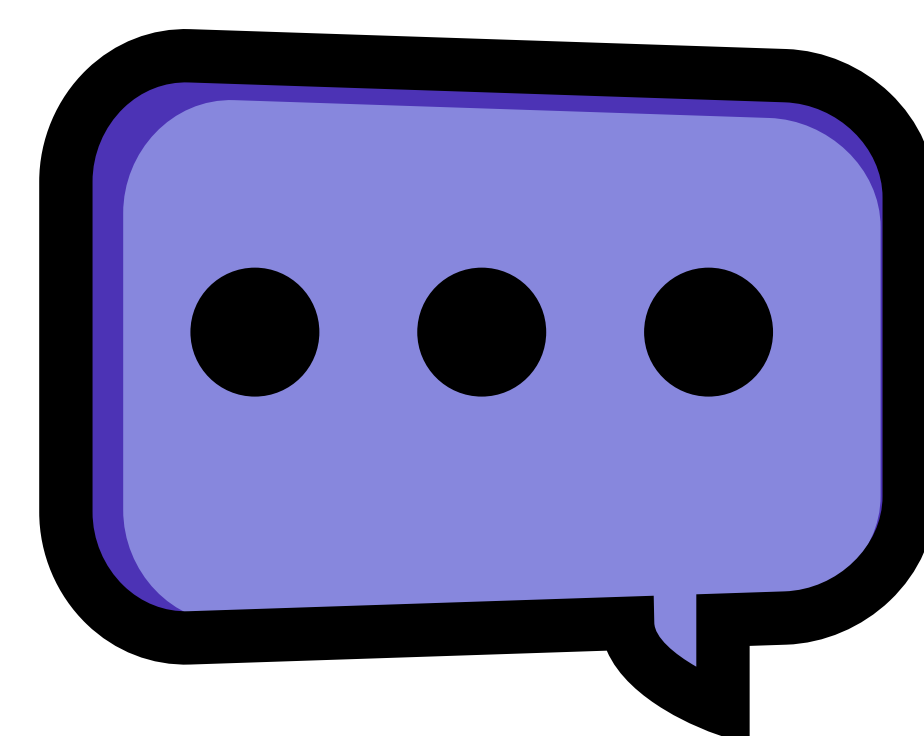
You should talk to a doctor or nurse if you notice any changes in your health, like:

- ▶ Itchy genitals or anus.
- ▶ Unusual discharge from your genitals or anus.
- ▶ Pain during sex or when urinating.
- ▶ Lumps, blisters, or sores around the genitals, mouth, or anus.

How do I protect myself against a STI?



- ▶ Use a condom or dental dam.
- ▶ Talk with your partner(s) about STIs and contraception use before having sex.
- ▶ Limit the number of sexual partners.
- ▶ Get tested regularly (at least once a year) if you are sexually active.



Let's talk about safer sex!

Your sexual health is an important part of your health and well-being! Take charge of your sexual health by learning more about how you can practice safer sex.

Safer sex is:

- ▶ For everyone — no matter your age, race, ability, gender identity, sexual orientation, number of partners, relationship status, or whether you've been diagnosed with a STI before.
- ▶ Consensual. This includes being comfortable with what you're doing and being able to talk to your partner(s) about what you do and don't want.
- ▶ About choosing options that lower the chance of passing or getting STIs and keep you and your partner(s) healthy.
- ▶ Taking steps to get tested for STIs if you are sexually active and getting treatment if you are diagnosed with an STI.
- ▶ Sex that considers your plans around pregnancy.

Want to learn more?

- ▶ Visit the Campus Health Centre and talk with a doctor or nurse.
- ▶ Learn more by attending a #LetsTalkSex Workshop — register on the Student Life Portal.
- ▶ Visit sexandu.ca



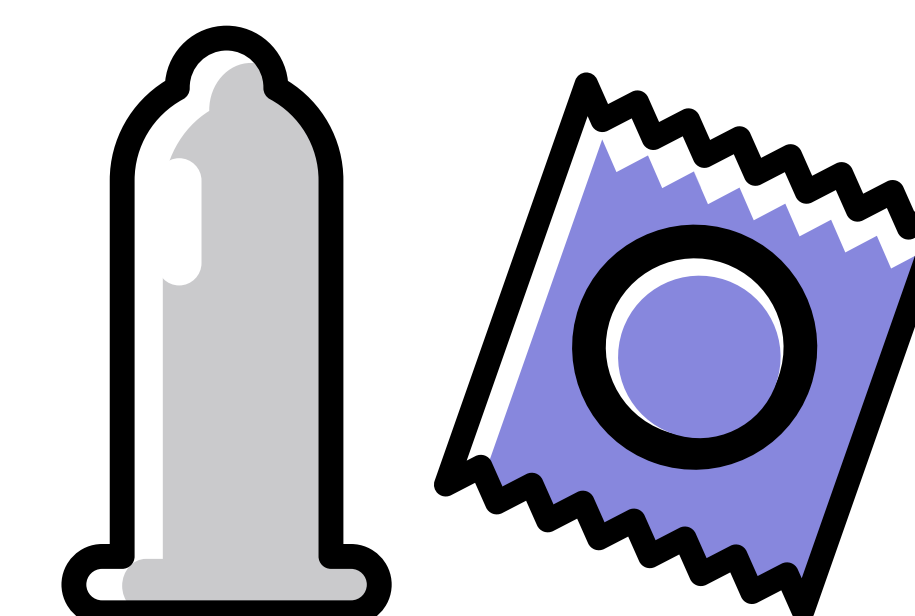
What is contraception?

Contraception is the use of drugs or devices to prevent an unplanned pregnancy. There are many different types of contraception.

What are common types of contraception?

External condoms

A sheath that covers the penis during sex and keeps sperm from entering the vagina or anus. Condoms also help prevent the spread of STIs.



The Pill

An oral contraceptive that contains a mix of hormones to prevent ovulation. It is prescribed by a doctor.



Intrauterine Device (IUD)

A small, "T"-shaped device that is placed inside the uterus by a doctor to prevent pregnancy. It can stay in the uterus for up to 10 years.

