Your sexual health is an important component of your overall health and wellbeing. Not everyone chooses to be sexually active; in fact, almost 30% of UND students have not had oral, vaginal, or anal sex in the past 12 months (2014 ACHA-NCHA). Abstinence is the only way to be absolutely certain you’re preventing pregnancy or sexually transmitted infections (STIs). The more partners you have, the higher your risk for getting an STI. Many UND students have only had 1 partner in the past 12 months (44%). Know your risk, know your partner, and get tested!

Fast Facts

1 in 4 sexually active young adults will get an STI before the age of 25

There are over 100 types of the HPV virus and 40 that affect the genitals

You can pick up FREE condoms, dental dams, and lube at the H&W Hub

Not all STIs can be cured – but they can all be treated

A person with a cold sore that performs oral sex on another person can give that person genital lesions, similar to genital herpes

Most STIs show absolutely no symptoms at all

Oral sex spreads STIs, too

There are HPV vaccines that help prevent cervical cancer caused by HPV

UND Student Health Services offers FREE HIV testing for students. Visit them on the 1st floor of McCannel

Talk to Your Partner...

Get tested and talk to your partner about your results and theirs. Try this, “I’m kind of nervous to put this out there... but I think it’s important that we go get tested together.”

Know your boundaries and communicate them to your partner. It’s okay to wait, trust your instincts, and know that how you feel matters!

Get enthusiastic consent – every time! Check in with your partner and make sure they are still okay with what you’re doing!

A healthy relationship should have trust, honesty, and communication!

5 FYIs on STIs

1. What’s the difference between STIs (sexually transmitted infections) and STDs (sexually transmitted diseases)?
   Technically, “disease” implies that symptoms are present—which is often not the case with STIs. “Disease” may also feel more stigmatizing.

2. Which STI gets around the most and how can I fend it off?
   Human Papilloma Virus (HPV) is one of the most common STIs across all age groups in the US. Up to age 26 you can get a vaccine that protects you against some strains of HPV. Always use a condom – it will reduce your risk!

3. Which STIs should I get tested for once per year or whenever I have a new sexual partner?
   Herpes, chlamydia, gonorrhea, HIV, and syphilis. Depending on your individual needs, a health care provider may recommend something else.

4. What does an STI infection look like? Will I know if my partner has an STI just by looking at them?
   Most STIs don’t have visible symptoms. People who look perfectly healthy can be infected with STIs. Be warned: in real life, symptoms often don’t look like images online.

5. Am I doomed to get an STI by the age of 25?
   No. To minimize your risk:
   - Use a condom or dental dam every time.
   - Get tested once a year or with every new sexual partner.
   - Get comfortable talking about sex and STI prevention.

WHAT’S HAPPENING?

October 1st, 10 AM-1 PM
Green Dot Launch Event
Memorial Union Ballroom

October 2nd, 7 PM
Social Justice Poetry Slam
Memorial Union Loading Dock

October 7th, 12-2 PM
Disc Golf
Wellness Center

October 11th, 9:30 AM
Green Gallop 5K & 10K
Wellness Center

October 12th-16th, 8 AM-8 PM
Clothesline Project
Memorial Union Ballroom

October 15th, 7 PM
Take Back the Night Rally
Memorial Union Ballroom

October 19th, 3 PM
Healthy UND Annual Meeting
Wilkerson Commons

October 24th, 10 PM-12 AM
Wings & Health Trivia
Wilkerson Commons

October 31st, 9 AM
Cosmic Climbing
Wellness Center – Rockwall

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