Sexual Health

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Why it Matters

- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life - your physical and emotional health, your career and educational goals, your relationships with other people, and your feelings about yourself.
- When choosing to be sexually active, select the contraceptive method right for you based on cost, the method’s effectiveness, its ease of use, and its safety.
- Most STIs are curable or manageable, the key is early detection and treatment.

What you can do

- Be informed. Educate yourself about the contraceptive methods that are available. MSU Student Health Services offers a variety of contraceptive methods, and you can call 517-353-4660 for an appointment.
- Get FREE condoms and information on their correct use on the 3rd floor of Olin in the MSU Health Education Department.
- Talk with your partner about safer sex and get tested for STIs and HIV annually or when you have a new sexual partner.
- For more information, stop by and talk with one of our staff members or visit our website at olin.msu.edu

“Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experiences, free of coercion, discrimination, and violence.”

-World Health Organization

What MSU students say and do

- 46% Of MSU students reporting having one sexual partner.
- 26% Of MSU students reported having no sexual partners; meaning about 12,000 MSU are abstinent.
- 19% Of MSU students know their HIV status.
- 2% Of MSU students reported having unintentionally become pregnant or gotten someone else pregnant during the last 12 months.
- 77% Of MSU students used some form of contraception at last intercourse.

Number of Sex Partners (oral, anal, vaginal) Students Had in Past 12 Months [2012]

- None: 26%
- One: 11%
- Two: 10%
- Three: 7%
- Four or more: 46%

Center for Sexual Health Promotion Resources

Condom Connection: In collaboration with the Residence Hall Association (RHA), this program provides safer sex supplies through both Resident Assistants (RAs) in the halls and at Olin Health Center. It aims to increase access, awareness, and encourage usage.

Bulletin Boards: Sexual wellness topics including alternatives to sex, condoms, paths to safer sex, and STI sexpertise.

HIV Counseling: Free and anonymous testing available by appointment.

In Your Face Theatre Troupe: Interactive, entertaining, and educational skits addressing safe sex, dating violence, abstinence, relationships, and communication.