The State of Spartan Health 2016

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 to discuss them.
- Get FREE condoms and information on their correct use on the 3rd floor of Olin in the MSU Health Promotion Department.
- Talk with your partner about safe sex and get tested for STIs and HIV annually or when you have a new sexual partner.
- For more information, visit our website at olin.msu.edu/healthpromo

“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

- **44%** Of MSU students reporting having one sexual partner.
- **31%** Of MSU students reported having no sexual partners; meaning about 15,870 MSU students abstain from sex.
- **1%** Of MSU students reported having unintentionally become pregnant or gotten someone else pregnant during the last 12 months.
- **23%** Of MSU students have been tested for HIV.
- **82%** Of MSU students used some form of contraception at last intercourse.

Number of Sex Partners (oral, anal, vaginal) Students Had in Past 12 Months [2016]

Sexual Health & Wellness Resources

**Condom Connxtion:** 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 usage.

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

**HIV Counseling:** Free and anonymous testing available by appointment. Call 517.353.4660.

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