

SEXUAL HEALTH

SEXUAL HEALTH is a state of physical, mental, and social well-being in relation to sexuality. It 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'S HAPPENING HERE:

87% OF UNIVERSITY STUDENTS HAD LESS THAN 2 SEXUAL PARTNERS LAST YEAR

82% OF STUDENTS WHO USED CONTRACEPTION USED AT LEAST 2 METHODS

67% OF STUDENTS HAVE RECEIVED THEIR VACCINATION FOR HEPATITIS B

1 in 4

university students have been tested for HIV.

1 in 3

female university students receive regular gynecological exams.

SPOTLIGHT ON SEXUAL HEALTH

- ▶ Becoming comfortable with your sexuality improves your ability to make healthy choices and to respect others' choices as well.
- ▶ If you are sexually active it is important to get tested for STIs at least once per year and with every change in partner, even if you don't show symptoms.
- ▶ Condoms prevent many types of STIs, including HIV. However, they do not prevent against HPV.
- ▶ Poor body image has shown to significantly decrease sexual satisfaction in women. Receiving help for body image may improve your sexual experiences.

TAKE ACTION

- ▶ Get educated! Don't be shy to use available resources. Not only will you become more informed about your sexual health, but education can boost your confidence as well.
- ▶ Free condoms are available at multiple locations across campus. Connect with Healthy U for information on correct usage and to find out where you can access them.
- ▶ Communication is key and consent is mandatory. Talk to your partner about safe and enjoyable sex to increase pleasure for everyone involved.
- ▶ It is important to have regular discussions about healthy sexuality with your health care provider.

SEXUAL HEALTH RESOURCES

ON CAMPUS:

- University Health Service: 104 UMSU University Centre
- Student Counselling Centre: 474 UMSU University Centre
- Health & Wellness Office: 469 UMSU University Centre
- Healthy U: umanitoba.ca/student/health-wellness/healthyu

OFF CAMPUS:

- Nine Circles Community Health Centre: 204-940-6001
- Women's Health Clinic: 204-947-1517
- Klinik: 204-784-409

ONLINE:

- bedsider.org
- Sexual Education Resource Centre Manitoba: serc.mb.ca

**Data compiled from spring 2016 NCHA survey.*

Source: "Being comfortable with your sexuality improves..." Government of Canada, 2016.

Sources and references are available at: umanitoba.ca/student/health-wellness/ncha-sources.html



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