

What Consent Means

Female, Heterosexual, Junior

Consent is knowing you both want the same thing and have the same expectations of the situation. You know this by asking. But, consent is difficult to truly give in the heat of the moment, while under the influence, or under any circumstances when you feel forced to give a certain answer. Consent is a mutual understanding given with free will.

Female, Heterosexual, Senior

I really value the communication that we have and I feel like I can be honest with you and trust you. I appreciate that you respect me and I respect you as well. This means that if you are ever uncomfortable or do not want to do something sexually or otherwise I would respect your wish and wait until you were ready. I would also expect that you do the same for me so that we both consent to or agree upon our sexual choices.

Male, Gay, Senior

Being honest about what you do or don't want to do.

Campus Resources

HIV Testing (\$25)

- Self-Care Center, Campus Services Building, 650-2961

Free consults on birth control and STDs

- Self-Care Center, Campus Services Building, 650-2961

Women's Health Care, paps, STD testing, all types of contraception from pills to the patch. Many STD tests are free.

- Student Health Center, Campus Services Building, 650-3400

"Ask The Doc"

http://www.wvu.edu/chw/ask_the_doc

Pamphlets on Sexual Health Issues

- Self-Care Center, Campus Services Building, 650-2961
- Student Health Center, Campus Services, 650-3400
- Wellness Outreach Center, Viking Union 4312, 650-1234

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Lifestyle Advisor Program
Peer Sexual Health Educators

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call 360 650-2961

Communication is Key to Healthy Sexuality

One of the most important and difficult things you can do for your sexual health is to talk about it!

Communication with your partner is key to healthy sexuality.

Communication is a three-step process:

1. Knowing what you want and do not want.
2. Believing you have the right to say what you want and do not want.
3. Developing the skills to talk about it.

We encourage you to think about these steps. This handout is designed to help you with the third step—developing the skills to talk with a partner.

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Suggestions for Talking About Sex

Remember . . .

You are taking a risk by talking about sex . . . and

You are taking an even bigger risk by not talking about it.

- Use “I” statements.
- Be honest.
- Talk about your feelings.
- Know what you want and don’t want.
- Practice what to say ahead of time. It helps to have some key phrases ready.
- Choose the place and time carefully. It is best not to have the discussion(s) in the heat of the moment.
- Be a model by first answering the question you want to ask. For example, “I have had ___ partners. How many have you had?”
- Be familiar with resources available. (See “Resources” section of this pamphlet).

Talking about sex is difficult, but worth it. Good communication is an important part of any relationship.

Students have told us that they do not know how to bring up sexual health issues.

The following statements have been written by Western students. They suggested different approaches to talking about sexual health with their partners.

We hope these suggestions encourage you to think and talk about sexual health with your partner.

Monogamy

Female, Heterosexual, Junior

We’ve been seeing each other for a while and I’ve been having a really good time. I don’t really want to date anyone else or be intimate with anyone else but you. I was hoping that we could just see each other exclusively. How do you feel?

Male, Gay, Senior

Our relationship is really important to me and I want you to know that I don’t want to be sexual (or intimate) with anyone else. How do you feel about that?

Abstinence

Male, Heterosexual, Senior

I am not interested in having sex at this point. How is that for you?

Male, Heterosexual, Junior

Do you think we are ready for sex? Do you feel like you are ready to take things further?

Female, Lesbian, Junior

This is all new to me. I am not comfortable going any further.

Sexually Active Before

Female, Heterosexual, Junior

I feel it is important to talk about our past experiences with partners to stay safe. I have had other partners. Have you?

Female, Heterosexual, Junior

So you have had sex. Do you typically use condoms?

Male, Gay, Senior

I know you know how many people I’ve been with, but I thought you should know the specifics...

Female, Heterosexual, Senior

I have been intimate and had sexual intercourse, vaginally and orally with one partner who was a man. You would be my second partner if that is a choice we decide to make.

Male, Gay, Senior

If we decide to become sexually involved, it is really important to me that we are honest and committed to keep each other safe. I’ve had ___ # of partners before and was wondering how many you’ve had.

Concerns About STDs

Female, Heterosexual, Junior

Before we go any further I just wanted to let you know that I’ve been tested and I don’t (or do) have an STD. Have you ever had an STD check?

Female, Heterosexual, Senior

STD’s are serious to me and I would like it if we could both get tested before we decide to be intimate to set our minds at ease and know our risks. It would mean a lot to me if we could do that together.

Female, Heterosexual, Junior

I have to go in for my annual exam next month at the Health Center. Part of the exam is to get an STD test. I was wondering if you would want to make an appointment to also get tested and we could go together. That way we would know for sure that we are both ok. Would you want to do that?

Male, Gay, Senior

It’s important to me that you feel safe when we are having sex. I’ve gotten an STD/HIV test ___ times. Have you ever gotten one? Have you thought about getting one?