



SEXUAL WELL-BEING


**HEALTH
PROMOTION**

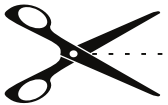


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PLEASURE



Sexual pleasure is associated with better general health, better sleep quality, and less stress.



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Self-Pleasure
SWA Stall

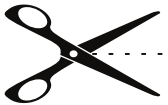


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CONSENT



"Consent" means the mutual understanding of words or actions **freely and actively given** to participate in mutually agreed upon sexual activity.



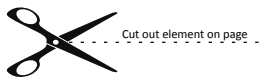
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Consent 101
SWA Stall



SMPR Instagram

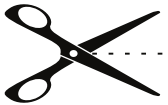


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HEALTHY COMMUNICATION



Higher levels of open communication are associated with greater relationship satisfaction and lower relationship distress.



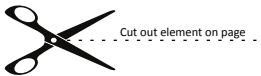
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Recipe to Healthy
Relationships
SWA Stall



Communication &
Relationships
SWA Stall

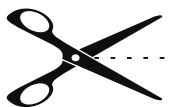


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SAFER SEX



Safer sex practices, such as using condoms and other contraceptives to prevent sexually transmitted infections and pregnancy, can lead to less stressful and more enjoyable sexual experiences.



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Let's Talk About
STIs SWA Stall

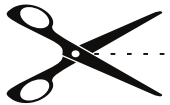
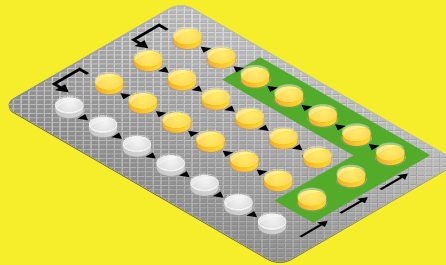


Contraceptives at
Carleton SWA Stall



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RESOURCES

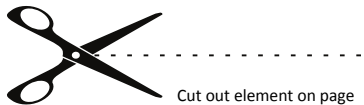


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Campus Resources

Pleasure comes from feeling safe, and getting and giving consent is always a necessary step. Here are some resources to help you explore what makes you feel your safest and best in your sex life:

- **Internal and external condoms:** SHAC, OHP, GSC
- **Birth Control Consultation:** SHAC
- **Dental Dams:** GSC
- **Lube:** SHAC, GSC
- **Consent and Boundaries Workshop, Green Dot Bystander Training:** Sexual Misconduct Prevention and Response (SMPR)



Online Resources to Explore

How C*m

- Before starting this podcast, comedian Remy Kassimir had never experienced an orgasm. The show walks through her own journey to reach that goal, speaking with scientists, porn actors, and friends.

Bodies

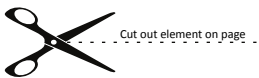
- This documentary series explores medical mysteries about our bodies. Many are related to sex, development, and shame.

Books:

- Pleasure Activism by Adrienne Maree Brown
- Come As You Are by Emily Nagoski
- Mating in Captivity by Esther Perel
- Boys & Sex by Peggy Orenstein

Other podcasts:

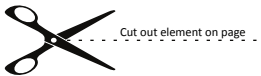
- Doing It!
- Why Are People Into That?!
- Gayish
- Foreplay Radio



Sexual Projects Quiz



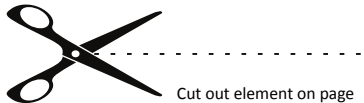
This short quiz, based on the book, *Sexual Projects*, helps you to think about the reasons why you might choose to have sex.



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References

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Consent 101
SWA Stall



SM-PR Instagram

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Recipe to Healthy
Relationships
SWA Stall



Communication &
Relationships
SWA Stall

SAFER SEX

Sexually transmitted infections (STIs) are very common (1 in 5 people), and most people with an STI have no noticeable symptoms.



Let's Talk About
STIs
SWA Stall



Contraceptives at
Carleton
SWA Stall

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References

1. Anderson, M. R. (2018). *Human sexuality* (10th ed.). Boston, MA: Allyn and Bacon.

2. American Psychological Association. (2017). *Handbook of sexual orientation and gender diversity*. Washington, DC: American Psychological Association.

3. American Psychological Association. (2017). *Handbook of sexual orientation and gender diversity*. Washington, DC: American Psychological Association.

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