



**SAFE SEX 101:  
SEXUAL HEALTH  
E-TOOLKIT**





# TIPS FOR IMPROVING CAMPUS SEXUAL HEALTH

It's up to all of us to shed light upon the importance of sexual health resources and to look for ways to improve. The **TROJAN™ SEXUAL HEALTH E-TOOLKIT** is designed to spark action and provide an easy, **DOWNLOADABLE RESOURCE** for students and school sexual health administrators with the information and resources they need to **STAY SEXUALLY HEALTHY** on campus.

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## CREATE OR LOBBY FOR SEPARATE SEXUAL AWARENESS PROGRAMS

### HOW IT HELPS:

Sexual health awareness programs help increase dialogue and provide students with an outlet to be open and honest about their sexuality and sexual health.

By training others to facilitate these conversations we create more places for people to learn, express themselves, and support one another.



### HOW TO ACCOMPLISH:

**OFFER EVENTS AND PRESENTATIONS** on campus to align with national awareness days for maximum attendance and influence.

**HOST WORKSHOPS** conducted by fellow students or outside professionals targeting specific groups on campus (i.e. sports teams).

**TRAIN RESIDENT ADVISORS** to teach their floors about sexual health.



# ADVOCATE FOR OR HELP IN THE DISTRIBUTION OF SEXUAL HEALTH INFORMATION

## HOW IT HELPS:

When you make access to sexual health resources and information readily available, students are more likely to make healthy decisions about their sexual well-being.

By putting condoms in more places you normalize their access and consequently their use.

Properly training campus staff and volunteers to educate others on condom use will increase the chances that students are using condoms correctly and consistently.



## HOW TO ACCOMPLISH:

**SET UP SAFE-SEX, CONDOM DISTRIBUTION** spaces across campus (not just in the health center).

**EQUIP RESIDENT ADVISORS WITH CONDOMS** for distribution in campus housing.

**COLLABORATE WITH SCHOOL ORIENTATION DEPARTMENTS** to include sexual health education so that all incoming students have a baseline of knowledge.

**GET CREATIVE AND GET CONDOMS OUT THERE!** Organize an event with student groups, like a condom dorm delivery week, give-a-friend-a-condom day, or host a sex-positive dance party themed around reinforcing sexual health.

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# ASK YOUR CAMPUS NEWSPAPER TO START COVERING SEXUALITY REGULARLY

## HOW IT HELPS:

A column that normalizes sexual health can help improve awareness, particularly if it cites studies, developments and other statistics affecting sexual health.

Circulating this information on campus can help students become better prepared and more well informed to protect their sexual health.

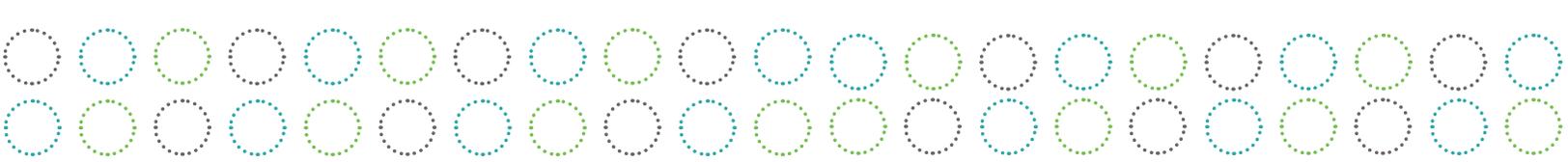


## HOW TO ACCOMPLISH:

**DEVELOP A QUESTION & ANSWER / ADVICE COLUMN** that addresses sexual health queries from students on campus.

**OFFER TO PEN AN OP-ED PIECE** in the school newspaper, discussing sexual health and/or available services on campus.

**GATHER A GROUP OF WRITERS** who can collectively create a section of the school newspaper that regularly covers the relationship and hookup culture on campus.



# STUDENT PEER GROUPS

## HOW IT HELPS:

A non-threatening place where students can go to talk about sex, ask questions and bring sexuality into the open can help improve individual and campus-wide sexual health.

Creating interesting programming can make it easier for students to engage in a topic that can sometimes be difficult to broach.



## HOW TO ACCOMPLISH:

**JOIN ONE. FOUND ONE.** Advocate having administrators approve one.

**HOST A HANDFUL OF SMALL EVENTS OR ONE LARGE EVENT** to open up the dialogue on sexual health issues.

**COLLABORATE WITH OTHER STUDENT GROUPS** to maximize reach. Start discussions about how sexual health relates to their work, concerns, needs and futures.

# TESTING

## HOW IT HELPS:

Promoting STI and HIV testing on campus normalizes sexual health and helps improve awareness.

Connecting students with STI diagnoses to treatment can reduce instances of transmission on campus.

Being aware of your status can literally save your life.



## HOW TO ACCOMPLISH:

**MAP OUT LOCAL HEALTH CLINICS** that might provide services for students if your school doesn't provide testing. Make these resources accessible online and known around campus.

**CREATE STI TESTING DRIVES** with health services and bring health center staff to various campus events for pre-screening.

**MAKE IT A COMPETITION** by inspiring a competition among student groups (i.e. Greek life) to see which chapters can get the most members screened and offer rewards.

For more information, visit [www.FactsAboutCondoms.com](http://www.FactsAboutCondoms.com) – which offers fact-based insights, tips and resources on all things sexual health.

