

SEXUAL HEALTH ABROAD TIPS AND RESOURCES



HOW CAN YOU BE PROACTIVE ABOUT TAKING CARE OF YOUR SEXUAL HEALTH?

During this time of new and exciting experiences, you may also find yourself navigating new relationships and exploring your sexuality. Taking some extra time to consider this aspect of your health will help you feel more prepared and empowered!



Set your own Expectations

It might feel like there is extra pressure or expectation to hook up while abroad, but that decision is ultimately up to you and your partner(s). Sex can be a fun part of the study abroad experience - but only if you want it to be!



Consider your Boundaries

If you do think physical intimacy could be a part of your study abroad experience, spend some time getting clear on your boundaries. What are you comfortable doing? What do/don't you like? Considering your boundaries in advance could help you communicate them in the future.



Get Consent

Ask for affirmative consent before initiating any type of sexual contact! Also, remember that consent is ongoing, so be sure to check in with your partner throughout any sexual activity.

Here are some phrases to use before/during:

- "Do you want to _____?"
- "Can I _____?"
- "Is this okay?"
- "Do you like this?"
- "Are you comfortable?"
- "Do you want this to go any further?"



BYO Protection

Did you know 15-24 year-olds make up half of all new STI cases? Barrier methods (like dental dams and condoms) are easy ways to help reduce your risk of transmission. Stock up on free supplies from Thrive before you go!



Get Tested Before and After

In addition to using barrier methods of protection to help prevent STIs, be sure to get tested before and after your trip! That way, you're getting any medical treatment you may need and protecting future partners from risk. Thrive offers free testing every quarter, or you can visit the HCC!



Have a Prevention Plan

If an unwanted pregnancy could be a risk for you or your partner(s), determine a prevention plan. If you are/plan to be on birth control, treat it like any prescription and make necessary arrangements with your medical provider to stay consistent with your regimen - this includes being mindful of the time change and how that affects anything you might already be taking daily! Also, consider researching emergency contraception to understand how/if it's available in your host country.