



# The State of Spartan Health 2018

## Sexual Health

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### Why it Matters

- It is important to weigh the possible benefits and risks of being sexually active. To be healthy sexually is to maintain a balance with everything else in your life - your physical and emotional health, your career and educational goals, your relationships with other people, and your feelings about yourself.
- When choosing to be sexually active, select the contraceptive method right for you based on cost, the method's effectiveness, its ease of use, and its safety.
- Most STIs are curable or manageable. The key is early detection and treatment.

“Sexual health is a state of physical, emotional, mental and social well-being in relation to sexuality; it is not merely the absence of disease, dysfunction or infirmity. Sexual health 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.”

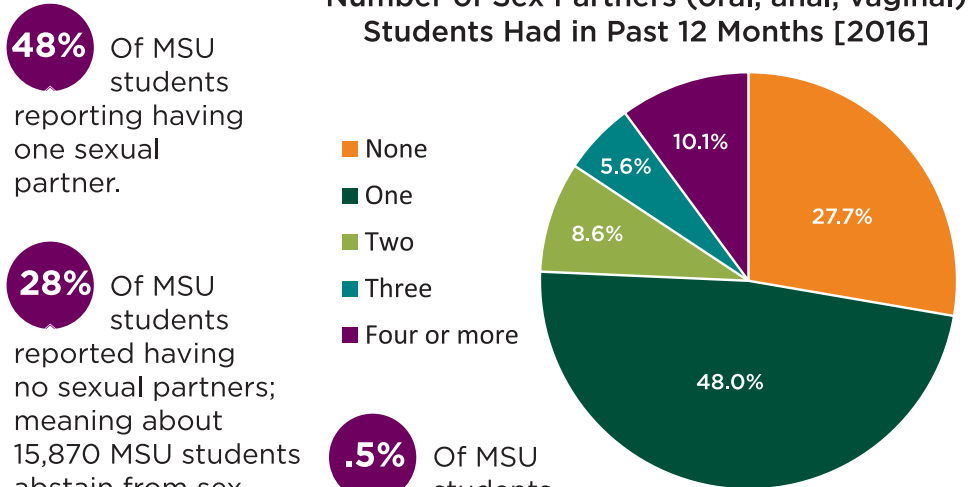
-World Health Organization

### What MSU students say and do

### What you can do

- Be informed. Educate yourself about the contraceptive methods that are available. **MSU Student Health & Wellness** offers a variety of contraceptive methods, and you can call **517-353-4660** for an appointment to discuss them.
- Get **FREE** condoms and information on their correct use from the **MSU Health Promotion Department**.
- Talk with your partner about safe sex and get tested for STIs and HIV annually or when you have a new sexual partner.
- For more information, visit our website at [olin.msu.edu/healthpromo](http://olin.msu.edu/healthpromo)

Number of Sex Partners (oral, anal, vaginal) Students Had in Past 12 Months [2016]



**48%** Of MSU students reporting having one sexual partner.

**28%** Of MSU students reported having no sexual partners; meaning about 15,870 MSU students abstain from sex.

**27%** Of MSU students have been tested for HIV.

**.5%** Of MSU students reported having unintentionally become pregnant or gotten someone else pregnant during the last 12 months.

**86%** Of MSU students used some form of contraception at last intercourse.

### Sexual Health & Wellness Resources

**Condom Connxtion:** In collaboration with the Residence Hall Association (RHA), this program provides safer sex supplies via Resident Assistants (RAs) in the halls and at Student Health & Wellness locations. It aims to increase access, awareness, and usage.

**Bulletin Boards:** Sexual wellness topics including alternatives to sex, condoms, paths to safer sex, and STI expertise.

**HIV Counseling:** Free and anonymous testing available by appointment. Call **517.353.4660**.

**In Your Face Theatre Troupe:** Interactive, entertaining, and educational skits addressing safe sex, dating violence, abstinence, relationships, and communication.