SEXUAL WELL-BEING
Pleasure

Sexual pleasure is associated with better general health, better sleep quality, and less stress.
"Consent" means the mutual understanding of words or actions freely and actively given to participate in mutually agreed upon sexual activity.
HEALTHY COMMUNICATION

Higher levels of open communication are associated with greater relationship satisfaction and lower relationship distress.
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.
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, Green Dot Bystander Intervention**: 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.

**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

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

**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.
References
