

Do YOU!

I DON'T WANT TO HAVE A CONVERSATION ABOUT SEX TODAY.

my experiences, my choices

I DON'T WANT TO HAVE A CONVERSATION ABOUT SEX TODAY BECAUSE:

- It's awkward
- I feel uncomfortable talking about it
- People might think I'm sexually active when I'm not
- It's not important since I'm not sexually active
- I know enough on my own and don't need to discuss it
- It depends on how you talk about sexual health
- My cultural beliefs affect how willing I am to communicate about sex

WHATEVER YOUR REASONS, THEY'RE YOURS... OWN 'EM!

BE YOURSELF: Do YOU!

I'm here if you need someone to talk to. Is there anything on your mind?



Thanks for the offer, but I don't feel comfortable talking about sex right now. Maybe some other time.

CONFIDENTIALITY: MARKED BY INTIMACY OR WILLINGNESS TO CONFIDE PRIVATELY.

Did you know...?

- API women on average are less comfortable talking about sexual health, expressing their sexuality and making empowered sexual decisions compared to White women.
- However, in a recently conducted survey, 80% of API women actually feel *NEUTRAL, MODERATELY COMFORTABLE*, or *VERY COMFORTABLE* when discussing sexual health with their close friends.

TALKING ABOUT SEX IS HARD FOR EVERYONE, BUT LET'S SPEAK UP!

What can I do?

However comfortable you feel about sexual health communication, there's support and services on campus.

- REQUEST for groups like the Sexual Health Education Program (SHEP) or Sexual Health Education and Empowerment (s.h.e.) to lead workshops for your living center, class, or student group online: uhs.berkeley.edu
- EDUCATE yourself by taking a course here focused on sexual health and awareness such as "FemSex Decal: Feminine sexuality": femsex.net
- VISIT the Berkeley Free Clinic, a no-cost community clinic available to the public, located on Durant and Dana: berkeleyfreeclinic.org

OTHER SEXUAL HEALTH RESOURCES:

- Check out TeenSource for more information and other resources available: teensource.org/ts/
- To read more about the campus study findings, visit: napawf.org/programs/young-womens-leadership/cywc/uc-berkeley/

For more information, contact Health Promotion: University Health Services, Tang Center, (510) 642-7202 or check out the website at: uhs.berkeley.edu/students/healthpromotion/

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MAYBE I WANT TO HAVE A CONVERSATION ABOUT SEX TODAY BECAUSE:

- I'm curious
- I want to develop a healthy attitude towards sex whether I'm abstinent or sexually active
- It's good to know the right sexual health measures
- I have/someone I know has some concerns
- I want to get this issue off my mind and resolved
- I feel comfortable talking about it
- It's important to understand myself and my body

Overall, Asian-Pacific Islander (API) Americans are less sexually active than White Americans. But both ethnic groups exhibit similar risky behaviors.

WHATEVER YOUR REASONS, THEY'RE YOURS... OWN 'EM!

BE YOURSELF: Do YOU!

I'm here if you need someone to talk to. Is there anything on your mind?



Yeah, I have some general concerns about sex. If you feel comfortable and can keep it confidential, I'd like to talk about them with you.

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WHAT EXACTLY IS SEXUAL HEALTH?

According to the World Health Organization (WHO):

- "A state of physical, mental and social well-being in relation to sexuality."

According to female undergrads at UC Berkeley:

- "A physical and mental well-being of one's reproductive system/body/sexuality and a healthy attitude towards sex while understanding one's limits."
- "Willingness and practice to take care of oneself and doing whatever that entails, part of which entails a certain degree of acceptance and openness."

Tips on how to communicate with friends:

- Have a two-way conversation by being open with others about sexual health. This will help them feel more comfortable discussing theirs with you as well.
- Speak to a few different friends of varied backgrounds and cultures, for a wider perspective.
- Try using direct, exact terminology. Euphemisms can make the conversation awkward by creating a sense of hesitation.
- Ponder the word "normal" with sexual health and see if others have the same concerns as you.
- Acknowledge that sexual health is "awkward" and talking about it is always going to be awkward, but you shouldn't hide important concerns because of fear.

Tips on how to communicate with family:

- Confide in the family member you feel closest to. Realize she is probably experienced and knowledgeable and as family, can be your greatest sense of support.
 - Depending on your preference, you may talk about sexual health in general terms, or in relation to your own body.
- Other tips:**
- Directly talk with your significant other in a private, relaxed setting. Chances are, it's a mutual concern that will allow you both to connect on a deeper level.
 - Voice concerns directly to your medical practitioner or physician. They are here to promote your health and safety, not to pass judgment.