



YOUR GUIDE TO

STIS & CONTRACEPTION

LEARN HOW TO PROTECT YOURSELF AND/OR PARTNERS FROM SEXUALLY TRANSMITTED INFECTIONS (STIS) / UNINTENDED PREGNANCY WHILE STAYING HEALTHY AND HAVING FUN

Fun Facts About STI Prevention

- A condom or non-microwaveable plastic wrap can be turned into an oral dam. Learn how at: [cdc.gov/condomeffectiveness/dental-dam-use.html](https://www.cdc.gov/condomeffectiveness/dental-dam-use.html)
- Using condoms on sex toys can prevent the spread of STIs between partners.
- Water-based and silicone-based lubricants can reduce risk by helping prevent barrier method breakage. Lubes also prevent microtears in internal tissue; microtears lead to a higher risk for STI transmission.

Getting Screened for STIs

- Many STIs don't have symptoms, so it's important to get screened on a regular basis and after sex with new partners.
- Communicate about what types of sex you've had so you can get the right screenings.
- Habif offers STI screening appointments. <https://students.wustl.edu/student-portal-habif/>

MORE INFO ON PAGE TWO

Habif has appointments for birth control and STI screening. Schedule via the student portal.



**Habif Health and
Wellness Center**

Visit the student portal for an appointment at Habif.



Contraception

Contraception or "birth control" serves many purposes, one of which is pregnancy prevention.

It can also regulate acne, menstruation and associated symptoms, and mood.

How does it work?

Non-hormonal IUDs prevent pregnancy through the disruption of the uterine environment.

Hormonal methods use hormones to regulate menstruation and ovulation.

Condoms physically prevent sperm from entering the uterus. They also help prevent the transmission of STIs.

Getting Started

Explore your options and reflect on what might work best for you.

Communicate with your provider about your preferences, needs, and health history.

Habif offers appointments for birth control. Schedule via the student portal.

Contraception Options

Long Acting Reversible Contraception methods (LARCs) include IUDs and implants. These are the most effective options.

People use methods like the shot, the ring, the patch, and the pill on a more regular basis.

Barrier methods like internal and external condoms are single-use methods for each time people have sex.

There are many types of contraception, including emergency contraception. A medical provider can help you choose the one that's best for you.



STIs

STI stands for Sexually Transmitted Infection. STIs can be transmitted through oral, anal, or vaginal sex.

Most STIs like chlamydia, gonorrhea, and syphilis are curable.

HIV, HPV, herpes, and hepatitis are not curable, but are treatable.

How can you prevent STIs?

Use barrier methods like external condoms, internal condoms, and oral dams.

Check the expiration date on barrier methods. Use a new barrier method for every sex act.

Vaccines and medications like PrEP can reduce your risk for HPV and HIV.

Resources

Want to explore these topics more?

- [Loveisrespect.org](https://loveisrespect.org)
- [Plannedparenthood.org](https://plannedparenthood.org)
- [GYTnow.org](https://gytnow.org)

For more information about birth control:

- [Bedsider.org](https://bedsider.org)
- [Plannedparenthood.org](https://plannedparenthood.org)
- The Right Time - Missouri Family Health Council

Appointment for STI screening and/or contraception:

- Habif Health and Wellness Center:
<https://students.wustl.edu/student-portal-habif/>
- The SPOT (WashU School of Medicine)
thespot.wustl.edu

BareMail - Free safer sex supplies:

- <https://students.wustl.edu/baremail-free-safer-sex-supplies/>