Did You Know...

One in five people in the United States has a sexually transmitted infection (STI).*

15-24 year olds comprise only 1/4 of the sexually active population, but contract nearly 50% of all STIs.*

More than half of all individuals who contract a STI are asymptomatic (they experience no symptoms).*

When practiced correctly, abstinence is the only 100% effective method for preventing pregnancy and the transmission of STIs.*

Oral sex is not risk free! STIs can be transmitted through oral sex with an infected partner.*

* www.cdc.gov

Living Healthy at FSU

Sexual Health Services
In Health Promotion
Living Healthy at FSU

Your college years can be some of the most memorable years of your life, but you won’t be able to fully enjoy them if you’re not healthy! Being healthy takes more than getting regular medical check-ups. It also means making healthy lifestyle choices. Our goal at University Health Services (UHS) is not only to keep you safe and healthy during your years at FSU so you can get the most out of your college experience, but also to teach healthcare skills you can use for years to come. To help you live healthy at FSU, we offer alcohol, nutrition, sexual health and tobacco cessation services in addition to basic medical care.

“Having Sex” means having anal, oral or vaginal sex. Remember, there is nothing wrong or shameful about the choice to abstain from sex. In fact, abstinence is the safest option. But, if you make the decision to become sexually active, be smart about it.

Free condoms are available on all floors of UHS.

UHS offers confidential sexually transmitted infection (STI) testing for both men & women. Call 644-4567 for an appointment.

Health Promotion provides information on preventing STDs and offers free confidential sexual health counseling. Free HIV tests are also available by calling 644-8871.

Get involved with sexual health issues on campus. Become a part of the Peer Health Educator program “Healthy Noles.”

PHEs learn how to develop and organize presentations and create new programs and events that impact the campus community.