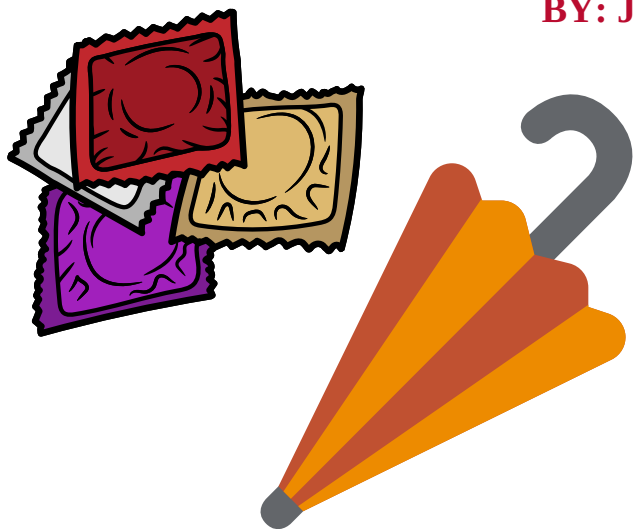


ACT LIKE IT'S RAINING AND WEAR YOUR RUBBERS

BY: JOSEPH BAROS



BOOTS ARE MADE FOR SPLASHING!

Sex shouldn't be something that we as students should be embarrassed to talk about. In fact, sex should be a conversation that students have regularly. Safe sex is extremely important and all students should have access to comprehensible sex education and barrier methods. Unsafe sex can put an individual at risk for Sexually transmitted Infections (STI), and various diseases. Anyone who has oral sex, vaginal sex, anal sex, genital skin contact, or shares sexual fluids with another individual unprotected are susceptible to STDs or STIs. (Planned Parenthood) There are many ways in which you can protect yourself when having sex. Condoms, dental dams, and lubricant are all ways in which we can help limit the spread of infections and diseases such as Gonorrhea and Chlamydia.

USING AN UMBRELLA

Safe sex is an extremely important topic that never ceases to be relevant. As someone who works within the Health Promotion office at SHAC, one of my responsibilities is to ensure all our Barrier Necessity locations are filled with barrier methods each week. In doing so, I've noticed our barrier method locations are being used AND fast! Kudos to our Lobos, for practicing safe sexual habits!



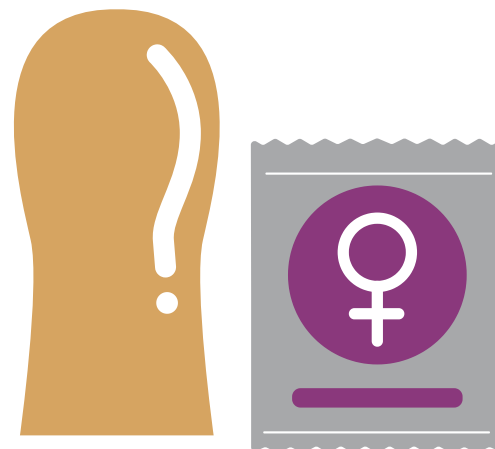


RAIN COATS KEEP YOU DRY!

If any student is in need of contraceptives, barrier methods, or wanting further sex education, I implore you to please visit SHAC and/or our health promotion team. Barrier Necessities are located in every residence hall, resource center, and majority of campus buildings as well. For a list of the locations, please visit shac.unm.edu.

THUNDERSTORMS ON THE HORIZON

All Lobos should be able to feel safe voicing their sexual concerns, needs, and misunderstandings in an appropriate and respectful manner. In my opinion, I believe the attitude around sex and sexual conversations needs to change with our generation. We should be talking with our partners, having these tough but vital conversations, to ensure that everyone's needs are met, all feel safe, and the attitude and stigma around sex can change for the better for all involved.



SOURCES: [HTTPS://WWW.PLANNEDPARENTHOOD.ORG/LEARN/STDS-HIV-SAFER-SEX/SAFER-SEX](https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/safer-sex)