DO YOU!
I MAY BE HAVING SEX TONIGHT

MY EXPERIENCES. MY CHOICES.

Maybe I’m having sex tonight because . . .
• It feels good.
• I’m really into this person—they’re so hot!
• I feel comfortable with this person and want to connect with them on a different level.
• My roommate is out of town.
• I want to try out something new.
• It’s been a while and I’m horny.
• I want to relax and relieve stress.
• I have the time and energy.

WHATEVER YOUR REASONS, THEY’RE YOURS . . . OWN ‘EM!

YOU’RE REALLY CUTE AND I’D LIKE TO GO FURTHER. ARE YOU UP FOR IT?

BE YOURSELF: DO YOU!

I’M TOTALLY UP FOR MORE. WHAT DOES “GOING FURTHER” MEAN TO YOU?

CONSENT: PROACTIVELY GETTING PERMISSION TO ENGAGE IN SEXUAL ACTS WITH PARTNER(S) FREE OF FORCE OR COERCION.

There is no wrong way to have sex as long as everyone involved is a consenting adult. You and your partner can choose whatever type of sex you would like . . .
• Oral sex (mouth to penis, vulva or anus)
• Penetrative sex (using a penis, hand/finger, or sex toy to penetrate a vagina or anus)
• Mutual masturbation (using your hands on each other’s penis/vulva)
• And more!

There is also no right or wrong amount of sex to have.
• Research shows that single and partnered 18-24 year olds have sex anywhere from zero times in the last year to 4+ times a week—there is no “normal” amount, only what’s right for you.

For a fun sex life, don’t focus on what others might be doing. Focus on you and your partner’s pleasure instead.
• Turn off the mental scoreboard, take it slow, and explore what feels good.
• Listen to what your partner says about their desires and limits, and check in during and after sex.
• If penetration is painful, try relaxing and make sure you are turned on and lubricated (naturally or with lube). Stop if pain continues. Try something else.
• Performance issues—feeling erection or feeling dry—happen. Focusing on something else (making out, petting down on your partner) may help.
• Get to know your body—knowing how to turn yourself on makes it easier to show others how to turn you on.
• Stop if you’re not enjoying yourself, and talk to your partner about why. Remember: Communication is the best lubrication!

To make safer sex more fun and pleasurable, consider these tips:
• For condom use (on penises or sex toys):
  o Add lube to outside of condom, and 1-2 drops of water-based lube to inside of condom
  o Try different condom textures (smooth, ribbed, studded and more)
  o Ask your partner to put your condom on with their mouth
  o Flavored condoms are for oral sex only
• For dental dam use (can be used for oral sex on anus/vulva)
  o Add lube to side touching partner’s body
  o Try different flavors
  o Only use one side!
• Get tested for HIV and other STIs, and share your status with your partner(s).

UNIVERSITY HEALTH SERVICES Tang Center

CARD 2 of 9. COLLECT THEM ALL

MEMBER use 9/11
I'm not having sex tonight because . . .
• I have work to catch up on.
• I'm tired.
• I'm single, and I'd prefer to have sex in a relationship.
• It's against my personal values/religious beliefs.
• I'm taking a break from sex and romance – too much drama.
• I'm really busy and my life is complicated enough.
• There's nobody I'm interested in having sex with.
• Just don't feel like it.

Whatever your reasons, they're yours . . . own 'em!

Did you know most of us overestimate how much sex others are having?
• Most college students have had 6-1 sexual partners in the last year, but think that their peers have had 2 or more.
• While most college students (57%) report not having oral sex in the last month, most believe the opposite is true.

Dating options if you’re not having sex:
• Less intense physical contact – kissing, holding hands, whatever you’re both OK with.
• Board game night.
• Take some snacks and go watch the sunset from a romantic spot.
• Make dinner together or go out to eat.
• Get your pulse racing in other ways: scary movies, going dancing, going for a hike.

What’s out there for all East Bay public colleges?
Whatever your level of sexual activity, there’s support and services for you. To find out more about support, counseling options and volunteer opportunities at any of the East Bay colleges, visit: http://uhls.berkeley.edu/doyou

For more information about DO YOU! contact Health Promotion at University Health Services, Tang Center at UC Berkeley: (510) 643-7202 or check out our website at: http://uhls.berkeley.edu/students/healthpromotion

Card 2 of 5. Collect them all!
I may be drinking tonight – I am not drinking tonight . . . and
I am partying/in a relationship – I am single and loving it.

DO YOU!

Doyou.com is a public health information campaign brought to you by the following University Health Services programs: