The following are facts and bits of information to help you avoid some of the disappointments and troubles that college women experience.

We are giving you this because we frequently hear

“IF ONLY SOMEONE HAD TOLD ME”

A hook-up usually leads to regret. Before a hook-up 34% of young women hope a relationship evolves. After a hook-up 91% admit to feelings of regret, feeling used, and guilt. 80% wish it wouldn’t have happened.

Science confirms: Alcohol makes him hot when he’s not! Casual, high risk sex is often preceded by alcohol. In the morning you both look different.

As the number of casual partners increase, so do signs of depression

49% of women whose hook-up included intercourse never see one another again.

Most guys don’t know they have an STI.

Condoms reduce risk of infection by 60-70%. STI’s are so common in young women because so many young men don’t know they have one.

As the number of casual partners increase, so do signs of depression

Recognize that sexual activity, any genital contact with another person, is a serious matter.

Remember too, that motherhood doesn’t always happen when the time is right for you. There is a window of opportunity, and then it closes.

Back to the basics,

SMART GIRL SEX...

Delay sexual activity and commit to someone who has also waited. YOU WILL BE WORRY FREE!

Remember that you are in control. The distress that follows casual sex is 100% preventable.

BE WISE & BE CAREFUL!

We believe in you and know you are a smart girl. Now, go and pursue your dreams!

The HPV Vaccine is a great achievement but it doesn’t cover herpes, chlamydia, HIV, gonorrhea, and some strains of HPV.

NO VACCINE COVERS A BROKEN HEART

The rectum is an exit, not an entrance. The risk for HIV is 20x higher with anal sex. By age 24, 30% of young women have had anal sex. It is a dangerous practice.

A younger cervix is more vulnerable to infection. That is why they are usually infected by their first partner. Learning you have STI can be devastating. It affects your mood, sleep, concentration, self-esteem, and your GPA!

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Excerpts from “Sense and Sexuality”, Dr. Miriam Grossman, MD