A Social Media Content Guide

The Social Media Guide is a tool to help campus partners communicate with students about their sexual health. The guide is arranged by days of the week, with a daily hashtag and content focus. We encourage campus partners to use this guide as inspiration when developing their own social media content for UofSC students.

Note: For best quality, use the .gif, .png and .jpeg images provided in the media toolkit.
An overview of different contraceptives and barrier methods to prevent pregnancy and STIs/STDs

Doesn’t wearing two condoms makes you twice as safe? WRONG, it actually makes it more likely that they will rip or tear. Make sure you know the facts! #MethodMonday #LetsGetitOnUofSC

Myth: You can’t get pregnant during your period. While fertility fluctuates throughout the phases of the menstrual cycle, sperm can live in the body for up to 7 days. #MethodMonday #LetsGetitOnUofSC

Our contraception spotlight for #MethodMonday: IUDs
These birth control devices are more than 99% effective, come in two different forms and can be taken out when you choose. Interested? You can start the process to get yours today at the health center!
tinyurl.com/uofscsexualhealth #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit
#MethodMonday

An overview of different contraceptives and barrier methods to prevent pregnancy and STIs/STD

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**Our contraception spotlight for #MethodMonday: Implants**

This matchstick-sized implant is also more than 99% effective and can last for up to 3 years. Remember, this does not prevent STIs! Read more here: tinyurl.com/uofscsexualhealth #LetsGetitOnUofSC

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**Our contraception spotlight for #MethodMonday: Condoms**

Both internal and external condoms can provide something that NO other contraceptive can: dual protection from both pregnancy and STIs. An even safer idea is pairing condoms with another form of contraception! You can't get much safer than that. #LetsGetitOnUofSC

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Steps to external condom application:

1) Check expiration date and for any signs of damage.
2) Open with your hands, not your teeth or scissors.
3) Place condom on the head of the penis or toy. Be sure to pinch the tip to avoid air bubbles and allow room for ejaculate.
4) Use lubricant to decrease friction and increase pleasure!
5) Keep condom on until sex is completed.
6) Carefully take it off by holding the rim and rolling until off.
7) Throw it in the garbage; DO NOT flush it down the toilet.

#MethodMonday #LetsGetItOnUofSC

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An overview of different contraceptives and barrier methods to prevent pregnancy and STIs/STD

There are a wide range of contraceptive options to fit your financial situation. You can discuss these with our sexual health coordinator - make an appointment by visiting sc.edu/myhealthspace or calling 803-777-1835. tinyurl.com/uofcssexualhealth

#MethodMonday #LetsGetitOnUofSC

Condoms don't have to be boring. There are a variety of condoms to spice up your sex life (ribbed, flavored, etc.). And the best part? You can get them for FREE in the Center for Health and Well-Being!

#MethodMonday #LetsGetitOnUofSC

Did you know that IUD use has nearly doubled from 2006 – 2010? Visit the Center for Health and Well-Being to find which contraceptive is right for you.

tinyurl.com/uofcssexualhealth

#MethodMonday #LetsGetitOnUofSC

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An overview of different contraceptives and barrier methods to prevent pregnancy and STIs/STDs.

The emergency contraception pill, or “morning-after pill” should be taken as soon as possible and can be taken up to 3 days after unprotected sex. Read more here: plannedparenthood.org/learn/morning-after-pill-emergency-contraception #MethodMonday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Curious about STI testing? The health center offers both blood tests (HIV, Syphilis) & urine tests (Chlamydia, Gonorrhea, Trichomoniasis) – Don’t wait! Stop by the first floor of the Center for Health and Well-Being, speak with one of our sexual health educators and learn the facts. tinyurl.com/uofscsexualhealth
#GetTestedTuesday #LetsGetitOnUofSC

MYTH: If you don’t have symptoms, you don’t need to get tested.

FACT: 77% of people don’t show signs or symptoms of an STI infection. This is why regular testing is recommended even if you’re symptom free. Untreated STIs can lead to long-lasting complications, such as infertility.

#GetTestedTuesday #LetsGetitOnUofSC

Interested in STI testing at the health center? It’s an easy process – just make an appointment at sc.edu/myhealthspace. Your results will be sent to you within 48 hours on a completely secure platform tinyurl.com/uofscsexualhealth
#GetTestedTuesday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
A focus on reducing the stigma surrounding STI testing, while educating students about the testing resources available on and off campus.

Wondering whether you should get tested? Check out this guide!
#GetTestedTuesday #LetsGetitOnUofSC

Make your sexual health a part of your annual doctor’s visit (yes, you should be going every year). Talking to your doctor about your sex life can prevent serious health problems & lifelong illnesses.
#GetTestedTuesday #LetsGetitOnUofSC

Have a partner or friend who is not a UofSC student who wants to get tested? Luckily, there are local providers that offer testing for free or at a low cost. Here are some in our area:

Joseph H. Neal Wellness Center
AHF Testing
SC DHEC
Palmetto AIDS Life Support (PALSS)

#GetTestedTuesday #LetsGetitOnUofSC

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Wanting to get tested on campus? It’s simple and can be scheduled from your phone! Log in to sc.edu/myhealthspace and make an appointment.

What should you expect??
You’ll need to give info about the activities you engage in, but this is to make sure that you have the right kind of testing done (don’t worry, they won’t expect a play by play). From there, you’ll go to the lab for testing, and your results are typically available the next day.
#GetTestedTuesday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Empowering students to talk to their partners about consent, sexual expectations and contraceptives.

Sex is pretty dope, but it can also bring unwanted things like STIs, unplanned pregnancy, and worry. Learn how to manage a healthy sex life here: fiveactionsteps.org #RelationshipGoals #LetsGetitOnUofSC

Telling your partner what you want in bed can be a bit awkward. If you’re nervous, try watching a romantic movie to open up the conversation. #RelationshipGoals #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
**LET’S TALK ABOUT SEX**

Talking about sex can be awkward. It’s not smooth, but it’s necessary. Own the awkward, tell your partner what you’re looking for.

#RelationshipGoals
#LetsGetitOnUofSC

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Don’t know how to ask for what you want in bed? Try asking your partner what they want and chances are they will ask you the same.

#RelationshipGoals
#LetsGetitOnUofSC

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**CONSENT**

Sex is better when everyone is on the same page. Consent is incredibly important. DO NOT forget to ask!

#RelationshipGoals #LetsGetitOnUofSC

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Empowering students to talk to their partners about consent, sexual expectations and contraceptives

**Consent**

Consent is a clear and uncoerced YES.

*For full-size graphics please refer to the media tool kit*

Communication is important. Talk to your partner about your sexual boundaries.

*RelationshipGoals #LetsGetOnUofSC*

Don’t be afraid to negotiate with your partner about sexual activities. If there is something you want to try, let them know. It might turn into something enjoyable for both of you.

*RelationshipGoals #LetsGetOnUofSC*
**#RelationshipGoals**

Empowering students to talk to their partners about consent, sexual expectations and contraceptives.

People living with disabilities enjoy sex, too! Don’t be afraid to get creative. Click the link for some inspiration. #LetsGetItOnUofSC #RelationshipGoals


Sometimes sex can be complicated. Talk with your partner & get consent before engaging in anything sexual to find out what each of you likes! #LetsGetItOnUofSC #RelationshipGoals


*For full-size graphics please refer to the media tool kit.*
Did you know that condoms were first used around 3000 B.C.? Back then, materials used were fish bladders, linen sheaths & animal intestines. #ThrowbackThursday #LetsGetitOnUofSC

#ThrowbackThursday to when condoms & diaphragms were made from vulcanized rubber (the same material as modern hockey pucks), way back in 1838. #LetsGetitOnUofSC

Did you know that the ancient romans used to believe that lettuce was a direct source of impotence? #ThrowbackThursday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
In 1916, Margaret Sanger opened the first birth control clinic in the U.S. in New York City.
#ThrowbackThursday #LetsGetitOnUofSC

In 1984, Ryan White was diagnosed with AIDS following a blood transfusion. Ryan fought discrimination and rallied for the right to attend school, becoming the face of public education. In 1990, the Ryan White Comprehensive AIDS Resources Emergency (CARE) Act was passed.
#ThrowbackThursday #LetsGetitOnUofSC

The first report of female orgasm comes from Aristotle, around 2500 years ago.
#ThrowbackThursday #LetsGetitOnUofSC

Read more here: thevaginablog.com/31-facts-about-orgasms-national-orgasm-day

*For full-size graphics please refer to the media tool kit*
Invented in 1880, the vibrator was originally used by doctors to treat “hysteria” or female madness. The recommended pelvic massages often left doctors sore, leading to the ergonomic creation of the vibrator. #ThrowbackThursday #LetsGetitOnUofSC Read more here: abc.net.au/news/2016-10-15/the-history-of-the-vibrator/7925988

Pleasure isn’t a new concept. Art from 30,000 years ago depicts people using dildos for pleasure. That’s before the wheel was invented! #ThrowbackThursday #LetsGetitOnUofSC Read more here: kinkly.com/2/762/passion-play/sex-toys/a-long-strange-trip-through-dildo-history

It was believed that the ancient Mayans regularly used hammocks for sex and had a variety of hammock-friendly sexual positions. #ThrowbackThursday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Familiar with the Kama Sutra? Published in India between 400 and 200 B.C., it's a manual that offers sex advice, descriptions of sex positions and more. You can still buy copies of the book today.

#ThrowbackThursday #LetsGetitOnUofSC
Let’s Get It On

#FriskyFriday

Reducing the stigma surrounding sexual health by highlighting the benefits of a healthy sex life.

According to one survey, 51% correspondents said they could go longer without sex than they could go without coffee. #FriskyFriday #LetsGetitOnUofSC

Did you know that sex burns an additional 3.6 calories per minute on average? #FriskyFriday #LetsGetitOnUofSC

Did you know that orgasms lower a woman’s risk of heart disease, stroke, breast cancer and even depression? #FriskyFriday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Reducing the stigma surrounding sexual health by highlighting the benefits of a healthy sex life.

Did you know? The average time spent kissing in your lifetime is 20,160 minutes. That’s 336 hours or 14 days.
#FriskyFriday
#LetsGetitOnUofSC

Ever wonder where that on top of the world feeling comes from? Fun fact: During climax, the part of your brain that processes fear shuts down. #FriskyFriday
#LetsGetitOnUofSC

Read more here: thevaginablog.com/31-facts-about-orgasms-national-orgasm-day

Oysters can be a powerful aphrodisiac. Other natural aphrodisiacs:

- Maca powder
- Pistachios
- Red ginseng

#FriskyFriday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Frisky Friday
Reducing the stigma surrounding sexual health by highlighting the benefits of a healthy sex life.

Ever wonder why people talk about “catching feelings?” It’s likely because the body produces 4x the amount of oxytocin, the bonding hormone, during sex. #FriskyFriday #LetsGetitOnUofSC

Want to lower your risk of developing prostate cancer? Fun Fact: ejaculating more than 5x a week makes you less likely to develop prostate cancer. #FriskyFriday #LetsGetitOnUofSC

Fun fact: There are around 100 million acts of sexual intercourse around the world each day. #FriskyFriday #LetsGetitOnUofSC

*For full-size graphics please refer to the media tool kit*
Reducing the stigma surrounding sexual health by highlighting the benefits of a healthy sex life.

Having some trouble orgasming? Try putting on some socks! Research shows that cold feet reduces orgasm likelihood, so socks can give a 30% boost at chances of orgasm. #FriskyFriday #LetsGetitOnUofSC

Read more here: news.bbc.co.uk/2/hi/health/4111360.stm

Tried listening to music during sex before? If not, you might want to. A study found that listening to certain types of music can increase signs of arousal, including heart rate and skin conductance. #FriskyFriday #LetsGetitOnUofSC

Read more here: https://goodmenproject.com/featured-content/the-psychology-behind-why-listening-to-music-makes-sex-better-dg/

*For full-size graphics please refer to the media tool kit*