

# Take the Risky Out of Frisky

## **Contact Information**

Campus Wellness  
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**Length of Presentation** 50 minutes

**Presenter Information**

Professional Staff  
 Graduate Students  
 Undergraduate Students

## **UNIV 101 Learning Outcomes** IIa, IIIc

### **Abstract**

"Take the Risky Out of Frisky" is an interactive presentation facilitated by Changing Carolina Peer Leaders and Healthy Campus Initiatives. Through group dialogue and self-reflection, we provide students with medically-accurate information on sexual health, including methods of protection and contraception, STIs and HIV, information on getting tested, and tips for relationship communication and risk reduction. Students will leave with knowledge of campus and surrounding community resources and information to set the stage for capacity building. A laptop, projector and dry erase board will be required.

### **Presentation Learning Outcomes**

*As a result of this presentation, students will be able to:*

- Identify risks associated with various types of sexual activity.
- Describe techniques for safer sex and healthier relationships, including, but not limited to, communication, testing, protection, and contraception.
- Identify available campus resources for sexual health and relationship communication.

### **Outline of Presentation**

- I. Introduction
  - a. Activity - Breaking the Ice: Five medically-accurate sexual behavior terms often replaced with slang terms
- II. Discussion – The Basics
  - a. Three types of sex
  - b. Risks for pregnancy, STI's, and HIV
- III. Activity – In or out? (group activity based on sexual behaviors/stereotypes/misconceptions)
- IV. Tips for talking – Provide resources on how to discuss sex
- V. Activity – Safer Sex, Better Sex
  - a. Importance of good communication
  - b. Process of putting on a condom (for both male and female condoms)
- VI. Campus resources & assessment