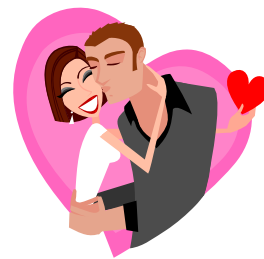




# Dear John:



A health & wellness newsletter

**For a good time call 4468!**  
**The Student Events Daily Hotline!**  
 Updated daily w/ complete info on events & activities

Don't forget: Aerobics every Tues. & Thurs.  
 @ 4:15pm in the PAC with Dr. Bryant!



**Dear John,**

**I've been dating my boyfriend for a while, and I've been trying to decide if I should lose my virginity to him. How do I know if I'm truly ready?**

Sex is not bad, dirty, or wrong, but it is a big step to take. Here are a few things to think about before making this big decision:

- ⊗ Does the situation feel right? Do you trust these feelings?
- ⊗ How well do you know your prospective partner?
- ⊗ Make sure you're planning on having sex because you really want to...not because someone else wants you to.
- ⊗ Evaluate the risks involved: STDs, HIV/AIDS, pregnancy, regret, & heart break.
- ⊗ Remember that you can't take back sexual encounters.

Here are some tips to keep in mind for all sexual activity:

- ⊗ If you have any second thoughts, STOP immediately!
- ⊗ If you can't say "penis", "vagina", "condom", or "intercourse" in public without laughing, you probably aren't ready.
- ⊗ You can't get pregnant through oral or anal sex, but you CAN still get STDs & HIV/AIDS.
- ⊗ It's always a good idea to use a condom.
- ⊗ If you can't be mature about protecting yourself from risks, then you definitely shouldn't be having sex.

<http://teenadvice.about.com/cs/sexuallyactive/ht/readyforsexht.htm>

**Did You Know:** In 2003, 22.7% of women aged 30-34 were unwed compared with 6% in 1970. In 2003, 33% of men were unwed compared with 9% in 1970! The average marriage age for women is 23.6 and for men it's 25.8.

### Date Rape Drugs

The use of drugs to commit rape isn't a new concept, but it is becoming increasingly popular. The drugs are easily concealable, inexpensive, rapid in effectiveness, & can be easily combined with alcohol or marijuana to intensify the effects. In most cases, the drugs are colorless, odorless, & tasteless. They can cause memory loss, drowsiness, confusion, impaired judgment, dizziness, & extreme intoxication after only a couple of drinks. To reduce your chances of experiencing a date rape drug, bring your own drinks

### Male Birth Control

For the first time, a safe, effective, & reversible hormonal male contraceptive appears to be within reach. Several formulations are expected to become commercially available in the near future. Men may soon have the options of taking a daily pill orally, a patch or gel to be applied to the skin, an injection given every 3 months, or an implant placed under the skin every 12 months. While in use, the testosterone and progestin hormones will shut off sperm production.

<http://www.msnbc.msn.com/id/3543478/>

### **Study Safety from**

**Robert Richardson, Director of Safety and Security**

Stress and anxiety are high during the time before exam week. The opportunity for accidents is elevated during this time period. Alcohol & drugs are never a good substitute for adequate rest & nutrition. Not eating properly combined with artificial stimulants (such as caffeine) can wreak havoc on your nervous system and severely upset your stomach lining. Even though you have a lot of work to do, you will concentrate better if you get enough sleep rather than staying up all night. Never drive if you haven't had a full night's sleep.

### Wellness Tip #22: Birth Control Effectiveness

Different methods of birth control have different levels of effectiveness. This may depend on the method itself or the commitment of the man or woman to use the chosen method consistently and as directed.

#### % of Women Experiencing an Unintended Pregnancy

Chance	85%
Cap	40%
Sponge	40%
Spermicides	26%
Periodic Abstinence	25%
Female Condom	21%
Diaphragm	20%
Withdrawal	19%
Male Condom	14%
Pill	5%
Female Sterilization	0.5%
Male Sterilization	0.15%

<http://www.knowmycycle.com/contraceptive-effectiveness.aspx>

### Safe Sex with Lesbian/Bisexual Women

Even though sex between women has a reduced likelihood of transmitting HIV or STDs, transmission can still occur. If you partake in oral sex, use a dental dam (or a condom cut open and spread out). Remember: HIV can be spread through fluids such as blood, breast milk, vaginal fluid, or semen.

<http://www.avert.org/lesbiansafesex.htm>

### Upcoming April Events:

- **Apr 11** BPB Texas Hold-em Poker @ 7pm, Hunt West
- **Apr 12** Seniors' Spring Fling @ 5pm, Alumnae/i Lawn
- **Apr 13** Airband @ 7 pm, Francis Auditorium
- **Apr 15-17** MLitt/MFA Final Projects, Blackfriars Theatre
- **Apr 16-20** SPRING SEMESTER FINALS! GOOD LUCK!
- **Apr 17** Senior Studio Art Exhibitions @4:30pm, Hunt Gallery
- **Apr 20-24** Pre-May Term Break
- **Apr 21** Contra Dance Beginner Workshop @ 7:30pm & Dance @ 8pm in the PAC Dance Studio
- **Apr 25** May Term courses begin
- **Apr 26** Thursdays on Tyson's Terrace: Lionize @ 5pm-8pm

### Volunteer Opportunity: Tour of Virginia Cycling Race

Volunteers are needed on April 27th from noon to around 4pm to help with the race set-up, finish, and break-down. Volunteers will receive a t-shirt & maybe dinner. If you're interested, contact Amanda Huffman @ 540-332-3869 or [huffmanAN@ci.staunton.va.us](mailto:huffmanAN@ci.staunton.va.us)

### Wellness Lecture: Smoking Cessation

Wednesday, April 18th, 5-6pm; Health Center