The Importance of Aftercare

Aftercare is defined as caring for your partner(s) before, during, and after sexual activity. The goal of aftercare is to communicate with your partner and make sure everything is feeling good. Aftercare is for everyone and serves as an opportunity to check in on your partner physically, mentally, and emotionally.

Some ways to practice aftercare include:
- Cleaning up
- Cuddling
- Talking about the experience
- Rehydrating or getting snacks
- Watching a movie
- Words of affirmation

What is Asexuality?

Around one percent of the population identifies as asexual. According to the Trevor Project, asexuality describes people who, “experience little to no sexual attraction.” In the Ace Community, there are many ways to identify. Some people who are asexual may still desire romantic relationships. Other members of the community, including people who identify as demisexual, need to form emotional bonds with someone before they experience sexual attraction. No matter one’s sexual or romantic orientation, it is imperative to proceed with enthusiastic consent in all endeavors!

Sex Positive Shows TUPHEs Love

- How to Build a Sex Room
- Sex Education
- Sex Lives of College Girls
- The Principles of Pleasure
- Minx

How to Use a Pregnancy Test

Taking a pregnancy test too early will result in inaccurate results. To use a pregnancy test and get accurate results, take the test the first day of your missed period. If you are unsure where you are in your menstrual cycle, take the test 21 days after you had sex.

1. Hold the absorbent tip of the test in your urine stream for 5 seconds.
2. Lay the test on a flat surface for 5 minutes as it develops.
3. 1 line on your test means not pregnant. 2 lines on your test means pregnant.

For information on how Tulane supports pregnant students and more on next steps, you can visit pregnancy.tulane.edu

Tulane has free Plan B and pregnancy tests available in the Tulane Campus Health Pharmacy for student use! However, asking for Plan B may feel intimidating to some students. Here are a couple of strategies you can use to make asking the pharmacy for Plan B or pregnancy tests less stressful.

- Use a less common name. Asking for Plan B out loud is an option, but if you are worried “Plan B” is too easily recognized, asking for “EC” or “Emergency Contraceptive” may be more discreet.
- Ask for a bag. Walking out of the pharmacy with a package of Plan B can also be nerve-wracking, especially if you are worried about running into people you know. You can always ask the pharmacy worker to put it in a paper bag to ensure you have a private way of carrying the medication to your residence.
- Hand the cashier a note. You don’t even need to say it out loud! After waiting in line, you can simply hand the pharmacy worker a note asking for Plan B or a Pregnancy test. (You can specify that you’d like a bag in your note too!)