



What is Sex Week?



Sex Week is a diverse week of comprehensive, queer-inclusive, culturally specific, sex-positive sexual health events and conversations for the Tulane University community! Sex Week seeks to provide students with the information that they need to have healthy, pleasurable sex lives. In the U.S., the quality and helpfulness of sex education programs is spotty in many locations, so Sex Week is an effort to bridge that gap.

Sexual Attraction vs. Romantic Attraction



Sexuality is an umbrella term that includes one's behaviors, desires, and attitudes toward sex and physical intimacy. A person's sexual and romantic attractions shape their identity and these two types of attraction are not always the same. According to the University of North Carolina's LGBT Center, **sexual attraction** is defined as "attraction that makes people desire sexual contact," and **romantic attraction** "makes people desire romantic contact or interaction," such as expressing affection and going on dates. People may not have the same romantic and sexual orientation, and that is normal! For example, someone may be sexually attracted to any gender identity, but may only feel romantically attracted to their same gender identity.

Sex Positive Shows TUPHEs Love

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

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!

TUPHE FEATURE

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



Scan the QR code to view map of free pregnancy test locations.

NEED HELP GETTING PLAN B?

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!)

The Pharmacy is open 9 a.m. to 5 p.m. (M/T/TH/F) and 9:30 a.m. to 5 p.m. (W)

Using a free EC service like **Big Easy EC** is also an option! They offer the same Plan B and pregnancy tests with the added benefit that they can meet you in various locations around campus, and they deliver 7 days a week. **Text: (504) 215-8634**

Remember also to only ask for Plan B if you are about to use it. Why? Plan B **expires**, and the easiest way to ensure everyone has access to unexpired EC is to pick it up as needed.