



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.



LEARN MORE AT
sexweek.tulane.edu

TUPHE FEATURE

How to Use an External Condom

Putting on an external condom is an essential first step in having oral, vaginal, and anal sex. To get all the preventative benefits of an external condom, it's necessary to use it correctly, which includes steps before putting it on, while putting it on, and after taking it off:

- 1. Before** using a condom, make sure it is stored in a cool, dry place away from direct sunlight, check the expiration date, and ensure the package is intact.
- 2. While putting it on**, pull back the foreskin (unless circumcised), leave about a half-inch of space at the tip to collect semen, pinch the air out of the tip with one hand while placing it on the penis, unroll the condom over the penis with the other hand, roll it all the way down the base of the penis, and smooth out any air bubbles to prevent breaks.
- 3. To take off**, pull the penis out before it softens, hold the condom against the base of the penis while you pull out, tie the condom with a knot so the semen doesn't spill, and throw the condom away in the trash.
- 4. Do not reuse.**

Sex Positive Media That TUPHEs Love

To build a more sex-positive and inclusive culture, it is so important that diverse communities and ideas are represented in the media that we consume. These shows, movies, books, podcasts, and artists all play a role in educating and creating an informed, sex-positive culture that TUPHEs believe is massively important.

TV Shows & Movies

- ▶ *The Sex Lives of College Girls* (Max)
- ▶ *Heartstopper* (Netflix)
- ▶ *Sex Education* (Netflix)
- ▶ *Blue Is the Warmest Color* (Amazon Prime)
- ▶ *Moonlight* (Max)



Books & Essays Non-Fiction

- *Come As You Are* by Emily Nagoski
- *Pleasure Activism* by Adrienne Maree Brown
- *The Body Is Not an Apology* by Sonya Renee Taylor
- *This Book is Gay* by Juno Dawson
- "Uses of the Erotic: Erotic as Power" by Audre Lorde

Fiction

- *Song of Achilles* by Madeline Miller
- *Radio Silence* by Alice Oseman

Podcasts:

- ▶ *Sex Ed with DB*
- ▶ *That's Totally Normal*
- ▶ *Sex Ed Shouldn't Suck*
- ▶ *Let's Talk About Down There*



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-racking, 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.

