



REAL TALK ABOUT SEXUAL EXPERIENCES

Maybe you are feeling insecure about being less experienced with sex than your friends. Well, here's a little secret: you are far from alone, and people are notoriously unreliable about self-reporting sexual experience.

It's important to remember that we all experience things in our own time and way. Further, the quantity of partnered sexual experiences doesn't dictate the quality of future experiences because skills that make you a good sexual partner like respect, communication skills, responsiveness, self-awareness, etc., can all be developed outside of sex. All of this is to say that you are not "behind" or undesirable, despite what societal scripts may want you believe.

Sexual experiences are most pleasurable when they arise from mutual desire instead of peer pressure dictating a timeline for you. While your experiences are yours to share, and you absolutely can keep them private if you choose, it might be helpful to reach out to people that you trust and be honest about insecurities you are feeling. You might find that more people than you expect can relate to what you are going through. Consider taking some time to uncouple expectations from your sexual autonomy and discover your own desires since you are the pilot of your own body—not your partner(s), friends, family, or society.

COVID-19 safety tips

At Tulane, we are stronger when we work together. Let us all continue to do our part to fight the spread of COVID-19. This means, each of us must:

- **Mask Up.** Face coverings must be worn in the presence of others, whether inside or outside.
- **Maintain 6 Feet.** Everyone is responsible for maintaining social distancing. This means keeping a minimum of 6 feet between yourself and other people who are not from your household.
- **Limit those around you.** No gatherings except for people who live together in a single household.
- **Clean Up.** Frequently wash hands with soap and water for at least 20 seconds and always maintain proper hygiene best practices.

If you begin experiencing symptoms, you should immediately isolate to the best of your ability and schedule a telehealth visit through the Campus Health Patient Portal or contact your healthcare provider.

TUPHE FEATURE

How can I safely celebrate Mardi Gras during a pandemic?

Like many other things over this last year, Mardi Gras will look a little different in 2021. Traditional Mardi Gras parades will not roll this year, but there are still safe ways to get in the Mardi Gras spirit!

- **Grab a king cake.** King cake is still readily available throughout the city, and many bakeries are offering curbside pick-up or delivery.
- **Check out Krewe of House Floats.** This new Mardi Gras venture encourages NOLA residents to decorate their homes the way they would decorate a float. Stroll through the neighborhoods for socially distanced visitation, along with some porch throws on Mardi Gras day.
- **Decorate your dorm room or off-campus residence.** Check with your roommates and decorate your space with as much purple, gold, and green as you can find!
- **Virtual events.** Check our virtual events on Facebook, hosted by the city, and hosted by Tulane. There are endless options!

The most important thing if for you to stay safe! Adhere to all city and Tulane issued guidelines. Don't gather with people outside your house, stay 6 feet apart from others, wear your mask at all times, and wash your hands frequently.

live well Highlights

Body Respect Week

January 25 – January 29

During Body Respect Week, we aim to provide a space where self-love, positive body image and attuned self-care can be the norm. For more information, visit campushealth.tulane.edu/BRW.

Mardi Gras Live Well Hut

Feb 10th from 11 AM – 2 PM

Feb 11th from 11 AM – 3 PM

Stop by the Live Well Hut table on McAlister for games, treats, and a limited-edition fanny pack!

Sex Week

March 1 – March 5

Join us for our second annual sex week where we discuss sexual liberation, pleasure, consent, and sex education. For more information, visit campushealth.tulane.edu/sex-week.