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reedie

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got sexual health?

resources and know-how
from ur SHARE sexual
health educators

with love <3 2022

— REED COLLEGE —

The material in this zine was
up to date at the time of
publication; please go to
reed.edu/share/ to find the
most current information.

Zine by Kaymin Aoto



RESOURCES:

SHARE Website - reed.edu/share/

Order Safer Sex Supplies - tinyurl.com/sexyreedie

Sexual Health Resources - reed.edu/share/sexual-health/

Call to Safety Crisis Line - (888-235-5333)

Reed HCC - (503-777-7281) or health-services@reed.edu

Planned Parenthood on MLK Blvd - (888-875-7820)

Rebel Heart Therapy - (971-350-1122)

Prism Health - (503-445-7699)

Columbia Clinic on Division St - (503-761-6111)

Outside In - (503-535-3860) or outsidein.org

She Bop - (503-688-1196) or sheboptheshop.com

GALAP website - thegalap.org

GOT THOUGHTS OR QUESTIONS?

SHARE Advocates - advocates@reed.edu

SHARE Program Director - frostr@reed.edu

For specific advocate and sexual health educator emails, check the SHARE website listed above!

What is sexual health?

and why should i really care about it?



it may be the "sh" in share, but we want sexual health to be anything but "shhh..."

..as in, we don't want it to be hushed or stigmatized... get it? you can laugh

the WHO defines sexual health as not only hygiene and absence of disease, but overall well-being. this is the groundwork for sexual health outreach at reed; we want all reedies to have access to resources and information that will get you to that state of well-being in regards to sexuality.

1. Medical stuff
 - reed's HCC offers a plethora of care options for students, regardless of whether you have the reed insurance plan (common question!)
 - birth control, emergency contraception, STI testing and counseling, gender affirming care, among others are all available at minimal cost to you
 - generally speaking, visits to the HCC are free, since health services are covered in your annual student fees; the cost of medication or hormones, lab work, etc cost a fee, which may be covered by insurance.
2. Other fun stuff!
 - did you know the SHARE program has a youtube channel? we're pretty hip, there's all kinds of useful info about sexual health, along with more detailed walkthroughs of HCC services! search: reed share program
 - the link tinyurl.com/sexyreedie takes you to the order form for safer sex supplies delivered to your mail stop or address. we also do tabling on fridays outside of commons with safer sex supplies and other goodies! feel free to stop by <3

{pt 2} Boundaries & Consent

consent:

- willingly and consciously agreeing to something you want to do
- can be verbal or non-verbal, but needs to be established
- CANNOT be given while unconscious/asleep, or otherwise incapacitated whether by drugs or alcohol

KEY NOTES:

- agreeing because you feel like you have no choice or are coerced is never consent
- consenting to one act doesn't equate to consent for something different

boundary-setting:

- saying no can be difficult, especially if you're feeling endangered; practicing asserting your boundaries is instrumental in ensuring sex remains a safe and positive activity
- what do you do when someone violates your boundaries? we have a zine all about this! SHARE also has confidential advocates available to reach out to if you need to talk about this or other issues. more resources on the next page <3

Maintaining your Sexual Wellbeing {pt 1}

we're talkin self care
babey !!

Tips, Tricks, and Helpful Info:

- LUBE can play a key role in sex and masturbation, nothing wrong with it, unless you're using the wrong kind...
- as a rule of thumb, water-based lube is great for everything. silicone-lube can't be used with silicone toys (very important), and oil-based lube can't be used with latex condoms. both of those kinds of lube degrade those materials.
- also, make sure your lube is body-safe by avoiding ingredients like parabens, glycerin, and propylene glycol
- Toys are a great avenue for exploration, be it solo or with partner(s); similar to the lube situation, make sure they're body safe. silicone, ABS plastic, metal, and glass are some of the most common. and always remember!! no flared base means no anal play!!

The Greater Portland Area:

Sexual Health Resources

1. Medical things again

- for an exhaustive list of provided services with insurance info, check out the SHARE website, but we'll go over names of some great resources here:
- Planned Parenthood (MLK blvd), offering birth control and abortion, pregnancy testing, STD testing, etc
- Prism Health (Belmont St), offering primary care and testing services
- Columbia Clinic (Division St), offering STD testing
- Outside In (13th Ave), a non-profit providing primary care, birth control, STD testing, and counseling services
- Blackburn Center (Burnside St), providing primary care and health screenings, counseling, etc

2. BONUS FEATURE

- sexual health is not exclusively medical, it can include self-care and daily habits, all for your wellbeing. this is why we include...
- SHE BOP! a woman-owned, curated sex boutique with toys, safer sex supplies, books, and more

GOT GENDER AFFIRMATION??

(reed does)

first off, what is gender affirmation? and how does it pertain to sexual health?

- gender affirmation takes on many different forms for everyone, sometimes it's the surgery or hormones that make your body feel more like home, other times it's the shirt you're wearing or the way you smell, anything that brings a sense of euphoria and validation of your identity
- on its own, anything gender-affirming is not inherently sexual, however, with some aspects of medical transition there can be bodily changes worth learning about, leading us to say that

the HCC got you.

- whether it's for gender-related counseling,
- hormone therapy,
- or you need to speak with a nurse pertaining to your individual transition process, they GOT you.

the HCC can't do everything, of course... no reed college bottom surgery, sadly. BUT, if you need a referral letter for gender affirming surgery, they got you (for FREE). seriously, how amazing is that? i (ME, the person writing this <3) did that, and the process is so streamlined and not gatekeepy at all. bless.

The Greater Portland Area pt 2:

gender affirming care in Portland is luckily so prevalent, so here are some of our top picks for where to get that sweet, sweet gender, with a focus on accessibility (YEAH!!)

- Planned Parenthood, Prism Health, and Outside In, mentioned on pg 3, all offer hormone replacement therapy (HRT)
- OHSU's transgender health program can help you find a primary care doctor, therapist, and receive care throughout the medical transition process, including HRT and surgery
- Rebel Heart therapy offers LGBTQ+ and poly therapy as well as free referral letters for gender affirming surgery (for more free letters check out the GALAP provider directory, found on the GALAP website)
- Joyful Transitions PDX is a non-profit providing gender affirming items and educational materials for free with priority given to BIPOC and low-SES community members. while they are on hold currently, due to funding and extenuating circumstances, they are definitely worth keeping an eye on as they've helped the community so much

Gender Edition

