

# Sexual Health

## Are you going off to school?



creating healthy communities  
together

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**Is it that time in your life you are going off to college or university? There are some things to consider when living with or closely with others.**

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### *Prevention and Protection*

Keep yourself healthy by protecting yourself preventatively through vaccination, using birth control and condoms and never sharing certain items even with the closest friend.

Vaccinations that are recommended for teens and young adults are: Tetanus, Hepatitis B, Menactra, Gardasil and MMR for those who have not had two doses in their lifetime. You can get these vaccinations at your health care provider's office or the Huron County Health Unit.

Being sexually responsible is very important in keeping yourself healthy – both physically and emotionally. Just because you will not have a chaperone or parent watching your every move does not mean you don't have rules any more. You will have to live with the choices or consequences of your actions.

Choose partners wisely and when you do, be sure to protect yourself from STIs and unplanned pregnancies. Condoms, various forms of birth control and Plan B are available at the Huron County Health Unit. A visit to your health care practitioner or the health unit to discuss your sexual health needs is a proactive start to protect you.

When roommates or dorm mates move in together you may get relaxed with communal living – “what's mine is yours.” You must remember never to share a razor with even the closest friend. Let them go hairy rather than run the risk of contracting diseases like hepatitis or HIV. Keep your toiletries including your toothbrush and razor confined to your personal space. You really just don't know what your roommates or their guests may give you if they use your personal items.

### *Positive and Healthy*

Health Check-ups and a balanced diet and lifestyle are good ways to remain positive and healthy. By having routine check-ups for STI testing (urine or blood testing) and pap smears, you can confidently engage in relationships and know where you stand. You can have a check-up with your health care provider, student health services at the school you are attending, anonymous testing clinics, the local health unit or the Huron County Health Unit when you are home for a visit.

It is not mandatory to gain the “Freshman Fifteen” when you head off to school. Through regular exercise and healthy eating you can maintain or achieve the body that you want to have. Canada's Food Guide can be your best resource in addition to fabulous websites that are interactive such as [www.dietitians.ca](http://www.dietitians.ca) or [www.hc-sc.gc.ca/fn-an/index-eng.php](http://www.hc-sc.gc.ca/fn-an/index-eng.php).

Everything in moderation should be your mantra. This pertains to everything in your student life: sleep, food, work and play. Keep life in perspective and balance. Minimizing avoiding alcohol, smoking and drug use will have the biggest effect on your entire wellbeing.

Travel Safely: whether by bus, car or cab. Tell others where you are going.

Though we will not be there with you during your school adventures, we are here to support you. Feel free to contact us toll free at 1-877-837-6143 or (519) 482-3416.

You can also post questions to the “Ask a Pro” section of [youthspark.ca](http://youthspark.ca), we will get back to you within a day or two.