

## AIDS, HIV, and STDs

- AIDS stands for Acquired Immunodeficiency Syndrome.
- HIV stands for Human Immunodeficiency Virus. This virus attacks the immune system and causes AIDS.
- STD stands for sexually transmitted diseases, which are mainly passed from one person to another during sex.
- Common STDs include chlamydia, pubic lice, genital warts, gonorrhea and syphilis.

## Tips for Healthy Sexual Relationships

- Always use contraceptives to protect against unwanted pregnancy.
- Talk to your partner. Be honest about your desires and level of satisfaction.
- Sex can also include intimate behavior without genital contact (e.g. kissing and cuddling).
- Remember that sex can include a variety of sexual practices that are normal, including masturbation and visual sexual stimuli.



**Karaoke!**  
Thursday,  
Oct. 1st  
8p.m.-12a.m.  
Campus  
Center Food  
Activity Court

# Toilet Talk

## Check yourself before you wreck yourself!

### Did You Know...

- ...That the viruses or bacteria that cause STDs can enter the body through tiny cuts or tears in the mouth, anus and genitals?
- ...The only way to stay 100% protected is to practice abstinence?
- ...According to the CDC, trichomoniasis is one of the most common sexually transmitted disease?
- ...Of the 18.9 million new cases of STIs each year, 9.1 million (48%) occur among 15-24 year olds.

### Answer to Last Week's Question:

There are nearly 30 STIs in the world, some can be cured, and some can only be treated, not cured.

**Easy Tip on Living Laker Green:** A printing trick: Save more paper by shrinking your margins to fit more words per page.

**Question of the Week:** What percent of women who find and treat breast cancer early will be cancer-free after 5 years?

### Events of the Week:

- Wednesday, Sept. 30th: Hunger Banquet- Learn about global hunger and how you can help! \$3 or 3 canned food items. 6:00p.m. in Hewitt Union- Forum Restaurant.
- Friday, Oct. 2nd: SHAC Tie-Dye Event - 3-5p.m. Walker Health Center. Free food, prizes and T-shirts (or bring your own)!
- Monday, Oct. 12th: Women's Club Volleyball fundraiser at Fajita Grill from 5-9pm.

Questions? Comments? Suggestions? Get Involved.  
Give us a call! 312-5648 Or email  
lifestyle@oswego.edu



Download Toilet Talk online! Visit  
[www.oswego.edu/lifestyles](http://www.oswego.edu/lifestyles) and Click on  
the Toilet Talk link.



## Words to whiz by...

"Never be bullied into silence. Never allow yourself to be made a victim. Accept no one's definition of life, define yourself."

-Harvey Fierstein  
**Sexual Assault Prevention**

- Use the buddy system.
- Never put your drink down.
- Have a code word and a plan of action in case of trouble.
- Trust your instincts, leave if you suspect a bad situation.

## Resources On and Off Campus

- Walker Health Center: 312-4100
- Lifestyles Center: 312-5648
- Family Planning: (315)-598-4790
- HIV Testing: (315)-349-3547
- Oswego County Opportunities: (315)-342-0888 ext. 3
- Mary Walker Offers:**
- Condoms: 10 /dollar.
- Plan B: \$20 - walk in.
- STD and Infection testing - appt. only.
- Lifestyles offers:**
- Condoms (variety packs) - 10/ dollar.
- Dams - \$1.00
- Non-latex condoms - 3/dollar.



Walker Health Center  
SUNY Oswego  
(315) 312-5648  
lifestyle@oswego.edu  
Sponsored by the Lifestyles Center. Toilet Talk is brought to you by Graduate Assistants Jenna Bernardelli and Michael Hotchkiss, Intern Danielle Hawley and Peer Educators Dawn-Marie Allen-Kent, Jeanelle Colon, Charlene Irving, Chanel Lindsay, Jessica Raghunanan and Amirah Wint.  
Sources available upon request.  
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