

# SEX

Sometimes alcohol seems like a shortcut to get you going in the right direction. But enough alcohol can give you a false sense of comfort. When you go with this kind of comfort, you might be putting yourself in a situation you'll regret later.

Remember, getting yourself drunk and losing control can lead to unsafe/unprotected sex... increasing your risk of Sexually Transmitted Diseases (STDs) and pregnancy. Don't go there. It's definitely not worth it.

We all want a great relationship -- the whole nine yards -- but your chances of having the best relationship possible are definitely increased if you don't allow heavy drinking to be part of your experience.

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# **SEX TIPS FOR WOMEN**

## **Women:**

- 1. Never drink to excess. Make sure you understand your personal limits. Pace yourself and always stay in control and safe.**
- 2. Your thinking gets distorted when you drink heavily. You may miss important danger signals, such as changes in the voice or behavior of someone you're partying with. If you drink too much alcohol, chances are you will be less able to recognize and avoid potentially dangerous situations.**
- 3. Avoid going by yourself to a dorm room or fraternity room with a man who has been partying pretty hard.**
- 4. Work with your friends to take care of each other. Seek each other out if you're at a party and hang out together. Decide on a "warning system" ahead of time and use it.**

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# SEX TIPS FOR MEN

## **Men:**

- 1. Let other guys know that getting trashed and sexually aggressive isn't cool.**
- 2. When you're at a party, look out for other men and women who may be at risk and intervene. If you feel uncomfortable intervening alone, make someone else aware and go together.**
- 3. Violence of any kind is wrong. Be part of creating an atmosphere where heavy, out-of-control drinking is not tolerated.**
- 4. A woman who has been drinking heavily may be too impaired to "consent" to sexual relations. She may do something she will regret later. It's not just that you may be vulnerable to a date rape charge; you should be responsible and concerned for her well being.**

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