

Sexual Health Resources 2023-24

WashU Resources:

Habif Health and Wellness Center - <https://students.wustl.edu/habif-health-wellness-center/>

A compassionate and inclusive environment that supports each WashU student's physical, mental, and emotional well-being

Habif Health Promotion Services - <https://students.wustl.edu/health-promotion-services/>

Services, programs, and resources for all undergraduate and graduate/professional students on the Danforth campus

- **BareMail** - <https://students.wustl.edu/baremail-free-safer-sex-supplies/>
- **Habif's Digital Library** - <https://students.wustl.edu/health-wellness-digital-library/>
- **Zenker Wellness Suite** - <https://students.wustl.edu/zenker-wellness-suite/>. Free Plan B, safer sex supplies, etc.

Habif's Guide to Contraception and Pregnancy Prevention - <https://students.wustl.edu/contraception-health-information/>. Contraception and pregnancy prevention options available through Habif and on WashU's Danforth campus. This page also has information on emergency contraception and a link to abortion care resources.

Center for Counseling and Psychological Services located in Habif and Seigle -

<https://students.wustl.edu/counseling-psychological-services/>

Community Resources:

Affiliated with the WashU School of Medicine:

Contraceptive Choice Center - <https://contraceptivechoice.wustl.edu>

Inclusive reproductive and sexual healthcare.

Division of Infectious Diseases Clinic - <https://infectiousdiseases.wustl.edu/places/infectious-diseases-clinic/>

The SPOT and Project ARK are both programs of the Washington University School of Medicine Department of Pediatrics. They partner together to provide HIV prevention and support services to youth and young adults. This includes HIV/STI testing and treatment, PrEP and PEP services, and referrals to case management and mental health support.

- ProjectARK - <https://projectark.wustl.edu>
- The SPOT - <https://thespot.wustl.edu> - for people ages 13 to 24

Not affiliated with the WashU School of Medicine:

Metro Trans Umbrella Group - <https://www.stlmetrotrans.org>

Community resources for trans and gender-nonconforming individuals in St. Louis.

Missouri Family Health Council - <https://mfhc.org>

Committed to making sexual and reproductive healthcare more accessible in Missouri, MFHC offers free Emergency Contraception and related resources.

Planned Parenthood - <https://www.plannedparenthood.org/planned-parenthood-st-louis-region-southwest-missouri>

Sexual healthcare providers in St. Louis and surrounding areas. They also have a free, confidential chat line where you can ask any questions - plannedparenthood.org/chat or text **PPINFO (774636)**

St. Louis Queer+Support Helpline - <https://www.thesqsh.org>

Phone helpline providing free support and resources for the St. Louis LGBTQIA+ community.



Websites Recommended by our Peer Health Educators (PHEs):

Afrosexology - <https://afrosexology.com>

St. Louis-based sex educators associated with WashU's Brown School focused on sexual liberation and pleasure for Black individuals.

Amaze - <https://amaze.org>

Easy-to-follow animated sex education videos, mostly for a younger audience, with guides for educators.

American Sexual Health Association - <https://www.ashasexualhealth.org/>

Straightforward resources about sexual health and healthy relationships, including infographics.

Bedsider - <https://www.bedsider.org/>

Sexual health and relationship resources for young adults. Easy to understand, fun, and practical with a photo chart about contraception options.

The Asexual Visibility and Education Network - <https://www.asexuality.org>

Online community and resource guide about asexuality.

Listening Recommended by our PHEs:

Sex and Psychology - <https://www.sexandpsychology.com/podcasts/>

Podcast featuring interviewers with current sex researchers and sexual health professionals covering a wide range of topics from scientific studies to sexual self-discovery.

Queer Sex Ed - <https://podcasts.apple.com/us/podcast/queer-sex-ed-podcast/id1229327374?mt=2>

Podcast covering all things queer sexuality and queer sexual health.

Tight Lipped - <https://tightlipped.org>

A podcast and related resources regarding chronic vulvovaginal and pelvic pain.

Reading Recommended by our PHEs:

The Kinsey Institute Frequently Asked Questions - <https://kinseyinstitute.org/research/faq.php>

A quick reference for data on several sexuality topics explored by the Kinsey Institute.

8 Ways To Be Positive You're Sex Positive - <https://thefrisky.com/8-ways-to-be-positive-youre-sex-positive/The Frisky>

What to do when sex hurts - <https://www.bedsider.org/features/1262-what-to-do-when-sex-hurts>

Lube Hacks - <https://spectrumboutique.com/journal/article/lube-hacks/>

Toys for Gender Rebels - <https://spectrumboutique.com/journal/article/toys-for-gender-rebels/>

Sex Toy Safety: A Guide to Materials - <https://www.kinkly.com/2/920/passion-play/sex-toys/sex-toy-safety-a-guide-to-materials>

