

Feb. 4, 2014



HC campus celebrates Sexual Responsibility Week

The Hastings College campus will celebrate Sexual Responsibility Week Feb. 10-13 and Hastings Family Planning staff will be on hand to help.

The week of programming coincides with Valentine's Day and brings all of the Hastings College Peer Education Groups together on campus. This is called the Peer Umbrella Network or PUN which includes six groups that focus on different health topics.

The week's events begin Feb. 10 with a guest speaker at 7 p.m. at the French Memorial Chapel.

On Feb. 11-12 HFP staff will be on campus all day providing free testing for HIV and other sexually transmitted infections. Students, faculty and staff can sign up for the free testing at the student health center.

On Feb. 13 the popular "Sexperts" panel will return. Students will get the chance to submit questions about anything and everything related to sex, bodies and even relationships. A panel of "sexperts" will do their best to answer each question. The panel will include HFP Community Educator Betsy



Herrman and Medical Director Dr. Todd Pankratz.

After the panel, students can visit a "sexival," a carnival event with games and prizes related to sexual health topics.

"This week of events is a great opportunity to educate in a fun way," Herrman said. "Students get the chance to ask questions and have conversations about things they otherwise might be too embarrassed to discuss. It's a fun environment that really engages students and meets them where they are."

Herrman said she is particularly excited to offer STI testing on campus. HFP provided posters that were hung around campus in the weeks before the event that educate students about the prevalence

of STIs among people under age 25.

"Hopefully that will spur more people to come get tested and take advantage of us being there," Herrman said.

The testing is possible because of HFP's "express" STI test, which uses a urine sample to test for chlamydia and gonorrhea rather than a genital swab. That means the test can be administered by non-medical staff in a non-clinical setting.

"It's also much easier and more comfortable for students," Herrman said. "We find they are much more likely to be tested when it is painless, easy and fast." For students who choose to be tested, results are available in about one week.

February Clinics

Wednesday, Feb. 5
5-7 p.m.
Dr. Todd Pankratz

Tuesday Feb. 11
5-7 p.m.
Males Only
Dr. Daniel Leonard

Wednesday, Feb. 19
5-7 p.m.
Dr. Tyler Adam

Wednesday, Feb. 26
Noon to 2 p.m.
Andrea Curtis, APRN

Hastings Family Planning will be closed Monday, Feb. 17 in honor of President's Day.

Wish your love a Happy Valentine's Day on Feb. 14!



Birth control option of the month: Vaginal Ring

The vaginal contraceptive ring is a small, flexible, plastic ring that is inserted in the vagina.

The ring contains the same hormones found in most birth control pills. The hormones in the ring are released into the vagina and prevent pregnancy by stopping ovulation and thickening the cervical mucus.

The ring is obtained by prescription and can be purchased from pharmacies and clinics.

The vaginal ring is easy to use. The woman squeezes the

ring between her thumb and index finger and gently pushes it into her vagina (the exact position inside the vagina is not important).

It is important to pay attention and keep track of when the ring is inserted and removed. The ring stays in place for three weeks (21 days) and is then removed for one week. The woman's period will occur during the week the vaginal ring is out. After the off week, she just starts over and puts a fresh ring in for three weeks.

The ring can be left in place while having sex. If the ring falls out for any reason and the woman is unable to put it back within three hours, another birth control method will be needed until the ring has been in place for seven days.

The ring is about 95% effective at preventing pregnancies.

Advantages:

- Easy to use, controlled by the female, and does not require the consent of her partner
- Periods may be lighter when using the ring
- May offer benefits that in-

clude fewer menstrual cramps, less acne, and stronger bones.

Disadvantages:

- Certain antibiotics and supplements (such as St. John's Wort) may make the vaginal ring less effective
- It may take a month or two after stopping the ring before normal periods return
- Some women experience vaginal discharge or swelling. Others may have breast tenderness
- There is a very slight increased risk of blood clots, heart attacks, toxic shock syndrome, and strokes.

Hastings Family Planning

Promotes the well being of families, responsible behavior, and healthy babies.

Prevents unintended pregnancies through education, including abstinence and contraceptive services.

Allows planning and timing of pregnancies.

Remember

We have free latex and non latex male condoms available as well as female condoms and lubricant. We also sell name brand condoms for as low as 25 cents each.

Hastings Family Planning

422 N. Hastings Ave.

Suite 204

Hastings, NE 68901



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