

## Sexual Health Health & Wellness NYU Shanghai

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### What is sexual health?

Sexual health is a state of physical, mental and social well-being in relation to sexuality. It requires a positive and respectful approach to sexuality and sexual relationships, as well as the possibility of having pleasurable and safe sexual experience, free of coercion, discrimination and violence.

-World Health Organization

### What is sexuality?

- Sexuality is the ability to have erotic experience/response.
- Sex can be in different forms, e.g., sexual imagination, masturbation, intercourse with same sex or opposite sex.
- Our sexuality affects who we are and how we express ourselves. There is a wide range of how people experience their sexuality. Your sexuality may be influenced by your family, culture, religion, media, friends, and experiences. We all have thoughts, desires, attractions, and values that are unique. Respect is the Key!

### What does safer sex mean?

- It means being smart and staying in healthy.
- It means showing concerns and respect for your partner and yourself.
- It means enjoying sex to the fullest without transmitting or acquiring sexually transmitted infections (STIs).
- Always take precautions whenever you have sex.

### What is safe?

- Talking with your partner about your concerns, sexual history, needs, and expectation helps you get to know your partner better and provides an opportunity to negotiate safer sexual practice.

- Touching, caressing, and massaging provides warm, affectionate, and safe intimacy.
- Masturbation: it is safe for semen or vaginal fluids to contact unbroken skin through self-pleasuring or masturbation.
- Kissing does not transmit HIV, though deep kissing may transmit other STIs.

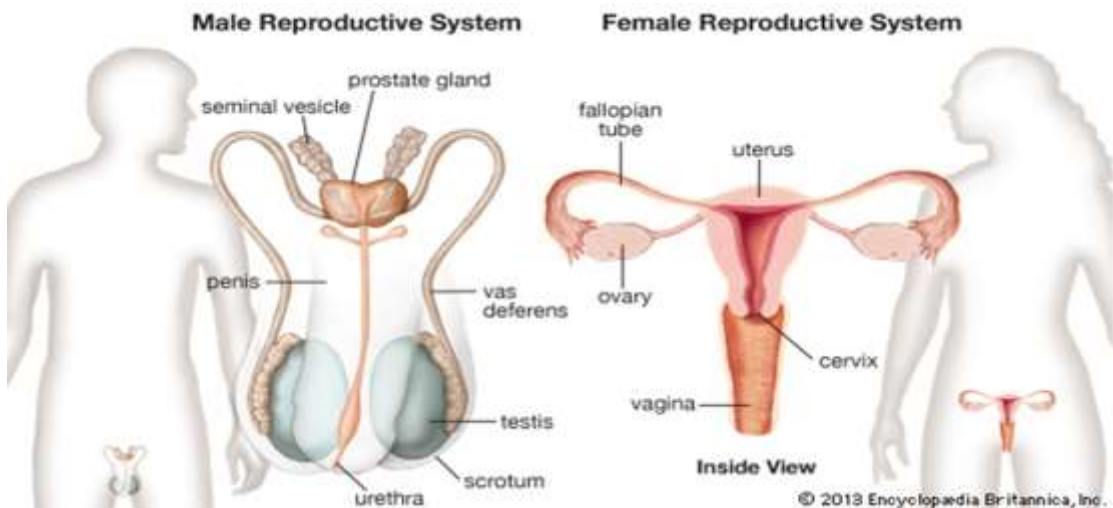
### What is risky?

- The use of alcohol and other drugs does not cause STIs. However, alcohol and other drugs play a big role in practicing unsafe sex as they can impair your judgement and limit your ability to communicate effectively.
- Alcohol and other drugs may also make you clumsy and careless in using condoms and lubricants.

### Female and male reproductive systems

Terms:

English	中文	English	中文
<b>Male Reproductive system</b>	<b>男性生殖系统</b>	<b>Female Reproductive system</b>	<b>女性生殖系统</b>
Prostate Gland	前列腺	Fallopian tube	输卵管
Seminal	精液的	Uterus	子宫
Vesicle	囊	Ovary	卵巢
Penis	阴茎	Cervix	宫颈
Urethra	尿道的	Vagina	阴道
Scrotum	阴囊	Sterilization	节育
Testis	睾丸		
Vas deferens:	输精管		



## How does pregnancy happen?

Pregnancy (怀孕) begins when a fertilized egg implants in the uterus. Getting pregnant can happen in different ways. Understanding your fertility (生理周期) pattern can help with avoiding pregnancy as well as getting pregnant. - See more at: <https://www.plannedparenthood.org/learn/pregnancy/how-pregnancy-happens>

## Common Birth Control Methods

### Commonly-used birth control methods in Shanghai

- **Condom (避孕套)**

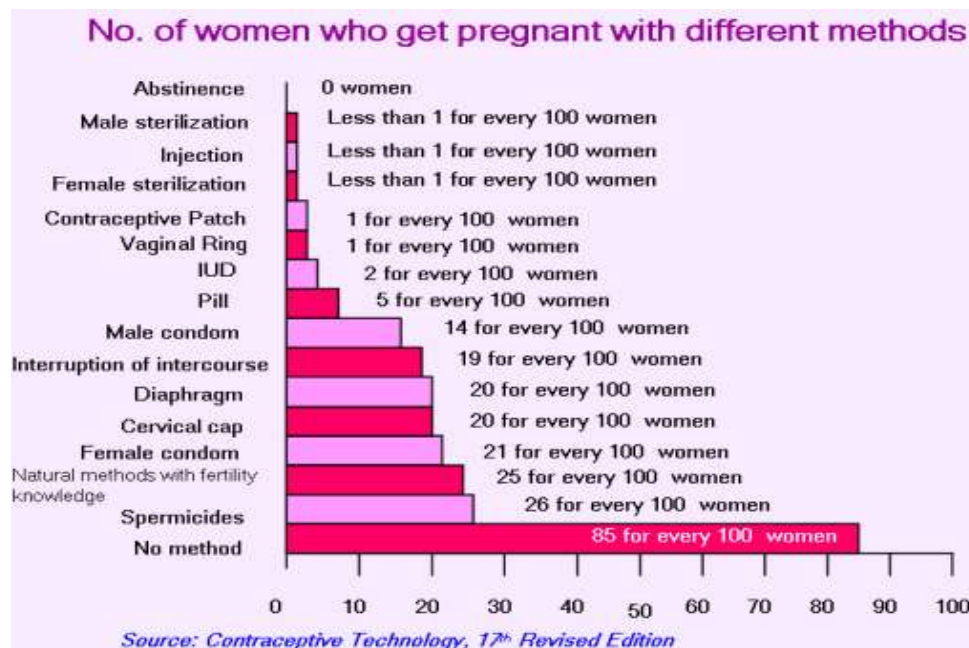
#### When to use a condom?

- Use a condom with lubricant every time you engage in anal, or vaginal sex, including when you use finger or hand penetration.
  - Use a condom with lubricant (润滑剂) every time you share sex toys
  - Use a latex dam (隔离膜) (also known as dental dams) when having oral sex or oral-anal sexual contact.
  - Only latex (乳胶) and polyurethane (聚氨酯) condoms protect against HIV and other Sexually Transmitted Infections (STIs). Use a polyurethane condom if either partner is allergic to latex.
  - Condoms are available, without charge at the Health & Wellness Center, Academic Building Room 605
- **Birth control pills (避孕药)** : Birth control pills are a kind of medication that women can take daily to prevent pregnancy. They are also sometimes called “the pill” or oral contraception. - See more at: <https://www.plannedparenthood.org/learn/birth-control/birth-control-pill>
  - **Morning-after pills (紧急避孕药)** : Birth control medications that women can use to prevent pregnancy up to five days (120 hours) after unprotected sex - See more at: <https://www.plannedparenthood.org/learn/morning-after-pill-emergency-contraception>
  - **IUD (T型避孕环)** : The letters IUD stand for "intrauterine device." IUDs are small, "T-shaped" devices made of flexible plastic. A health care provider inserts an IUD into a woman's uterus to prevent pregnancy - See more at: <https://www.plannedparenthood.org/learn/birth-control/iud>
  - **Vaginal Ring (避孕圈)** : Vaginal ring is a small, flexible ring a woman inserts into her vagina once a month to prevent pregnancy. It is left in place for three weeks and taken out for the remaining week each month. See more at: <https://www.plannedparenthood.org/learn/birth-control/birth-control-vaginal-ring-nuvaring>

Birth control pills and morning-after pills are available over the counter. IUDs and vaginal rings are available in private and public hospitals.

**Other commonly-used birth control methods**

- **Birth Control Shot** (荷尔蒙避孕注射剂) : an injection of a hormone that prevents pregnancy. Each shot prevents pregnancy for three months. - See more at:  
<https://www.plannedparenthood.org/learn/birth-control/birth-control-shot-depo-provera>
- **Cervical Cap** (子宫帽) : a silicone cup shaped like a sailor's hat. You insert it into your vagina and over your cervix. - See more at:  
<https://www.plannedparenthood.org/learn/birth-control/cervical-cap>
- **Diaphragm** (避孕膜) : a shallow, dome-shaped cup with a flexible rim. It is made of silicone. You insert it into the vagina. When it is in place, it covers the cervix. - See more at:  
<https://www.plannedparenthood.org/learn/birth-control/diaphragm>
- **Spermicide** (杀精剂) : a birth control method that contains chemicals that stop sperm from moving. Spermicides are available in different forms, including creams, film, foams, gels, and suppositories. - See more at:  
<https://www.plannedparenthood.org/learn/birth-control/spermicide>
- **Female Condom** (女用避孕套) : a pouch that is used during intercourse to prevent pregnancy and reduce the risk of sexually transmitted diseases. - See more at:  
<https://www.plannedparenthood.org/learn/birth-control/female-condom>



## What are STDs (Sexually Transmitted Diseases)?

Sexually transmitted diseases (STDs) are caused by infections that are passed from one person to another during sexual contact. These infections often do not cause any symptoms. Medically, infections are only called diseases when they cause symptoms. That is why STDs are also called "sexually transmitted infections." But it is very common for people to use the terms "sexually transmitted diseases" or "STDs," even when there are no signs of disease.

## Common STDs

- **Chlamydia** (衣原体感染) : an infection caused by a kind of bacteria that is passed during sexual contact. See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/chlamydia>
- **Gonorrhea** (淋病) : an infection caused by a kind of bacteria that is passed during sexual contact. It can infect the penis, vagina, cervix, anus, urethra, or throat. Sometimes it is called "the clap" or "the drip." - See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/gonorrhea>
- **Syphilis** (梅毒) : a common bacterial infection that is spread through sex. Syphilis is easily cured with antibiotic medicine, but it can cause permanent damage if you do not get treated. - See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/syphilis/what-is-syphilis>
- **Hepatitis B** (乙肝) : a liver infection caused by a virus (called the hepatitis B virus, or HBV). - See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hepatitis>
- **HIV/Aids** (人类免疫缺陷病毒/艾滋病) HIV causes AIDS. HIV stands for human immunodeficiency virus. It breaks down the immune system – our body's protection against disease. HIV causes people to become sick with infections that normally would not affect them. AIDS is short for acquired immune deficiency syndrome. It is the most advanced stage of HIV disease. See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hiv-aids>
- **HPV** (人乳头瘤病毒) : HPV stands for human papillomavirus. There are more than 100 types of HPV. Some types produce warts – plantar warts on the feet and common hand warts. Human papillomavirus clinically has been proven to be associated with Cervical Cancer. - See more at:  
<https://www.plannedparenthood.org/learn/stds-hiv-safer-sex/hpv>

## Resources

- **Public hospital for STIs and HIV Screening:**
  - **Shanghai East Hospital**  
Address: No. 150 Jimo road, Pudong New District

- **Renji Hospital**  
 Address: No. 160, Pujian Road, Pudong New District  
 Price range: 175RMB-200RMB
- **Free HIV Screening Service:**
  - **CDC office:** Address No. 3039 Road Room 104  
 Time: 9am-11am and 1:00pm-3:00pm every Tuesday and Thursday,  
 1:00-3:00pm every third Sunday afternoon each month,  
 1pm-3pm every Wednesday.
  - **WeiFang Community Hospital**  
 Address: 639 Laosan Rd  
 Time: 2pm-4pm VCT room every Tuesday and Thursday
- **HIV/Aids Treatment Center**
  - **Shanghai Infective Disease Center**  
 Address: 2901 Caolang Rd, Jinshan District, Shanghai (in-patient)  
 921 Tongxin Rd, Hongkong District Shanghai(out-patient)
- **Private Clinic for STDs and HIV screening**
  - **Parkway Health:** Tel: Multiple locations 021-6445-5999
  - **Worldpath Clinic**  
 Address: No. 39 North Nanquan Rd Tel: 021-2020-7888  
 Cost covered by Geoblue insurance
- **Online Resources**
  - **Bilingual sexual health website**  
<http://www.famplan.org.hk>
  - **English sexual health website**  
<https://www.plannedparenthood.org>
  - **NYU health promotion library**  
<http://www.nyu.edu/life/safety-health-wellness/student-health-center/health-information.html>
  - **Bilingual STD information**  
<http://www.cdc.gov/std/chinese/default.htm>
- **Resources in NYU communities**
  - Mail your questions to the Sexpert at [sexpert@nyu.edu](mailto:sexpert@nyu.edu).
  - Chelina Wang, Health promotion manager NYUshanghai is also available to answer your question. Contact email: [pw55@nyu.edu](mailto:pw55@nyu.edu) or make an appointment at Health & Wellness Center, room: 605