

# Sexual Health and Wellness – Let's Talk about Sex!

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## A Conversation about Sexual Health with Student Ambassadors.

In today's conversation, we navigate the often complex but vital landscape of Sexual Health and Wellness. Joining us is Siddhi, our Gender Based Sexual Violence (GBSV) Ambassador and Nima, Our Student Life Ambassador, ready to shed light on this multifaceted topic.

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**SL Ambassador:** Hello, Siddhi! Can you give us your take on what sexual health and wellness encompass in our current society?

**GBSV Ambassador:** Absolutely. Sexual health's got layers, like your fave triple-decker sandwich. It's about scoring that 'A' in consent sexual health is about more than safe practices; it's about acknowledging and respecting individual sexual rights, ensuring safety, and securing access to health care that affirms our gender and sexual identities. It's a holistic care for our sexual selves.

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**SL Ambassador:** Why is it important for individuals, especially students, to maintain an open dialogue about their sexual health and wellness?

**GBSV Ambassador:** It's crucial. Having open conversations educates and destigmatizes. It fosters a community where informed decisions are the norm, and respectful relationships thrive. Our overall health depends on this openness

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**SL Ambassador:** What role does consent play in fostering sexual wellness?

**GBSV Ambassador:** Consent is non-negotiable and foundational. It's about having our choices respected at all times. A culture that values consent is key to respectful coexistence, not just in intimate settings but in all aspects of life. Consent ain't just sexy, it's mandatory. It's the green light that keeps things cool and respectful, from the DMs to the dorm room.

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**SL Ambassador:** With increased awareness about STIs, what should our peers know about protection and prevention?

**GBSV Ambassador:** They should be proactive. Understanding risks, methods of protection, and the importance of regular health screenings are all essential. It's also about creating an environment where these conversations are free from judgment.

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**SL Ambassador:** How do sexual education and awareness contribute to better health and wellness?

**GBSV Ambassador:** Knowledge is power. Comprehensive sex education empowers us with necessary information about our bodies and needs, contributing to a healthier society and reducing risks.

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**SL Ambassador:** What advice do you have for those seeking help with sexual health issues, who might fear judgment?

**GBSV Ambassador:** Reach out. There are resources and support systems designed to provide help confidentially and without judgment. You're not alone, and there's no shame in seeking help.

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**SL Ambassador:** As we embrace digital advancements, how do you see technology shaping the future of sexual health education?

**GBSV Ambassador:** Technology is a game-changer, making education more accessible and personalized. But it's vital to balance this with human connection to ensure that we maintain a community-centric approach.

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**SL Ambassador:** Any final thoughts you'd like to share with our readers on this topic?

**GBSV Ambassador:** Sexual health is a right, not a privilege. Let's build a world where knowledge and freedom regarding sexual health are accessible to all. We can all contribute to a healthier, more open society.

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**SL Ambassador:** Siddhi, thank you for your insights today. We're sure they'll resonate with our readers and inspire further dialogue on campus.

**GBSV Ambassador:** Thank you for having me. It's by talking openly that we'll break down barriers and enhance our collective well-being.

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Let's continue to support each other in our journey towards better understanding and maintaining sexual health and wellness. Join the conversation and let's make a positive impact together.

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