

wellnessNEWS

Ideas to help you *LIVE WELL* from the ENCANA WELLNESS CENTRE

Intimacy and SEX the Mind and the Body

(SOURCE: WWW.SEXUALITYANDU.CA)

Physical intimacy can take many forms. Cuddling, kissing, long walks and talks, massage, oral and manual stimulation all contribute to sexual expression and intimacy. Open communication, acceptance, knowledge and creativity are important in maintaining sexual health.

Sex involves both "equipment" and "attitude." It's about both the body and mind. Maintaining your sexual health as you age often involves adapting your expectations. You can't expect exactly the same kinds of sexual responses and performances that you had when you were younger. Acceptance – of how your body and life is changing – is an important part of aging with grace, passion and dignity.

Did you know?

Did you know that 5.3% of the Mount Royal student population and 5.0% of the faculty and staff population is either gay, lesbian, bisexual, transgendered, or "unsure" of their sexual orientation?

(Spring 2006 NCHA data + Spring 2007 MRC data)

Positive Space

Positive Space is an initiative on campus that aims to promote understanding and respect for sexual orientation and gender diversity. The initiative raises awareness and challenges the patterns of silence that continue to marginalize lesbian, gay, bisexual, transgendered, two-spirited, inter-sex and queer individuals. The initiative is also aimed at encouraging a widespread and visible commitment to welcoming sexual and gender diversity, as well as making talk of diversity more open and less unusual.

Visit www.mtroyal.ca/positivespace for more info.

Upcoming EVENTS

March 6 - SAD and Sleep

Mainstreet 1 p.m. to 3 p.m.

Stop by and learn about Seasonal Affective Disorder, light therapy and sleeping tips.

March 6 - The Power of Choice

EA1024 4:45 p.m. to 5:45 p.m.

Listen to registered dietician Rory Hornistein give tips about nutrition and choosing the right foods.

March 26 - Sex Fair

Mainstreet 11 a.m. to 3 p.m.

Presenters include AIDS Calgary, Sexual Health Access and Calgary Sexual Health Centre.

What is safer sex?

(source: www.yorku.ca)

- * Safer sex is when two partners engage in sexual activities that carry a reduced risk of transmitting infections or causing pregnancy.
- * Though the safest kind of sex is no sex at all, there are safer sexual activities to enjoy that carry a reduced risk. These include kissing, rubbing, hugging and masturbation.
- * Safer sex can be achieved by avoiding the exchange of bodily fluids. The best way to do this is to always use a condom, female condom, or dental dam when engaging in any sexual activity where bodily fluids could be transferred. This may include:
 - * genital to genital contact
 - * vaginal, anal and oral sex

Discussing sexual activity with your partner in advance and getting tested for sexually transmitted infections will help ensure you are both committed to each other's health and safety. Visit Health Services in the EnCana Wellness Centre if you would like to get tested for sexually transmitted infections.

Test your sexual knowledge at the
University of Sex 

visit

http://sexualityandu.ca/multimedia/games/sexu/SexU_Exam_ContestED.html