

Pleasure Tips and Tricks

Pleasure is not always sexual.

A lot of times people focus only on body parts or the (at times elusive) orgasm when talking about pleasure. It doesn't have to be this way! Think about what things give you pleasure mentally, emotionally, etc, and try sharing them with a partner. A favorite food? Song? Texture? Pleasure can be all around us.

The brain is a sex organ.

If you are looking for physical sexual pleasure, remember that your overall well-being is crucial to your experiences of pleasure, of all kinds. Yes, caring for yourself is good for your sex life! Make sure you're getting quality sleep, choosing nourishing foods for your body, finding time for movement, and connecting with people who care about you. These can be just as important as finding a partner or getting in the mood.

Sex toys for self pleasure.

Experiencing and experimenting with pleasure for and by yourself can help you learn what you like and what you don't, how your body reacts to different kinds of sensations, and what kinds of environments help you feel safe and secure. If you are looking to buy a sex toy, knowing your materials and cleaning procedures is essential. Only buy toys made of silicone, shatter-proof glass, hard plastic, or stainless steel. Jelly rubber cannot be disinfected and can harbor bacteria and fungi.

Read more at
go/specshottopics/



Consent

SPECS teaches Planned Parenthood's model for consent.

Freely given. Consenting is a choice you make without pressure, manipulation, or under the influence of drugs or alcohol.

Reversible. Anyone can change their mind about what they feel like doing, anytime. Even if you've done it before, and even if you're both naked in bed.

Informed. You can only consent to something if you have all the details of the situation. For example, if someone says they'll use a condom and then they don't, there isn't full consent.

Enthusiastic. When it comes to sex, you should only do stuff you WANT to do, not things that you feel you're expected to do.

Specific. Saying yes to one thing (like going to the bedroom to make out) doesn't mean you've said yes to others (like having sex).

For reporting and resolution options related to sexual assault, stalking, dating violence, contact:

Marti McCaleb, Civil Rights & Title IX Coordinator
802-443-2147 or mmccaleb@middlebury.edu

For confidential advocacy services contact:

MiddSafe peer-staffed 24/7 hotline while classes are in session at 802-377-0239

WomenSafe town-based advocates with a 24/7/365 hotline serving people across the gender spectrum with protection orders, financial and housing assistance, and court proceedings: 802-388-4205

For confidential and trauma-informed STI testing, injury care, or forensic evidence collection contact:

Health Services to make an appointment with a SANE nurse during office hours: 802-443-3290

Porter Hospital after hours to request a SANE nurse at the Emergency Department: 802-388-4701

More resources at go/sexualviolenceinfo/

SPECS Sexual Health Resource Guide

Compiled Fall 2020

We all arrive to campus with varying amounts and types of sex education—we're here to make sure that all students have access to safe, accurate, and nonjudgmental sexual health information.

SPECS (Sex Positive Education for College Students) peer educators' mission is to empower the Middlebury College community with knowledge, skills, and resources to make healthy and informed decisions, and to contribute to and participate in a sex positive community.

Connect with us!

Facebook: @midspecs
Instagram: @specsmiddlebury
Email: specs@middlebury.edu
Website: go/specs/



Sexually Transmitted Infections (STIs)

How do I get tested for STIs? How much does it cost?

Testing can be free. If you don't have insurance or are nervous about an STI showing up on your insurance bill, this option will cover the fee for you.

Or billable. If you are able to pay, your insurance covers testing, or you aren't worried about it showing up on your insurance bill, use this option. Keep in mind that the free option has limited funds.



At **Health Services** and **Planned Parenthood**, testing can be free or billable. **Porter Hospital** always bills.

For more info, visit [go/stipricing](#) and [go/stitests](#)

I tested positive for an STI. Now what?

Get treated. Some STIs can go away with medication, others can be treated with medication to decrease symptoms.

Tell your partner(s). It is important to inform recent sexual partners of your positive test so they can seek treatment as well. There are now resources where you can send an anonymous text to a partner about their risk of infection if you do not want to contact them directly. You can also ask your healthcare provider to give you treatment to bring home to your partner(s).

Remember that contracting an STI is normal. Most people who are sexually active will experience an STI. If you have health concerns, talk to your medical provider. If you have concerns about your mental health, get in touch with a counselor.

Contraceptive Methods & Pregnancy Testing and Support

Health Services (go/chw)

Health Services on campus offers prescriptions for birth control, and referrals for long-acting implants such as IUDs and Nexplanon, as well as free condoms and dental dams, free pregnancy testing and support, and access to reduced cost emergency contraception (Plan B for \$18) as well as sexual healthcare exams.

Please visit [go/contraceptives](#) and [go/morningafterpill](#) for more information.

Hours: Mon-Fri 8:30 a.m. to 4:30 p.m.
Nurse Triage Line: 802-443-3290



Planned Parenthood

The Middlebury office offers abortion referrals and counseling, free pregnancy testing, access to reduced cost emergency contraception, prescriptions for birth control methods, and sexual health exams.

Address: 1330 Exchange St. Middlebury, VT 05753

Phone: 802-388-2765



UVM Medical at Porter Hospital

Offers primary care, gynecology, implants, prescriptions for birth control pills and other forms of birth control, and routine, urgent, and emergency care.

Address: 115 Porter Dr. Middlebury, VT 05753

Phone: 802-388-4701



Support for LGBTQIA2S+ folks



What does this mean?

Sometimes healthcare systems or individual providers are not equipped to support people that identify as lesbian, bisexual, gay, transgender, queer, questioning, intersex, asexual, Two Spirited, and a whole range of other sexual and gender identities.

Want to talk with someone who supports you?

There are lots of people both on and off campus ready to help with your specific needs. On campus, one of those people is **Leo Kline MSN, AGNP-C** in Health Services. He has extensive experience and passion for providing quality LGBTQ healthcare including transgender, non-binary, and genderqueer healthcare.

Email: lkline@middlebury.edu

Phone: 802-443-3290, ask for an appt with Leo

Planned Parenthood in Middlebury also offers LGBTQIA+ support and sexual healthcare services.

All gender restrooms

[go/restrooms4all](#)

All gender housing

[go/housing4all](#)



Community spaces and events

The Anderson Freeman Resource Center welcomes queer students and has a number of events throughout the year. Assistant Director **Janae Due** offers support and programming for queer and/or transgender students. For more info visit [go/AFC](#).