

## The Good, The Bad, & The Dirty: Navigating Sex and Relationships: A Guide to Modern College Dating

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Modern college dating is a complex mix of digital communication, shifting expectations, and sexual health. Understanding the transition from casual freshman "hookup culture" to serious upperclassman connection is vital to building intentional relationships.

### ● THE GOOD: Sex with Respect & Intention

- **Enthusiastic Consent:** Consent is a continuous conversation, not just a one-time "yes" or "no."
- **Emotional Intimacy:** Physical acts do not automatically equal emotional commitment. True connection requires vulnerability and mutual respect.

### ● THE BAD: Social Pressure & Consequences

- **Emotional Dissonance:** Engaging in casual "hookup culture" when you actually desire a deeper connection leads to performance anxiety and FOMO.
- **Digital Boundaries:** Protect your peace from "soft ghosting" by setting clear communication limits early.

### 🔗 THE DIRTY: Risk Mitigation

- **"The Dirty Talk":** Normalize discussing sexual health and testing before intimacy using clear "I" statements.
- **Know Your Tools:** Protect yourself with PrEP (HIV prevention), DoxyPEP (Gonorrhea, Chlamydia, Syphilis prevention), and up-to-date vaccines (HPV, Hep A & B).

*"It's the feelings that count. And your own feelings are the best barometer."* — Dr. June Dobbs Butts, pioneer sex therapist

### Bring This Workshop to Your Campus

Equip your students to navigate relationships safely and authentically.

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