

Sex-Esteem

What they didn't tell you in high school...

Sex-Esteem is a peer education group of the Syracuse University R.A.P.E. Center

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How to talk to your partner about SEX

It's not easy to have the first discussion with your partner about sex. It can make you nervous, and it can certainly be awkward. Here are some questions that you can answer with your partner to help break the ice. Each person can share their answers to understand what the other wants and needs from sex. Remember, HUMOR can go a long way in having a serious conversation like this, but always be respectful and honest.

1. What qualities make you happy in a relationship?

2. WHAT MESSAGES DID YOU RECEIVE ABOUT SEX AS A CHILD, TEEN AND YOUNG ADULT?

3. Tell one funny or embarrassing story about this topic.

4. What areas of your body are most sensitive?

5. What is your favorite and least favorite body part?

6. What turns you on?

7. What do you hope to get out of a sexual relationship?

8. Have you ever had an orgasm?

9. Have you ever had a sexually transmissible infection (STI)?

10. Share one sexual secret with your partner.

11. What is important to you when and if you decide to have a sexual relationship with someone?

12. How can we make sure that all of our sexual activity together is consensual?

13. What things would you not tolerate in an intimate relationship?



About the R.A.P.E. Center...

The R.A.P.E. Center provides a safe, caring space for students who have experienced sexual violence and promotes recovery from the effects of sexual violence through personalized intervention and support services.

The R.A.P.E. Center provides 24-hour support and assistance, 7 days a week, year-round, to Syracuse University/ESF students.

If a friend of yours has experienced a sexual assault and YOU need someone to talk to, please call the R.A.P.E. Center, 315-443-7273. We're here for you, too.

315-443-7273

Save the Date

Take Back the Night

Wednesday, April 18
Rally 7 p.m. at Hendricks Chapel
March and Speak Out to follow

Sex-Esteem is a R.A.P.E. Center peer education group geared toward creating opportunities for students to engage in meaningful discussions about responsible and respectful sexuality and relationships. We are available for programs Sunday – Thursday nights. Please call 443-7126 or email jasneide@syr.edu to schedule a program.

Special thanks to Dr. Fanelli, professor of Human Sexuality, College of Human Services and Health Professions (HSHP) for helping us create this test!

Useful numbers...

For an emergency while on campus: 711
Counseling Center: 315-443-4715
Goldberg Couple & Family Therapy Center: 315-443-3023
Health Services: 315-443-2666
Hendricks Chapel, Pastoral Counseling: 315-443-5044
Judicial Affairs: 315-443-3728
Public Safety (24 hours a day): 315-443-2224 or 711 for emergencies
University R.A.P.E. Center: 315-443-7273

Syracuse University R.A.P.E. Center
111 Waverly Avenue, lower level of the Health Center, 315-443-7273
Appointments and walk-ins, M-F daytime. Advocates are available 24 hours a day, year-round, to respond to students seeking R.A.P.E. Center services.
<http://students.syr.edu/rapecenter/>

Office of Prevention Services
Division of Student Affairs

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