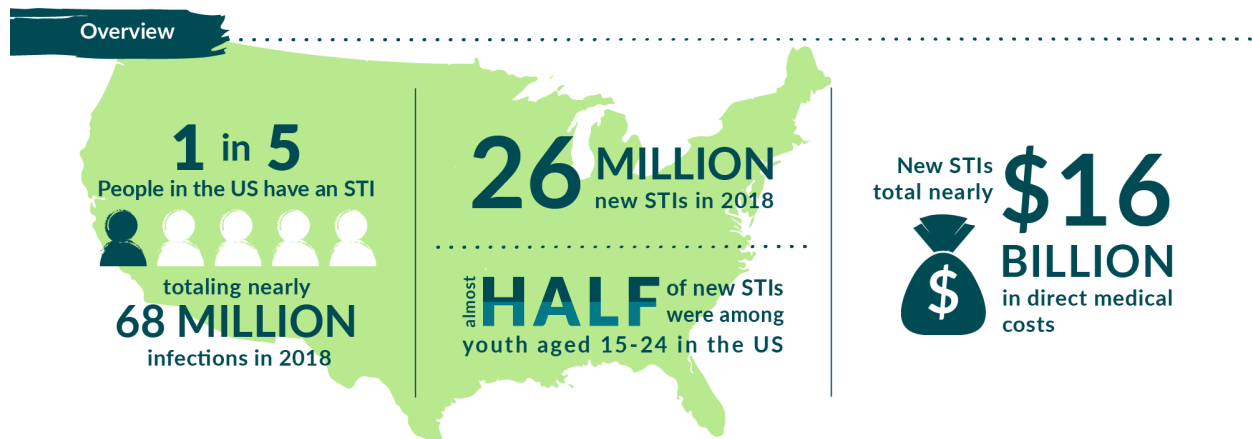


HOW YOU CAN GET RID OF “STI- SCARIES” !

Many make assumptions about Sexually Transmitted Infections (STI's), but let's get down to the FACTS! Yes, there are [stigmas](#) associated with STI's. We are here to help disprove them! This article will discuss ways to gain comfortability, and learn confidentiality associated with STI testing (specifically at Elon University). It is crucial to not only inform yourself, but others the truths of STI testing. Remember, nobody is invincible from Sexually Transmitted Infections!

1. **Take A Breath, STI Testing Is More Common Than You Think:** You probably don't know, but most people you know are most likely getting tested! People probably are just not broadcasting this confidential information. Sexually active college- aged people are what consist of half of STI diagnoses. ([Centers for Disease Control](#)).
2. **Let's Talk Sex:** [67%](#) of college students are sexually active. However [38%](#) of those who choose to have sex say they “Always” wear a condom, and [15 %](#) say they “Never” do. Practice safe sex, but remember everyone who is sexually active is at risk for an STI, you are not alone!
3. **Normalize Testing:** Talk with whoever you feel comfortable about getting tested. Maybe go with a partner, or friend to go get tested, whatever makes you feel safe. Be proud of yourself for getting tested! YOU are conquering the stigma! Put a date and time in your calendar, to make it an activity with your friends to get tested as a group!
4. **Your Privacy Is In YOUR Hands:** Schedule a time to get tested with a health care provider that you trust. Your sexual health is very important- don't let the fear of parents or friends finding out stop you from getting tested! Testing entails absolute confidentiality. Your test is between you and your doctor, nobody will find out unless you want them to! Elon University provides this confidentiality for students to make their appointment through the [Phoenix Health Secure Patient Portal](#).



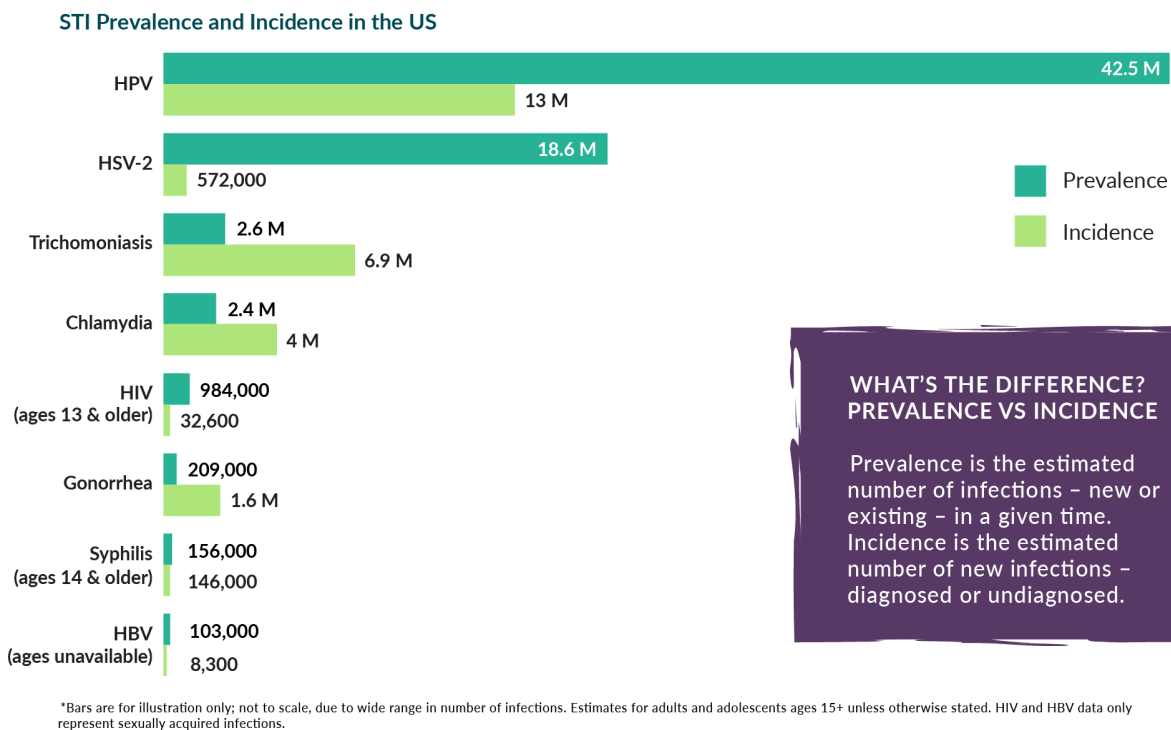
[Citation for picture](#)

How Can I Get Tested (Confidentially)?:

The only real way to know if you have an STI is to get tested, so, “Get the Facts – Get Tested!” as the [Elon Health Center](#) says because 1 in 2 people will contract an STI by the time they are

25. There are 3 ways Elon provides testing to Students: via an appointment made through the phoenix portal, every 1st Thursday of the month from 11:00am-2:00pm in the Mind-Body Connection room (Koury 146) sponsored by Alamance Cares, and lastly, at The Alamance County Health Department offers free STI screenings.

A few things to note about each option are: The Student Health Center testings costs approximately \$70. The testing sponsored by Alamance Cares is affiliated with Cone Health, is free, and only tests for HIV, Syphilis, and Hepatitis C. The Alamance County Health Department tests for Chlamydia, Genital Warts, Gonorrhea, Herpes, HIV, Pelvic Inflammatory Disease, Pubic Lice, Syphilis, Trichomonas, and Yeast Infections, is completely free and is offered to minors without the need for parental consent.



[Link to picture](#)

To learn more about testing at Alamance County Health Department, [click here](#).

And of course, as always, the testing completely confidential, and in two of the 3 ways is free.

The Real Facts:

According to the [CDC](#) and data they gathered in 2018, 1 in 5 people within the US currently have an STI, and the most prevailing age group was the 15-24 years of age group. HPV was the most prevalent STI, followed by HSV-2(herpes), Trichomonos, Chlamydia, HIV, Gonorrhea, and Syphilis. To combat these statistics and encourage healthy safe sex practices, Elon's Protect Direct group offers free sex supplies such as external Condoms(2 sizes and a latex-free version), lubricant, and dental dams. To top that off, they are free and can be delivered right to your mailbox, discreetly.