Safer Sex:  
Get Supplies & Learn More

Getting Safer Sex Materials
A wide variety of safer sex supplies and educational information are available for free in the Safer Sex Centers, which are located in the following areas of the JMU Health Center:

- **The Well** – first floor of the Student Success Center, open MWF 8am-5pm and T/TH 9am-5pm, students may walk-in and access the center at any time during business hours.

- **General Medicine** – located in the second floor of the UHC. Students must be in the clinic for an appointment/service to access this center.

- **Urgent Care** – located in the first-floor external entrance of the UHC. Students must be in Urgent Care/Lab/Specialty Clinic for an appointment/service to access this center.

Learn About Safer Sex

- **Go Ask Alice!** [http://www.goaskalice.columbia.edu/category/sexual-reproductive-health](http://www.goaskalice.columbia.edu/category/sexual-reproductive-health) offers answers to sexual and reproductive health questions (in addition to many other topics). The site is run by a team of Columbia University health promotion specialists, health care providers, and other health professionals.

- **American Sexual Health Association** [http://www.asahasexualhealth.org](http://www.asahasexualhealth.org) offers information on healthy sexual behaviors and relationships to prevent adverse health outcomes.

- **Bedsider** [https://bedsider.org/](https://bedsider.org/) is an online birth control information and support network for people ages 18-29.