

Resources for Further Exploration and Learning

Do you want to learn more about healthy relationships, healthy sexuality, consent, communication and boundaries? Below are some links to additional resources. While we have only listed a few, please know there are tons of resources and information about these and related topics, and we encourage you to continue your learning journey. You can find more resources and information about upcoming programs and events at www.cmu.edu/title-ix and <https://www.cmu.edu/health-services/health-education-and-resources>. We also welcome your requests for programs and events, as well as any ideas you may have: institutionalequity@cmu.edu.

Sex and Relationships

Scarleteen: Sex Education For The Real World (website)

“Inclusive, comprehensive, supportive sexuality relationships information for teens and young adults.” <https://www.scarleteen.com>

Columbia University’s Go Ask Alice (website)

An excellent resource about health-related topics for young people, including healthy sexuality and relationships.

<https://goaskalice.columbia.edu>

“How to have a Good Hookup in College” (Article: by N. Clark, *VICE magazine* online, 09/11/2018)

This article is part of a series covering “imperfect advice on how to become an adult.” It provides practical advice for navigating sexual encounters, including figuring out your interests and boundaries, and how to share them with a partner.

<https://www.vice.com/en/article/59az4z/how-to-have-a-good-hookup-in-college-vgtl>

Healthy, Unhealthy and Abusive Dating/Intimate Relationships

love is respect: Healthy relationships for young adults (website)

“Healthy relationships for young adults can be confusing. Love is more than just the way you feel, and we're here to help.”

<https://www.loveisrespect.org>

One Love Foundation: Learn to Love Better (website)

“One Love educates young people about healthy and unhealthy relationships, empowering them to identify and avoid abuse and learn how to love better.”

<https://www.joinonelove.org>

Communication Skills for Healthy Relationships (PDF Guide from WorkLife4You)

Strategies for speaking, listening, overcoming barriers, and communicating about tough issues.

<https://www.drdarlenzo.com/wp-content/uploads/2017/06/Effective-Communication-for-Couples.pdf>

Consent & Boundaries

Sexual Consent by Planned Parenthood (web-based guide about consent including videos)

Advice on how to tell if your potential partner is interested, what to do if you're not sure, and how to respect their boundaries.

<https://www.plannedparenthood.org/learn/relationships/sexual-consent>

"5 Questions About Alcohol and Consent You're Too Afraid to Ask, Answered" (Article: by E. Friedrichs, *Everyday Feminism*, 05/22/2016)

A discussion and practical considerations to questions such as: "How much do you need to drink to be unable to consent?" and "What if all people involved have been drinking?"

<https://everydayfeminism.com/2016/05/alcohol-and-consent-questions/>

"In the No" Parts 1, 2 and 3 (Podcast by Radiolab)

"From college roundtables to a BDSM workshop, we explore the grey areas of consent and go looking for answers in the wake of #MeToo."

<https://www.wnycstudios.org/podcasts/radiolab/projects/no>

How to Respect Other People's Boundaries (Article: by M. Tartakovsky, *PsychCentral* 11/05/2014)

Tips for understanding and respecting others' boundaries by listening and paying attention to verbal and nonverbal cues.

<https://psychcentral.com/blog/how-to-respect-other-peoples-boundaries/>

Some of the resources contain material that is sexually explicit, may contain discussions about sexual and intimate partner violence, and/or may be offensive. These resources are for educational purposes and do not necessarily reflect the views of the University or the Office for Institutional Equity and Title IX. Updated March 2023.