

## ***Let's Talk About Sex! College Students, Sexuality, and a Global Pandemic Love in the time of Covid***

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### **CHALLENGE**

Human sexuality is a fundamental part of our beings. A global pandemic does not change that especially for students coming to college. Higher education professionals planning for a safe fall semester had to account for students' personal behavior, including sexual behavior. Advisors have supported students through this pandemic in multiple dimensions of their life. But are we ready to talk about sex or explore what the pandemic has done to students as sexual beings?

### **OVERVIEW**

Join fellow NACADA members to learn about findings from a research study on students' expectations going into college and the feedback they shared regarding their sexuality during the pandemic. Participants will also work with case studies and discuss how we think and talk about sex and sexuality with our students.

### **OBJECTIVES**

Participants will

- Review research and findings from a study on college student's sexual behavior during covid,
- Reflect on concerns from the findings
- Work with sex and sexuality advising case studies,
- Reflect on how safe our advising spaces are to talk about sex and sexuality,
- Share strategies to respond, advise, and/or advocate with professionalism

### **TAKEAWAYS**

The research study showed students used the Spring 2020 lock down to reflect on sexual identity. For many respondents, the plan for sexual behavior in college did not change considering the pandemic. They after they returned to campus, many students did not identify that they received messages about sexual health as part of their university training. They noted the "be safe" consent message. Overall, students remain concerned with matters regarding identity development, academic responsibility management, and mental health concerns. These findings should motivate advisors to consider their role in promoting student development, health, and safety. Advisors can share strategies to respond with professionalism to student concerns, including those related to sex to create safe advising spaces.

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