

Safer Sex

is for

EVERYONE



“Each person deserves access to information and services that affirm and support their sexual and gender identity while also caring for their overall sexual health...”

-Mere Abrams



Why is
LGBTQIA

inclusive

sex

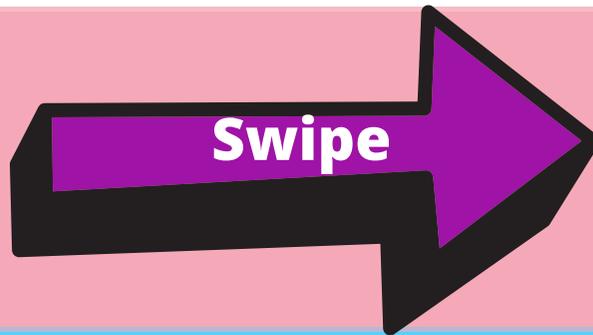
education

important?



Inclusive

Safer Sex Guide



Why is it important to practice safer sex?

Anyone who is sexually active, can contract an STI (sexually transmitted infection). Contracting STIs is quite common; about **50%** of new STI cases occur between people aged **15-24**, according to the CDC. Practicing safer sex can provide comfort and confidence to explore and fulfill sexual desires with less worry.

WAYS STIs CAN BE TRANSMITTED:

- Skin-to-skin genital contact
- Vaginal/front hole sex
- Oral sex
- Anal sex
- Contact with bodily fluids (i.e. blood, semen)
- Needles

Note: The term "front hole" is utilized in addition to vagina throughout this guide to include trans and gender non-conforming people. It's good practice to talk to your partners about what terms they use for their body parts.

Safer Penetrative Sex (Intercourse)



Act of inserting a body part or toy inside someone's vagina/front hole, or anus.

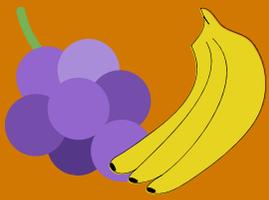
Receptive partner (bottom) is typically at higher risk for contracting STIs than inserting partner (top).

Any anal play needs lots of water-based lube because the anus doesn't produce its own.

External & Internal Condoms

- External (outside) condoms: can roll over a penis or sex toy as a barrier to prevent STIs and/or pregnancy.
- Condoms come in various sizes, shapes, textures and materials (i.e. latex, polyisoprene, polyurethane).
- Internal (inside) condoms: non-latex barrier that can be used for penetrative sex involving a vagina/front hole or anus to prevent STIs and/or pregnancy.





Safer Oral Sex



Act of using your mouth to stimulate a partner's genitalia or anus

Dental Dams

Thin, typically latex sheet with flavored lube that can be placed between the mouth & body part oral sex is being performed on to prevent STIs. Water-based lube should be applied to both sides of the barrier to enhance pleasure & prevent breakage. They come in a variety of flavors such as strawberry, vanilla, banana, grape, etc.



Flavored Condoms

Thin, typically latex, barrier with flavored lube that is put externally on the penis or sex toy to protect from STIs. Flavored condoms should not be used internally as the sugary substances could cause a yeast infection.



How to Make Your Own Dental Dam Out of a Condom

1 open and unroll the condom



2 cut off the tip of the condom



3 cut down the side of the condom



4 use that latex rectangle for protection during oral sex





Safer Sex With Toys

Toys such as vibrators (used on the front hole/vagina), dildos (used on the front hole/vagina, & anus), plugs (used anally), and beads (used anally) can help stimulate body parts both internally & externally. There are a growing amount of sex toys made specifically for trans, gender non-conforming, and intersex people's bodies.

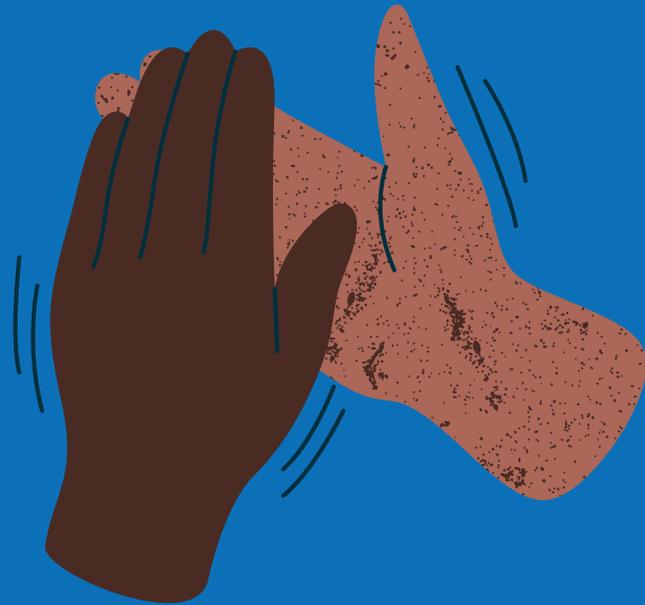
Ways to Make Toys Safer:

- Use an external/outside condom on toys being used for penetration in front hole/vagina, anus, or mouth to prevent STIs.
 - Try not to share sex toys.
 - If you do share a sex toy that's been used by or with a previous partner, clean and sanitize thoroughly (read manufacturer's instructions). Usually mild soap and water will do the trick to clean!
 - Use lube - a sex toy will be smoother with lube. Water-based lube is always safe to use with both condoms & sex toys. Silicone-based lube may break down silicone-based sex toys over time.
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Safer Sex With Hands

Latex or nitrile (latex-free) gloves can be used when putting fingers or fists inside a front hole/vagina or anus.

Wearing gloves reduces the chance of contracting or transmitting STIs through tiny cuts on your hands or fingers, and it also prevents you from scratching your partner(s) and exposing them to bacteria under your fingernails.



Gloves

A glove can be turned into a barrier for oral and penetrative play with people using hormones.



You can make this combo dental dam/condom (a condam!) from a glove by cutting a line up the pinky-finger side, removing the fingers (but be sure not to cut the thumb) of the glove, placing the thumb hole over genitals.