

ORAL SEX

Sex that involves your mouth or tongue touching another person's vulva, vagina, penis, or anus (butt) **OR** another person's mouth or tongue touching your vulva, vagina, penis, or anus (butt).

NOTE ON LANGUAGE: In order to be as clear as possible, we use the medical terms associated with people's body parts. We understand that these may not be the words you use for your body or the words that best describe you.

You decide if you want to have oral sex. Checking in with your partner to make sure you both say yes to what is about to happen is an important part of having great sex!

IT'S UP TO YOU.

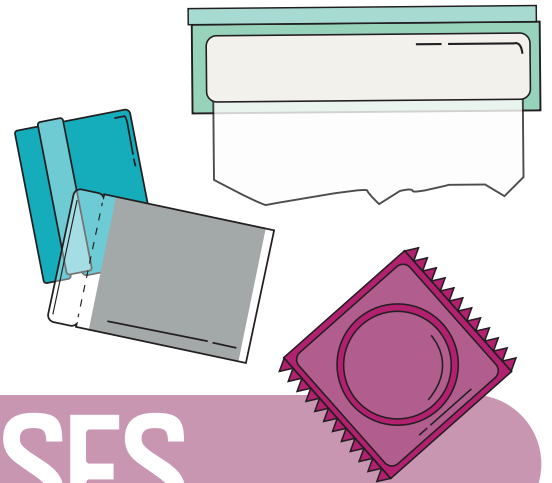
CAN I GET STIs FROM ORAL SEX? **YES.**

WITH VULVAS AND BUTTS

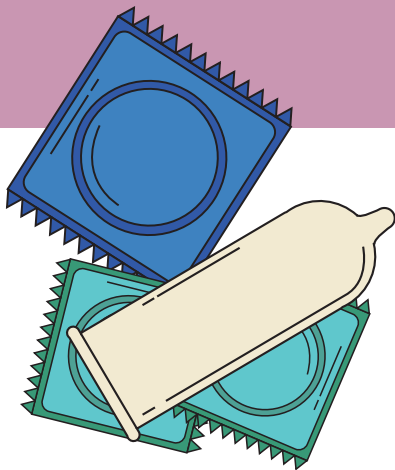
Use a dental dam, plastic wrap, or a condom cut the long way (to cover your vulva or anus or someone else's) when engaging in oral sex to protect yourself from STIs.

Placing a small amount of lube under the barrier can make using dental dams or plastic wrap more pleasurable for the person receiving oral sex.

Dental dams, plastic wrap, and condoms cut into a rectangle should only be used one time with one person.



WITH PENISES



Using a non-lubricated condom (on your penis or someone else's) when engaging in oral sex is the best way to protect yourself from STDs.

There are many kinds of non-lubricated or flavored condoms that you can try in order to increase pleasure for those giving and receiving oral sex.

Condoms should only be used one time with one person.

GET TESTED.

When getting an STI test, it's important to get tested in all the places on your body you are having sex. Talk to the person who is doing your testing about the types of sex you are having so you can get all the tests you need to keep yourself and your partners safe.

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SOURCES STD Risk and Oral Sex - CDC Fact Sheet
Available at <http://www.cdc.gov/std/healthcomm/stdfact-stdriskandoralsex.html>
Safer Sex for Trans Bodies
Available at <http://www.hrc.org/resources/safer-sex-for-trans-bodies>

ANAL SEX

Sex that involves your fingers, hands or penis inside another person's anus (butt) **OR** another person's fingers, hands or penis inside your anus (butt).

NOTE ON LANGUAGE: In order to be as clear as possible, we use the medical terms associated with people's body parts. We understand that these may not be the words you use for your body or the words that best describe you.

You decide if you want to have anal sex. Checking in with your partner to make sure you both say yes to what is about to happen is an important part of having great sex!

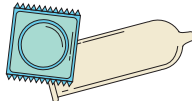
IT'S UP TO YOU.

CAN I GET STIs FROM ANAL SEX? YES.

There are lots of great ways to have sex! But it is important to know that some ways, like anal sex without a condom, can make it more likely to get an STI or HIV. Here are some ways to stay healthy:

FOR TOPS

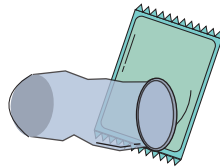
Using a lubricated condom on your penis when engaging in anal sex is the best way to protect yourself and your partners from STIs.



Use lots of lube when having anal sex. Listen to your partner about how much and when to use more. Oil-based lubes can weaken condoms, so make sure you are using silicone-based or water-based lube instead.



If you are not living with HIV, PrEP is a daily pill you can take to prevent getting HIV. Talk to your doctor about whether or not PrEP is right for you.



If you are inserting your fingers or hands, gloves are the best option for protecting yourself and your partners.



FOR BOTTOMS

Having your partner wear a lubricated condom on their penis during anal sex is the best way to protect yourself from STIs.

If your partner won't wear a condom, you can use an internal condom, sometimes called a female condom, to protect yourself. Don't insert the condom past the external ring and take out the inner ring before using it because it can be painful and more likely to come out.

Use lots of lube! It helps protect the skin of your anus from tearing during anal sex. Small skin tears that can happen during anal sex make it more likely that you could get an STI from a sexual partner.

If you are not living with HIV, PrEP is a daily pill you can take to prevent getting HIV. Talk to your doctor about whether or not PrEP is right for you.

GET TESTED.

When getting an STI test, it's important to get tested in all the places on your body you are having sex. Talk to the person who is doing your testing about the types of sex you are having so you can get all the tests you need to keep yourself and your partners safe.

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SOURCES Anal Sex and HIV Risk - CDC
Available at <http://www.cdc.gov/hiv/risk/ analsex.html>
Safer Sex for Trans Bodies
Available at <http://www.hrc.org/resources/safer-sex-for-trans-bodies>



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VAGINAL SEX

Sex that involves your fingers, hands or penis inside another person's vagina **OR** another person's fingers, hands or penis inside your vagina.

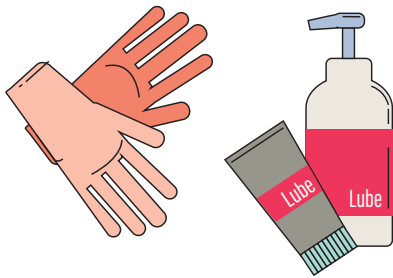
NOTE ON LANGUAGE: In order to be as clear as possible, we use the medical terms associated with people's body parts. We understand that these may not be the words you use for your body or the words that best describe you.

You decide if you want to have vaginal sex. Checking in with your partner to make sure you say yes to what is about to happen is an important part of having great sex!

IT'S UP TO YOU.

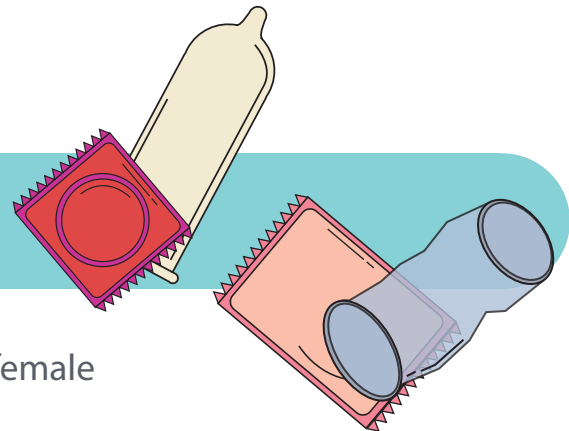
CAN I GET STIs FROM VAGINAL SEX? **YES.**

WITH FINGERS AND HANDS



There is almost no risk of getting an STI or giving someone else an STI when having vaginal sex with fingers and hands.

WITH PENISES



Use condoms and internal condoms (sometimes called female condoms) when having vaginal sex.

If you are not living with HIV, PrEP is a daily pill you can take to prevent getting HIV. Talk to your doctor about whether or not PrEP is right for you.

If you or your partner can get pregnant, and you don't want to have a baby right now, it's important to also talk to your doctor about birth control options, like the pill or an IUD, in addition to condoms.



GET TESTED

When getting an STI test, it's important to get tested in all the places on your body you are having sex. Talk to the person who is doing your testing about the types of sex you are having so you can get all the tests you need to keep yourself and your partners safe.

SOURCES

Vaginal Sex and HIV Risk - CDC
Available at <http://www.cdc.gov/hiv/risk/vaginalsex.html>
Safer Sex for Trans Bodies
Available at <http://www.hrc.org/resources/safer-sex-for-trans-bodies>

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SEX TOY SAFETY



NOTE ON LANGUAGE: In order to be as clear as possible, we use the medical terms associated with people's body parts. We understand that these may not be the words you use for your body or the words that best describe you.

You decide if you want to have sex with strap-ons, prosthetics or other toys. Checking in with your partner to make sure you both say yes to what is about to happen is an important part of having great sex!

IT'S UP TO YOU.

CAN I GET STIs FROM SEX TOYS?

YES.

CARING FOR YOUR TOYS

It's important to know how to take care of sex toys by keeping them clean. Because toys are made of different materials, they need to be cleaned in different ways. Read the cleaning instructions that come with them, or if you don't have those anymore, here are some general rules:

- **Silicone Toys:** Wash with warm, soapy water or immerse in boiling water for 10 minutes to disinfect. Air dry. These can also be disinfected by putting them in the dishwasher on the top rack, but run the dishwasher without soap. Don't boil silicone toys that have a vibrator inside.
- **Glass Toys:** Wash with warm, soapy water. Air dry.
- **Jelly-Rubber Toys:** This material is porous (has small holes) so it cannot be completely disinfected. Wipe with a soapy cloth and rinse with warm water. Always use a condom with jelly-rubber toys.
- **Cyberskin Toys:** Also known as Ultraskin or Softskin. This material is porous so it cannot be completely disinfected. Wash with a mild soap and warm water. Air dry.

SHARING TOYS WITH PARTNERS



Toys that are shared during sex should always be used with a barrier to prevent the spread of STIs or other infections, such as bacterial vaginosis. Be sure to use a new barrier any time a toy is used by a different person or in a different place on the same person (such as moving from someone's vagina to their anus or butt).

Lube is good for pleasure, but don't use oil-based products or lubes with latex condoms and never use silicone-based lube with silicone toys.

GET TESTED.

When getting an STI test, it's important to get tested in all the places on your body you are having sex. Talk to the person who is doing your testing about the types of sex you are having so you can get all the tests you need to keep yourself and your partners safe.

SOURCES

CDC STD Treatment Guidelines - Special Populations
Available at <https://www.cdc.gov/std/tg2015/specialpops.htm>
Safer Sex for Trans Bodies
Available at <http://www.hrc.org/resources/safer-sex-for-trans-bodies>

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