

GLOVES:

Use latex gloves for penetration of vagina or anus using fingers. If they are powdered, go ahead and give them a rinse before using it. You can also use finger cots, but the glove gives you the ability to use as many fingers as you'd like.

WET AND WILD: FUN WITH LUBE

What comes in many colors, flavors, and tingle sensations? Why lube of course! Whether you enjoy Sliquid's Green Apple Tart lube, the gentle warming sensation of KY Warming Gel, or Play's Tingling Lube, the important thing about lube is using it. Lube can help increase sensation (or decrease sensation if you're looking for your play to last longer), and it cuts down on potentially painful situations. When using latex, remember you have to use water-based lube. Oil-based lubricants (such as Vaseline) break down latex. If you don't believe, blow up a regular latex balloon, grab your hand cream, rub some hand cream on the balloon, and keep it up for a little bit (and hey, balloons are a lot thicker than a condom, so it doesn't take nearly as long for the condom to break). If you are using massage oil as part of your sex play, remember to thoroughly wash with soap and water any body part, especially hands, that will come into contact with the condom. You can use oil-based lubricants with the plastic condoms.

RISKY BUSINESS?: HIGHER RISK SEX

Though any sexual act can involve risk, the one of the highest risk is anal penetration by penis, particularly for the receiver. Because the anal wall has very thin membranes, the lining of the anus tears fairly easily. Tears in the anal lining increase the transmission of STIs as well as other bacteria. Using a condom is the best protection, and using lots of lubrication is very important. Lube helps avoid the build up of friction, which leads to condom breakage. The other reason that lube is very important for anal sex is that the anus (anal sphincter) is not elastic, so lots of lube makes things go a little more smoothly. All of these steps will help lessen the risk. Remember there are fun lower risk activities to dabble with as well, such as mutual masturbation and oral sex (with a condom of course).

LOCAL HIV TEST CENTERS:

Fairfeild Department of Health (Lancaster)
Confidential Free
Mon.-Fri., 8am-4pm.

Planned Parenthood of Southeast Ohio
Anonymous \$20
Mon.-Fri., 8:30am-5pm; every other Sat.,
10am-2pm.

Columbus AIDS Task Force
Confid/Anony Free
Walk-ins: T-3:30pm-7:30pm; W-10am-2pm

Hudson Health Center
Confid/Anony \$10
Walk-ins: Mon-Wed & Fri.: 8am-4:30; Thurs.:
9am-4:30pm

FOR MORE INFORMATION:

Good Vibrations Guide to Sex
The Idiots Guide to Amazing Sex

www.undercovercondoms.com

www.goodvibes.com

www.talksexwithsue.com



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WHAT GETS YOU GOING

The first and most important step to having safer sex centers on self-knowledge and self-awareness. This is about self-discovery but also about setting limits with which you are comfortable. Here are some questions you should think about before engaging in a sexual relationship with someone:

- How do you feel about your body, and in what ways do you like to be touched?
- What does sex mean to you emotionally? (Are casual encounters and one night stands ok? Do you need an emotional relationship to have a physical one? Do you need monogamy and/or commitment? What do you think about cheating? Do you want to be faithful? Do you want someone to be faithful to you? How might a sexual relationship change preexisting relationships?)
- What kinds of experiences do you have in your past that may affect your sexual relationships? How might they affect those relationships?
- What do you need in order to feel safe and positive about your sexual experiences?
- When it comes to sex what is ok for you, your comfort level, and your body? (What are your boundaries? Do you like to take it slow? Do you like to try new and different things? What is off-limits on your body? What types of sex do you like to have?)

TALK DIRTY TO ME

Ok, so you now have a general understanding of yourself as a sexual being, and it's time to be sexual with another sexual being. Before the nakedness though, there must be communication. They say talk is cheap, and maybe that's because if there's communication upfront it can save hassle, headaches, time, and scary doctor's visits—not to mention the fact that it will help you with the all important climatic moment if you can talk to your partner about what you like and about your boundaries (thus saving you from the awkward “oops, it slipped” moment). To start use the questions about self-discovery, as they are probably the things you'd want to know about your partner's sexual ideals. But you can't stop there, so here are a few more questions to ask:

- What is your sexual history? (How many partners, relationships, etc.?)
- Have you been or will you get tested for sexually

transmitted diseases and infections? Have you been tested for HIV?

- What kinds of protection do you or will you use? (Condoms, dams, etc.) How will you ensure someone always has protection?

Remember, if someone is unwilling to carry on conversations about these issues, perhaps you should not have a sexual relationship with them. Starting these conversations is not easy, so you have two options: take the bold come right out and say it route or take the more subtle I'll slowly bring it up through delicate hint dropping. Boldness will be the quicker route. Remember to pick the time and the place, as at a friend's birthday party or after the nakedness and arousal have already started might not be the best. Finally, don't forget all those things you learned in COMS 101: use I statements (you can sound so accusatory); be positive (Hey, be kind. Sex is already hard enough to talk about without someone saying “I hate it when you fill-in-the-blank”); and check for understanding (make sure you're on the same page before the romping begins). Always ask lots of questions and remember that there are always options, so don't forget to discuss them all.

LATEX, LAMBSKIN, AND PLASTIC, OH MY!

Protection from STIs comes in many different forms, but the bottom line is in order to practice safer sex your goal should be to keep your partner's bodily fluids out of your body. (Saliva is ok!) Whether it's condoms, dams, or gloves, remember they are one time use only—no reusing, and don't forget the lube.

CONDOMS:

Whenever there is a penis (or sex toy—see sex toy brochure for more) about to penetrate the mouth or the anus, you need a condom. Condoms come in latex, lambskin, and plastic. Be careful though: lambskin condoms do not prevent transfer of STIs because they have microscopic holes. Plastic condoms (such as Avanti) conducts temperature better than latex, so they can allow better sensation and avoid that pesky latex allergy so many people seem to have. According to some sources though, these polyurethane condoms do not stretch like latex and can break more easily or slip off, especially with lube inside. The most important thing to know is that condoms are great for preventing disease, but they have to be used properly, which so many people don't do. So here's how to properly use a

condom:

- Check the package: What's the expiration date? Are there breaks or tears in the package? Is the air bubble still present?
- When the penis is fully erect, open the package with your fingers—no teeth! Teeth can tear!
- Check the condom without unrolling it: Are there any visible tears or holes? Will it roll down?
- Put a drop of water-based lube inside the tip, which helps with comfort and sensation
- Place the rolled-up condom over the tip of the penis leaving a ½ inch space at the tip
- Roll the condom down the penis
- Run your hand down the length of the penis once the condom is on to smooth out air bubbles. Air bubbles are the #1 cause of condom breakage!
- After ejaculation, immediately withdraw holding the base of the condom and penis to prevent leaking. Remove the condom (not over your partner though, just in case you spill)

Just a few more quick condom tips: store condoms only in temperatures between 50° and 80° (No storing them in wallets—heat + friction=broken condom); be careful with fingernails; check the condom during sex for breakage (this could be tough to remember, but try); and change the condom during particularly long sessions as condoms wear out over time especially with heat and friction.

DENTAL DAMS:

Ok, some people think dental dams are only for vaginal-oral sex, but remember they are necessary for rimming or any other anal-oral contact too. Don't worry about getting too fancy though. You don't even have to buy dams because plastic wrap works great too (just don't get the microwave kind as it has little holes that let steam escape meaning bodily fluid can go in or out too). Plus remember plastic conducts heat better than latex, so that's a bonus. If you find yourself both without dam and plastic wrap, you can use a condom (preferably non-lubricated and without spermicide as both can taste a little strange): remove it from the package, snip to center with scissors, unroll, and enjoy. Finally before placing the dam, use a little lube on the side that will be against your partner to help increase sensation, and add a little lube (flavored is great) to your side as well.