



Let's Talk About Sex...

Whether you have sex for pleasure or work, there are things you can do to stay safe.

USE BARRIER PROTECTION

- Anything that keeps a barrier between your body and someone else's provides protection from sexually transmitted infections (STIs). *
- Male or female condoms
- Dental dams or plastic wrap

USE LUBRICANT

- Any brand will do! Spermicidal lubricants provide the most protection to prevent pregnancy, and are preferred if possible.
- Use a lot of it! More lubricant means less friction, which decreases the risk of tears and infections that can enter your body through those tears.

KNOW YOUR PARTNER'S HIV AND STI STATUS

- It's okay to ask! Understanding your risk is important so that you can take precautionary measures if needed.

CONSIDER PROTECTIVE MEASURES FOR ORAL SEX

- Barrier protection, like condoms, reduce the risk of infection. Consider finding ways to make them enjoyable by using flavored or scented varieties.
- If you do not use protection, swallow instead of spitting. Stomach acid will kill viruses and bacteria that you ingest, but spitting may introduce them (and the infections they cause) into your body through tears in your mouth.

Remember that you can say NO to anything you are uncomfortable with.

