

Safer Sex

There are a number of sexual activities we indulge in that involve the exchange of bodily fluids. Besides nasty diseases we can end up with a selection of unpleasantities such as: vaginal bruising, tearing and cutting.

Oral Sex

Having oral sex with an infected woman or man without using a barrier like a dental dam or a condom that physically stops infected fluids from being passed between people is a risky activity. Cuts or sores in the mouth are open wounds, which are a gateway to your bloodstream. When your partner has her period or a vaginal infection it is especially risky.

Tips

- Don't brush your teeth just before oral sex, as rough brushing can cut your gums and that counts as an open wound (You could use a mouth wash instead).
- A bit of water based lube on the genital side of the dental dam will increase sensitivity. This may sound obvious but only lick one side of the dam and don't flick it over as this will defeat the purpose.
- Improvising with cling film, or cut (new) male condoms or latex gloves can make an instant dam.

Vaginal Penetration

All vaginas are not the same, it is not advisable to just dive in and start fiddling about. Never assume that just because you're experienced at penetration that your partner is as well. Vaginas change shape and sensitivity at different points in the menstrual cycle. REMEMBER pain indicates damage!

Tips

- Anything that can be vaginally inserted needs to be protected! Hands need gloves; dildoes need condoms. Don't share toys unless they have been washed in between use or the condom has been replaced. Never use the same glove or condom twice.
- Don't have vaginal intercourse with men without using condoms.
- Any cuts or sores on hands need to be covered with a glove not a plaster.
- Keep nails short if you like delving around inside women.
- You can never use too much water based lube, as water based lube doesn't damage dental dams or condoms.

- Make sure body piercings are healed and try not to draw any blood during play.

Anal Penetration

This area of the body needs a lot of lube and a lot of patience as you don't want to cause any cuts, tears to the skin or abrasions. As with vaginas some women can only take so much anal penetration at a time, so don't force it. If you choose to use toys, some specialised ones are much safer than household items!!

Tips

- As with vaginas wear gloves for all aspects of arse-play and cover all toys with condoms.
- You can insert fingers/hands/toys from the vagina into the arse, but never, ever put the same hand/toys into the vagina after it has been in the arse first.

Talk about safer sex with your prospective or current partner. This is easy to write and not always so easy to do. By discussing the issues, your fears and worries you can let your partner know what you think and see how they feel too. Your partner may find it equally difficult to start talking about safer sex and may welcome your lead. And remember just because you decide to carry Dams or Condoms doesn't mean you 'sleep around' - it shows you take your health and your partners health seriously.