

** Drugs & Alcohol
affect judgment
especially when it
comes to safe sex **



SAFER SEX FOR WOMEN WHO HAVE SEX WITH WOMEN



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WHAT IS...?

Tribadism – Frottage/vulva to vulva also known as body slides or humping – is body rubbing with or without clothing

Fingering – Vaginal/anal also known as finger fucking or digital sex – is placing one or more fingers into the vagina or anus

Cunnilingus – also known as going down or eating pussy – is tongue/mouth to vagina/vulva

Analingus – also known as rimming – is tongue/mouth to anus

Sex Toys – are dildos, vibrators, strap-ons (dildo in a harness), butt plugs (must have a flared base) and/or vegetables. Other sex toys are nipple clamps & anal beads.

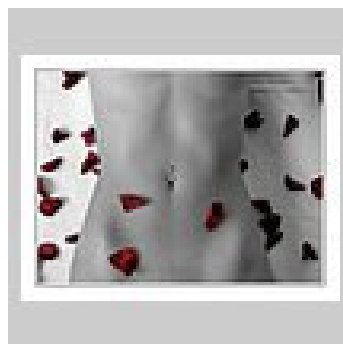
BDSM – is bondage (being restrained or tied up) /discipline (chastise or punish may include whipping, flogging or spanking), dominant (one person in control) /submissive (one person being controlled) , sadomasochism (when people derive pleasure or stimulation from aspects of pain) These may or may not include intercourse

Watersports – is sexual stimulation from watching or having someone urinate on you. May involve drinking urine. May also involve feces

Bloodsports – is the SM practice of making shallow cuts with a fine blade in the top layer of your partner's skin. Or play piercing using fine needles to temporarily pierce the skin

Ways to Reduce Risk...

- Communication
- Short fingernails
- Regular STI screening
- Avoiding contact with menstrual blood
- Only use condoms, dental dams & gloves once (do not use oil based products for lubrication as they break down latex) & use a new condom when switching from vaginal to anal sex
- Washing sex toys (using 1 part bleach to 3 parts water, then rinse) between uses & not sharing
- Sharp objects used in bloodsports should be sterile
- Safe word that means STOP for BDSM & Do not share whips, flogs or canes if blood is drawn
- Do not attempt BDSM without being advised or trained



GETTING CREATIVE WITH LATEX....

There are latex products that you can use to protect yourself such as:

The Glove - This is a latex glove used on the hand that is in contact with vaginal secretions or feces

The Dam – This is a thin rectangle of latex used during oral sex that is placed over the vagina or anus

The Condom – This is used for sex toys or a male partner to protect against transmission of bodily fluids

** Condoms and gloves can be turned into dams by cutting off the fingers or tip and cutting down the side **