

LGBTQ Women

**Do you know how to
practise safe sex?**

**Wondered what a dental
dam is – or how to use one
to protect yourself?**

**You can catch STI's from
oral sex. The risk is small –
but very real.**

**Pick up this leaflet and find
out more.**



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What's Safe?

Mutual masturbation

Using your fingers on your partner's vulva. This is only 100% safe if:

You don't have cuts on your hand and your partner has no cuts on her vulva.

You don't stick your fingers in your mouth after having touched your partner.

If in doubt, use *'finger cots'* or a *latex glove* to protect yourself and your partner.

Dry Humping (rubbing against your partner with your clothes on)

**Sharing sex toys if they have been
cleaned beforehand - or covered
with a condom or dental dam.**

**Why should I consider using a latex
barrier (e.g. condom, dental dam, finger
cots)?**

You can catch STI's if your sex organs, mouth, or anus touch anyone else's sex organs, mouth, or anus.

This is because they are 'mucous membranes' – they are different to skin, and when they meet, some diseases can easily transfer between them. You also need protection if any bodily fluids (e.g. vagina lubrication, menstrual blood, blood from grazes), can enter your partner's body.

What can I catch?

Did you know that some infections may be spread by cunnilingus ('going down' on a woman)?

These include ***Chlamydia, Gonorrhoea, and Hepatitis B.*** *Chlamydia* and *Gonorrhoea* may also be spread by rubbing vulvae together. This may happen if you 'scissor' your partner or during 'tribadism' ('tribbing').

Some infections can ***even be spread by just touching someone's genitalia*** with your hands (as well as through cunnilingus). Here are some examples: *Thrush, Bacterial vaginosis, Trichomonas vaginalis, Crabs and Pubic Lice, Syphilis.* You can also catch ***Herpes*** – this causes sores and can be spread even if you or your partners aren't showing any signs.

In theory, HIV may be transmitted also by cunnilingus – especially if the receiver has cuts/breaks in her genitalia or is menstruating, or if the giver has cuts in her mouth or a sore throat. In reality, though, the odds are astronomical.

(Above information is from avert.org, Jun 2008)

Licking your partner's vagina or anus?

**Consider a Dental Dam.
Remember, you can get
flavoured ones too!**

What is a Dental Dam?

Dental Dams are small, thin, rectangular pieces of latex. (Non-latex versions are also available for those with sensitivities.)

They reduce your chances of catching STI's by being a **barrier** between you and your partner's genitalia and bodily fluids.

They come in many sizes, with flavours and scents!

How do I use a Dental Dam?

i) **Get a dental dam.**

You can get them from your pharmacy, your JCR or MCR (your welfare officer should discreetly pidge you some, or provide a supply somewhere for you to pick up anonymously), or from OUSU.

If you have trouble getting hold of one, contact us at [<chair.lgbtq@ousu.org>](mailto:chair.lgbtq@ousu.org) or contact OUSU VP (Welfare) at welfare@ousu.org

ii) Check it is **free of breakages**. You can do this by holding it up to the light or placing it under a gently running tap and seeing if any water drips through.

iii) Place the dental dam over your partner's vulva (this includes the clitoris, vagina, and the vaginal lips/labia) or over her anus.

Always keep one side facing your partner and don't turn it over until you've finished with it.

iv) If you are **sharing sex toys, get a new condom** and cover the toy each time you use it with someone else.

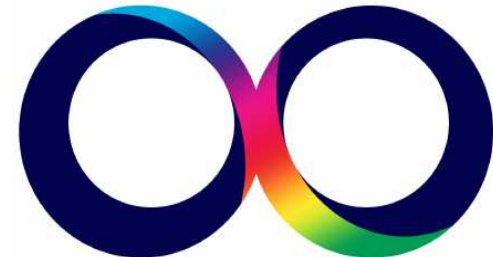
If you cannot find a dental dam, you can get a new condom and cut off its tip, and then open it up so you have a rectangle. And if you tell us you can't find one (don't worry, we'll respect your privacy!), we can help your college get some in!

And Remember

Don't use *oil-based lubricants* (e.g. baby oil, K-Y Jelly) – use a water-based or silicone lubricant. Your JCR/MCR can pidge you some.

Don't keep dental dams in hot temperatures or in direct sunlight. Check the expiry date. When you use your dental dam, try not to stretch it or bite into it. And never re-use a dental dam.

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