

How to have safer  
**ORAL SEX**

## Use protection.

Condoms and dental dams can prevent sexually transmissible infections during oral sex.

## Experiment with sensation.

Dams are great for people who find oral sex overwhelming or overstimulating.

## Add lube.

Using a water-based or silicone-based lubricant can make dams and condoms feel better.

### PLEASURE TIP

**Communicate.** Talk about what does and does not feel good.

**Be specific.** The mouth can do so much more than just talking!



How to be safer when doing  
**HAND STUFF**

## Use protection.

Condoms prevent sexually transmissible infections and blood-borne viruses during fingering, handjobs and fisting.

## Use lube.

Lube makes hand stuff feel better, and reduces the risk of cuts and tears.

## Wash your hands.

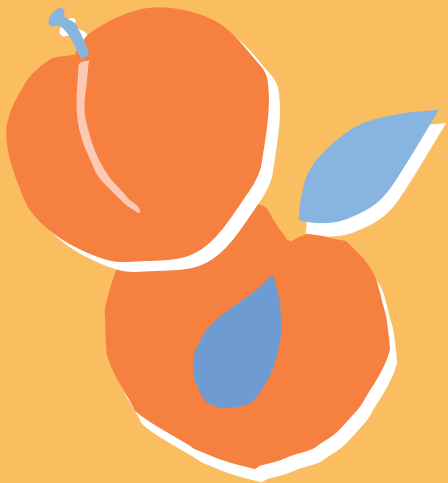
Keep hands and fingernails clean to prevent infections.

## Listen.

Your partner/s know what they want. Take their lead to reduce risk, pain, or tearing.

## PLEASURE TIP

**Take your time.** Teasing and stimulating can increase pleasure and build anticipation. Too big or too fast can lead to pain or tearing.



How to be safer when doing  
**BUTT STUFF**

## Use protection.

To prevent sexually transmissible infections and blood borne viruses use condoms for penetration, dental dams for rim jobs and gloves for fingering/fisting.

## Prep the booty.

Hygiene is important when it comes to butt stuff. This includes showering and douching prior to having fun.

## Start slow.

The butt needs time to relax before anal play. Start with rimming and fingering to get ready for more.

### PLEASURE TIP

**Use lube.** Unlike the vagina, the butt doesn't lubricate itself. Water or silicone based lubes are recommended with condoms.



How to have safer

**PENETRATIVE SEX**

## Use protection.

Condoms prevent sexually transmissible infections, blood-borne viruses and unintended pregnancy during penetration.

## Find the right fit.

Condoms come in different sizes. They should be comfortably tight (not too tight or too loose). Internal condoms are also available.

## Make it sexy.

Add condoms into foreplay and have your partner put it on with their hands or mouth.

### PLEASURE TIP

**Use lube.** Using a water-based or silicone-based lubricant can make condoms feel better.