



Let's Talk About Sex



Sexual orientation, gender, and sex
Review gender, sex, and sexual orientation



Sex Convos

Learn about consent and how to have healthy sexual conversations



Healthy Relationships

Learn about what constitutes a healthy relationship and what are some potential warning signs



Safer Sex Practices

From sex toys to penetration and everything in between, learn about ways to stay safer



Birth Control and Barrier Methods

Learn about what methods offer protection against pregnancy and what offers STI protection



STIs

Learn about transmission, treatment, and diagnosis of common STIs

**The information in this packet was
assembled by Moorpark College's
Student Health Center.**



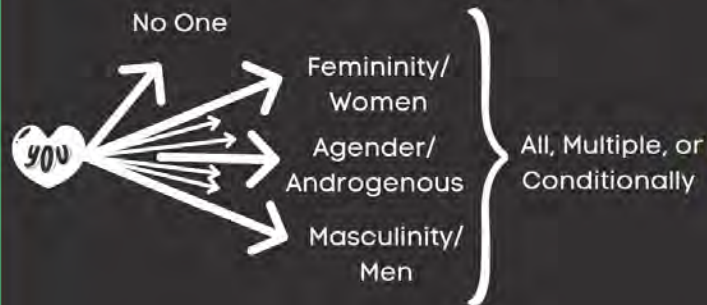
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SEXUAL ORIENTATION, GENDER, AND SEX

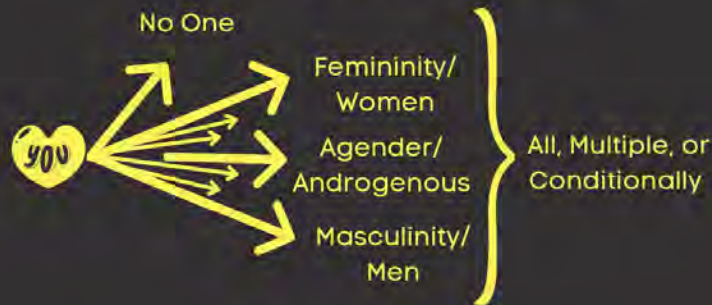


Sexuality is a Spectrum

Romantically Attracted to



Sexually Attracted to



Individuals may be attracted to one type of person or many. They may have a romantic attraction to some people and a sexual attraction to others. Attraction may not be linear or fit into a box. For instance, someone may be attracted to women in general, or just masculine presenting women, or just feminine presenting women, or just feminine people. Some people may only feel sexual attraction after making a strong personal bond. Sexuality is fluid and can change throughout someone's life.

Visit the MC SAFEZONE Website for more information on sexual orientation.

Gender

Gender refers to the "socially constructed roles, behaviors, expressions and identities."



Gender is complex because it can be seen as a social construct. Society may perceive someone to have one gender or follow a certain gender role, but that individual may identify as another gender or reject gender constructs completely. Gender is how someone sees themselves. Gender has moved past the gender binary.

Gender Expression

Someone may identify as female and also present as what society deems to be "feminine"



What is considered "feminine" varies by culture



Someone may identify as female but dress in what society deems to be a more "masculine" way



Some people change their gender expression frequently or use their own definition of what they deem to be "feminine," "masculine," or "androgynous"



Someone may identify as male but dress in what society deems to be a more "feminine" way



There are endless possibilities on how to express gender. Society may have one definition, but someone may use their own standards. Expression does not equate to gender identity.



Some people dress in an androgynous or non-gender specific manner (based on what societal norms deem to be gender norms)



Someone may identify as male and also present in a way that aligns with what society deems to be "masculine"



Masculinity has cultural, social, and generational variations



Some people may present more "feminine" by societal standards, but identify as something other than "feminine" or "female"



Sex

Genetics: Many people have either two X chromosomes (genotypic female) or an X and a Y chromosome (genotypic male). Some people have other genotype expressions like XXY or X.

Expression: Phenotypic sex refers to an individual's sex as determined by their internal and external genitalia, expression of secondary sex characteristics, and behavior.

XX



Congenital
Adrenal
Hyperplasia

Androgen
insensitivity
syndrome(AIS)

XXXY

5-Alpha
Reductase
Deficiency

XXY

Klinefelter
syndrome

And
More!

Testosterone
Biosynthetic
Defects

XXX

Gonadal
Dysgenesis



Turner syndrome **XO**

Timing
Defect

XYY

Micropenis

XY

How do gender, sex, and sexual orientation impact sexual health?

- ✱ Genitals do not equal gender. It is important to know what risks, including pregnancy and sexually transmitted infections, come with sexual intercourse.
- ✱ For individuals who are on hormone replacement therapy, it is important to talk about any risk of pregnancy or creating a pregnancy when applicable.
- ✱ Stereotypical gender or sex roles may impact healthy conversations around sex.
- ✱ Sexual orientation may influence the types of sexual intercourse one experiences.

- ✿ Some people may not be interested in having sex, but may choose to do so at times (or they may not have sex).
- ☀ The age people first have sex varies (there is no age that someone should have sex by). Often, there is a lot of stereotypes and gender-norms around age of sex.
- ✿ The numbers of partners someone has also is a personal decision. Gender or sexual orientation stereotypes should not influence this decision.



RELATIONSHIPS AND CONSENT



CONSENT

Consent is about Communication

Consent is required every time for every activity.

Previous consent does not imply future consent.

Consent can be withdrawn at anytime.

Consent is continual.

Consent must be freely and actively given.

Consent is not possible if someone is...

Incapacitated

Underage

Unconscious

Sexual activity without consent is sexual assault!

Consent is...
Sexy
Empowering
Helpful
REQUIRED!

**Check out
this Ted talk
on Consent**




A visit to a
BDSM Dungeon
inspired Kaz's
take on
consent.

"accept a 'no' as
graciously as you
would accept a 'yes'"

CONSENT



Freely Given
Reversible
Informed
Enthusiastic
Specific

 **Planned Parenthood**

CONSENT

"You Know You Liked It" is NOT Okay

Physiological responses like an erection, lubrication, arousal, or orgasm are involuntary, meaning your body might react one way even when you are not consenting to the activity.

**Someone who is intoxicated
(drugs or alcohol) cannot
consent.**

Some signs may include:

- Slurred or incoherent speech
- Unconscious
- Confusion
- Falling asleep
- Loss of balance
- Vomiting
- More impulsive

**Note: some people show
no sign of intoxication***

The clothes someone wears, them flirting, kissing, etc. does not equal consent!

Consent and Power Dynamics

Social (gender, race, sexual orientation, etc.), cultural, economic, and other factors may impact the power dynamics between people which can make it harder to talk about or confirm consent.

It helps to analyze real or perceived power dynamics with someone you are/may have sexual relations with. This can help make sex a safer place by making one more aware of conversations/a lack of conversations. It can help to instigate conversations that check-in with your partner(s). You may want to talk about everything from what names you use for each other to sexual positions and acts.

Talk about it

"Do you like it when I call you__?"

"What do you like being called?"

"Do you have a favorite sexual activity that you want to try with me?"

"What kind of dirty talk are you okay with? Can I call your __ a __?"

"What do you call your genitals?"

"What positions are you okay with?"

"Where do you want me to finish?"

CONSENT PHRASES

Can I touch
your __?

I want you to
___me. Do you
want to do that?

Do you like it when I
___?

What if I do___ to you?

Last time you liked it when I
___. Can I do it again?

Should I keep
___ing you?

I love when____. Are you up for that?

Have you ever tried __? Would
you want to try that with me?

Does this feel
good?

How does that feel? Should I keep
going?

What do you want? I
am game for anything.

SEX CONVO STARTERS

I really love cuddling after sex. What about you?

When have you last been tested and how many partners have you had since?

I really want to try out this new toy. Do you want to try it out together?"

I know you are into __ sex, but I don't think I am comfortable with that right now. Is there something else new that we can try together?

"I'd really like to go down on you and maybe have you go down on me. What do you think?"

I can't wait to go down on you, but I want to use a dental dam.

"I love _____, but I don't like when someone _____my _____."

I've tried _____, and I enjoyed it. Do you want to try it with me, too?

My religious values are important to me. Until I am married, I am only comfortable kissing.

I'm on PrEP, and get tested every 3 months. Are you okay with that?

"Until we get condoms, can I watch you touch yourself?"

WHAT IS SEX?

That is for you to decide!

Traditionally, sex has been defined as a penis being inserted into a vagina. However, that is a bit outdated and non-inclusive. You get to decide what sex is to you.

Some examples of sexual activities include:

Stimulating erogenous zones

Did you know some people can orgasm without ever touching the genitals by stimulating other erogenous zones?

Fingering/Hand-Jobs

Many people enjoy using their hands to pleasure someone else

Oral Sex

Oral sex can take place on the vagina, penis, anus, t-penis, front-hole, etc.

Anal Sex

Anal sex may involve digital, toy, or penile penetration

Genital Rubbing

Some people refer to this as dry humping, scissoring, or other forms of rubbing without penetration.

Vaginal Penetration with a Toy

Many people find pleasure from using sex toys for penetration

Vaginal Penetration with a Penis

For many, sex is when a penis is inserted into a vagina and that is the primary way they enjoy sex.

Some people do not enjoy or desire any forms of sex.

However you do or do not have sex is up to you!



IT'S NOT ABOUT BASEBALL ANYMORE...



You have likely heard of sex talked about in terms of bases. People may ask, "what base did you get to?" The problem with this is that it is goal driven and also makes some forms of sex seem less important or "real" than other forms. It indicates that you can only "score" if you have penile and vaginal intercourse.



People may be referred to as "catchers" if they receive penetration and "pitchers" if they penetrate someone else.

Individuals who are bisexual are often referred to as "switch hitters" or "they play for both sides."



Gay and lesbian people are often said to "play for the other team."

Why is this not okay?

Using baseball and sports analogies can make sex competitive, goal oriented, is exclusive, and perpetuate stereotypes.

THINK ABOUT IT LIKE PIZZA

From: Al Vernacchio: Sex needs a new metaphor.



You get pizza because you have a desire for pizza. Not because it is prescheduled.

When we share pizza, we aren't competing against others. We are looking for a shared experience.



You decide what you like and want on your pizza. Some people get a vegan or gluten free pizza because they need it. People jointly decide what toppings, and that may change depending on the day, or it may be a favorite for a while.

Sometimes, it may require negotiating, or having the pizza have different toppings on different halves. There is a conversation on where to get pizza from, the amount, and type.

There is no "wrong" way to eat pizza. You can fold it, dip it, cut it with a fork and knife. There are no set rules to follow when eating.



Baseball always has an expected outcome and a goal to have a winner and a loser. With pizza, the goal is that both people/all people are satisfied.



BEFORE, DURING, AND AFTER SEX

Before Sex

What do you need before you have sex? Consider this checklist and add anything else.

- ☐ I need to know my partner's(s') STI status.
- ☐ I need to know what protection we will use.
- ☐ I need our relationship to be defined.
- ☐ What kind of sex are you open to having?
- ☐ Do you or your partner(s) have any allergies to sexual items?
- ☐ When are you okay having sex and where?
- ☐ Other

During Sex

What do you need during sex to feel safe?

- ☐ What type of communication do you need?
- ☐ What turns you on?
- ☐ Is there a specific lube that you like? Or protection?
- ☐ What are you open to doing? What are your boundaries?
- ☐ Do you have any triggers?
- ☐ Are you comfortable communicating during sex?
- ☐ How are you using protection?
- ☐ How do you determine when you and your partner(s) are done?

After Sex

What are your expectations or wants after?

- ☐ Do you usually like to go for another round?
- ☐ Do you like cuddling?
- ☐ Do you like to shower or get up right after?
- ☐ Do you prefer to talk?
- ☐ Do you have access to a bathroom usually?

Your desires or habits may change, but it can be helpful to have these conversations with your partner(s) or decide for yourself what you like.

Self-care
IS EMPOWERMENT

ARE YOU IN AN UNHEALTHY RELATIONSHIP?

Signs of an **Unhealthy Relationship** may include:

Control. One person makes all the decisions and tells the other what to do and how to act. They are jealous, and/or try to isolate the other person from their friends and family.

Dependence. One person feels that they "can't live without" the other. Or they threaten to do something drastic if the relationship ends.

Digital monitoring or "clocking". One person uses social media sites like Instagram and Snapchat to keep tabs on the other person. They constantly message or text the other person and demand quick responses. They may even track the other person without permission.

Dishonesty. One person lies to, steals from, or keeps information from the other.

Disrespect. One person makes fun of the other or talks about them behind their back.

Hostility. One person picks a fight with the other. This may lead to one person changing their behavior to avoid upsetting the other.

Harassment. One person uses unwanted, unwelcome, and uninvited behavior to make the other feel unsafe. They may use cat calls or make inappropriate comments about the other's body or make physical advances without consent.

ARE YOU IN AN UNHEALTHY RELATIONSHIP?

Intimidation. One person tries to control the other by making them fearful or timid. They may attempt to keep the other person from friends and family or threaten violence or a break-up.

Physical violence. One person uses force to get their way (such as hitting, slapping, grabbing, or shoving). Or, being aggressive to scare someone without touching them.

Lack of support. One person may put the other down, not support healthy goals, disregard abilities, or disrespect the other.

Lack of responsibility for actions. One person may never take responsibility or accountability for anything that goes wrong, any disagreements, or always have an excuse for actions.

Walking on eggshells. One person may feel like they are always scared to upset the other or have something upset them.

Resentment. One person may start to resent the other or resent the relationship. This may lead to blame.

Sexual violence. One person pressures or forces the other into sexual activity against their will or without consent (Mass.gov).

There are many other signs. Some additional ones include continually breaking up and then getting back together, manipulation, guilt-tripping, belittling, and betrayal.

SAFER SEX TIPS





SAFER SEX TOYS



Use a Condom

Consider putting a condom on the toy. This is particularly helpful if partners share toys or if the toy is switched between body openings.

Switch the condom in-between. Or, make sure to properly clean the sex toy. Sex toys should always be cleaned following use.

Most toys should be cleaned with warm water and unscented soap.



Store Safely

For toys with batteries, remove the batteries if the toy will not be used for a while. Also, read the instructions to make sure the toy is being stored in the correct climate. Keep toys clean, especially if multiple people will use them.



Check the toy

If inserting a sex toy in the anus, ensure it is anal safe. Anal safe toys should say they are anal safe, but in general, make sure they have a wide flared base and have no rough points or edges. Objects can be drawn up into the rectum if they are not safe. If this happens, and the item cannot be immediately retrieved, seek medical attention, especially if the toy has batteries.

SEX TOYS SAFETY

Vaginal Penetration: Communication and consent is always important with any sexual activity. When using a sex toy for penetration, it is important to have frequent and constant communication. When starting out, it can feel awkward or difficult to control a toy. Communication helps. Letting the receiver be involved in the control of speed, positioning, and thrusting also helps. If penetration is new, be sure to consider the size of the toy. Starting out with other activities before penetration and using lube can help. Non-porous toys are less likely to spread STIs when cleaned appropriately. Always read the instructions to know how to clean the toy. However, if the toy is going to be used amongst multiple partners, it is a good idea to put a condom on it. It is advised to only use objects made for sexual penetration. Although some people report using household objects like bananas, cucumbers, electric toothbrushes, etc., household items are not recommended.

Pegging: Pegging is when a strap-on is used for anal sex. It is often used to stimulate the prostate. People without a prostate may enjoy it too. Pegging is also used in BDSM culture where a dominant may peg the submissive. If one has never been anally penetrated before, it is important to start with small toys. Using lube is really important. It can increase pleasure and decrease the chance of anal tears. Use a water-base lube with silicone toys. Lather both the toy and anus. It can help to stimulate the anus prior to insertion as to help relax the muscles. It may help to have the receiver control thrusting, depth, and speed. Always check-in and discuss before and after. Use a condom over the dildo and be sure to clean it thoroughly. Non-porous toys, like those made of medical grade silicone, are recommended.

SEX TOYS AND STIS

Which STI's can pass from sharing sex toys?

Any STI can be passed from sharing a sex toy, but the most common STIs that can be passed are **chlamydia, gonorrhea, syphilis, herpes, and bacterial vaginosis (BV)**.

There is an increased risk of bacterial vaginosis (BV) in women who have sex with women (WSM) and share toys without proper cleaning or protection. And among WSW, it is estimated that 25%-55% have BV (Vodstrcil, 2015). BV is an overgrowth of bacteria that can be spread among sexual partners. Sex is a known contributing factor of BV (CDC). Sometimes, it can be hard to tell if someone has BV. Common symptoms are gray or white vaginal discharge, a fish-like odor, pain, itching, and burning.

When using sex toys, if penetration involves blood, cuts, or wounds, there is an increased risk for passing HIV and hepatitis B and C. (NHS, 2022). Be mindful of tearing the skin. Lube can help reduce the risk of tears.

In general, STIs do not live long on the surface of toys. Also, there is still a lack of research on sex toys and STIs, and they are considered a safer sexual option when used appropriately. However, the greatest risk comes from sharing toys between partners. Also, improper cleaning can increase the risk of infection. Condoms and proper cleaning help!



FINGERING



Wash your Hands

Wash your hands with warm water and soap.

Make sure to get underneath your finger nails and in-between your fingers. Unwashed hands can increase the risk of urinary tract infections (UTIs), especially in people with a vagina. Dirty hands can also disrupt vaginal pH and contribute to yeast infections or BV.



Mind your Nails

Long or sharp nails can irritate the walls of the vagina and increase the risk of injury.



Use Lube

Lube can help reduce friction and injury and can also be more pleasurable.



Use a Glove/Barrier

A finger cot or glove can create a barrier to reduce the risk of STIs or nail-caused injury. It can also help prevent pH imbalances and UTIs.

STIS FROM FINGERING

Which STI's can pass from fingering (AKA digital stimulation)?

The risk of passing an STI from fingering is relatively low. However, there is also a gap in literature and research studying the risks.

In general, an STI can be passed if someone touches an infected area and then touches their own mouth, genitals, or anus. Or, visa versa.

Human papillomavirus (HPV) has been found underneath the nails of individuals and is also extremely common. Since it can be passed through skin-to-skin contact, there is some risk of HPV spreading through fingering.

Also, some evidence suggests that although uncommon, it is possible to transmit gonorrhea from the fingers to the anus. Gonorrhea may also be transmittable if touching the infected person and then someone else's genitals, anus, or mouth. It is also possible to transmit herpes, especially if there is an open wound. Overall, the risk increases for all STIs if body fluids are shared (touching oneself and someone else). (NHS, 2022).

Fingering may involve using fingers or a hand to stimulate the clitoris, vagina, or anus. Fisting poses additional STI risks due to the increased likelihood of tearing, especially the anus.



HAND JOB



Wash your Hands

Wash your hands with warm water and soap before and after! This can help reduce the spread of HPV or other STIs.



Use a Condom

Condoms reduces the chance of coming in contact with semen.



Don't Mix Hands

If you are going to touch yourself and your partner(s), use separate hands. Consider wearing a glove if you have open wounds on your hand.



Use Lube

Lube can help reduce friction and also be more pleasurable.

SEXUALLY TRANSMITTED INFECTIONS

80% of the people who have an STI don't show any symptoms (PP). About 1 in 5 Americans have an STI (CDC).

Most common STIs among college students:
HPV
Chlamydia
Herpes

Which STI's can pass from a hand job?

The risk of passing an STI from a hand job is relatively low. However, there is also a gap in literature and research studying the risks. There is some risk of spreading HPV since it can be passed from skin-to-skin contact. It may also be possible to transmit STIs that are found in semen. Other STIs may be transmittable depending on sexual practice. It is also possible to transmit herpes through an open wound. Overall, the risk increases for all STIs if body fluids are shared (touching oneself and then someone else). Using a condom can reduce the risk of STIs and also help keep semen contained. (NHS, 2022).

Some sexual activities are considered lower risk, but not risk free. A hand job is a lower risk sexual activity, especially if a condom is used. However, some STIs like herpes, HPV, and syphilis can be passed from skin to skin contact.

ORAL SEX



Use a condom

If performing oral sex on a penis, use a condom.

Flavored condoms are okay for oral sex, but not recommended for vaginal sex.

Condoms do not protect against every STI, but they help reduce the risk of STIs immensely.



Use a dental dam

If performing oral sex on a vagina, front hole, or anus, use a dental dam. Dental dams can be expensive and hard to find. They can be easiest to find/buy online and cheapest to purchase in bulk.

If you do not have a dental dam, consider making a DIY dental dam out of a condom, or use non-porous, non-microwavable plastic wrap. Adding a drop of lube on the receiver's side can help with pleasure. Adding flavored lube on the other side is an option too.



Other Barrier Methods

For individuals with t-penises (clitoris enlarged from testosterone), condoms may not fit and dental dams may not cover the area well. One can make a cape out of a medical glove.

There are also oral sex lingerie items, like Loralis, that come with a built in barrier.

DIY IT



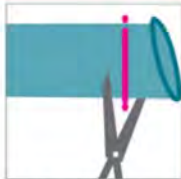
Carefully open package, remove condom, and unroll.



Cut down one side of condom.



Cut off tip of condom.



Cut off bottom of condom.

A female condom can also be used in a similar way.



Lay flat and to cover vaginal opening or anus.

DIY Cape:

- 1 Find a glove (don't forget to be aware of any latex allergies), medium probably works best but larger or smaller may also work, depending on you or your partner



- 2 Cut off fingers
- 3 Cut down the side opposite of the thumb



- 4 Fit t-penis into thumb



SEXUALLY TRANSMITTED INFECTIONS

Which STI's can pass from oral sex?

The risk of passing a STI from oral sex is quite high. Chlamydia, Gonorrhea, HPV, Herpes, Syphilis, HIV, and more can be passed through oral sex. For many STIs, receiving oral sex from an infected partner can cause infections in the genitals. And, giving oral sex to an infected partner can cause infections in the mouth and throat. It is important to talk with your healthcare provider about the type of sex you have as to ensure the appropriate tests are done. (NHS, 2022).

Herpes and oral sex: 69?

Did you know that herpes simplex virus I (oral herpes/HSV-1) can be passed to genitals via oral sex, and herpes simplex virus II (genital herpes/HSV-2) can be passed orally from the genitals? HSV-1 is the virus responsible for cold sores. It is extremely common (50%-80% of adults have it) and is usually contracted through non-sexual contact during childhood from saliva (Johns Hopkins). HSV-1 is transmittable to the genital regions. It is also possible to transmit HSV-2 orally. Use a barrier method to help reduce the risk and avoid sexual contact during an outbreak. Some individuals will take medications to help suppress outbreaks.





PENETRATIVE: VAGINA AND PENIS



Condoms

Being on birth control does not protect against STIs. Use a barrier method to reduce the risk of STIs. Make sure to use the proper size condom. Not all condoms are made for STI protection and pregnancy prevention. Some novelty condoms may not offer the protection needed. Flavored condoms are not recommended for vaginal sex because they may alter pH.



Birth Control Methods

There are various birth control methods available. Talk to your health care provider to discuss what is best for you. Individuals may want to use a hormonal birth control method, like the pill, and a condom to help reduce the risk of pregnancy. Remember, most birth control methods are not 100% preventative, so using multiple forms of protection can help.



Internal vs External Condoms

External condoms tend to offer the easiest form of STI protection. However, people with a vagina can choose to protect themselves with an internal condom. Internal condoms are inserted into the vagina during sex and then removed after. Never use an internal and external condom together. The friction can cause them to break. Get a new condom each time you have sex.

SEXUALLY TRANSMITTED INFECTIONS

Which STI's can pass from vaginal sex with a penis?

The risk of passing a STI is high. Chlamydia, Gonorrhea, HPV, Herpes, Genital Warts, Syphilis, HIV, and more can be passed through vaginal/penile sex. STIs can be passed even if the penis does not fully enter the vagina or ejaculation does not occur. Many infections are present in pre-ejaculation fluid. Some STIs can also be passed through skin-to-skin contact (NHS). Condoms help reduce the risk of STI transmission. Many forms of birth control do not protect against STIs.

Did you know that external condoms are only 87% effective in reality because of user error?

They are up to 98% effective when used perfectly. Internal condoms are about 95% effective when used perfectly, but only about 79% effective in reality because of error (Planned Parenthood).

Some people prefer internal condoms because it provides protection without something "tight" around the penis. It also offers autonomy for people with a vagina. If a partner refuses to wear an external condom, it offers the ability to still use protection.

ANAL SEX



Use a barrier

If inserting a penis, it is best to use an external condom. An internal condom can be used instead by inserting it into the anus. For oral sex on the anus, use a dental dam. For toys, use a condom when possible.



Use lube

The anus has a lack of lubrication and thinner skin which can increase risk of skin tears, which increases the risk of bacterial infections and STIs.

Using plenty of lube for penetration can help reduce the risk.



Use Proper Toys

If inserting a sex toy in the anus, ensure it is anal safe. Anal safe toys should say they are safe, but in general, make sure they have a wide flared base and have no rough points or edges. Objects can be drawn up into the rectum if they are not safe. If this happens, and the item cannot be immediately retrieved, seek medical attention, especially if the toy has batteries. Do not insert objects not made for anal sex.

Is douching necessary?

Check out this online resource that talks about if and how to douche.



SEXUALLY TRANSMITTED INFECTIONS

Which STI's can pass from anal sex?

Anal sex has a higher risk of spreading STIs than many other types of sexual activity. This is because the lining of the anus is thin and can easily be damaged, which makes it more vulnerable to infection. Chlamydia, Gonorrhea, HPV, Herpes, Genital Warts, Syphilis, HIV, Hepatitis C, and more can be passed through anal sex. The FDA has now approved condoms specifically designed for anal sex that are stronger than regular condoms which reduces the chance of breaking. Use water-based lube with condoms.

Some people take poppers, an inhalant that is a vasodilator and causes the anus muscles to relax, to help with penetration during anal sex. This can be dangerous because it may inhibit sensation making it more likely to cause tears or injuries which increases the risk of STIs. Poppers can have other serious side-effects too.

What about internal condoms? Although still being researched for efficacy with anal sex, internal condoms (also called female condoms) can be used for anal sex to provide a barrier method (external condoms are still the recommended option). There are two ways to use it. One way is to wear it like an external condom. Another option is to push it as far into the rectum as it will go. Some people remove the inner ring to do this (this may increase breakage). Leave the outer ring outside of the anus. During intercourse, check to make sure the condom has not slipped completely inside. If it has, stop and get a new one. Twist the outer ring three times before removing.

SCISSORING/GENITAL RUBBING



Barrier

Using a barrier method is always a good way to help protect against STIs. Some people hold a dental dam down with lube when rubbing genitals together. If possible, a condom can also help. Lorals are single use underwear with built in protection. However, barrier methods are not always easy or possible to use for this type of sexual experience.



Know the risks

Vulva-vulva contact can spread STIs, especially herpes and HPV with skin to skin contact and HPV, gonorrhea, and chlamydia when body fluids are involved. Other forms of rubbing genitals together, even without penetration, can spread STIs



Get tested

One of the best ways to reduce the risk of spreading an STI is to get tested and to have your partner(s) tested. This can help reduce concern of spreading STIs, especially in monogamous relationships.

SEXUALLY TRANSMITTED INFECTIONS

Which STI's can pass from genital rubbing?

The risk of passing an STI from rubbing genitals together, even without penetration, increases when fluids are exchanged. The most common STIs that could be passed from scissoring, tribbing, grinding, etc. are HPV, herpes, gonorrhea, trichomoniasis, and chlamydia. However, other STIs could be passed too.

Data from the 2011-2016 National Health and Nutrition Examination Survey found that 42% of women who identified as lesbian or bisexual were HPV positive. Yet, lesbian and bisexual women were less likely to get Pap tests. Pap tests are recommended for women starting at age 21.

COMMON QUEER QUESTIONS

LGBTQIA+



LESBIAN AND BISEXUAL WOMEN

Do lesbian and bisexual women need to get pap tests?

In the United States, women who identify as **lesbian or bisexual are less likely to undergo cervical cancer screening** (routine Pap tests) because of historical assumptions that they are at lower risk for HPV. This may cause providers to be less likely to ask about screening, or for individuals to get tested. However, data from the 2011-2016 National Health and Nutrition Examination Survey found that **42% of women who identified as lesbian or bisexual were HPV positive.**

Do women who have sex with women (WSW) need to get STI tests and use protection?

Yes and yes. First off, the majority of WSW reported sexual histories with men (82%) (Bailey et al.). **Sexual orientation is fluid and assumptions of sexual history should never be made.**

Per the CDC, STI transmission has been found in women who only have a sexual history of sleeping with women and women who have a sexual history of sleeping with women and men. The most common STIs were Herpes, HPV, Trichomonas, Syphilis, Bacterial Vaginosis, Gonorrhea, and Chlamydia. Using protection, like condoms on sex toys, dental dams, and good finger hygiene can help reduce the spread of STIs.

GAY AND BISEXUAL MEN

Do gay and bisexual men need to get vaccinated and tested for HPV?

Gay, bisexual, and other men who have sex with men (MSM) are 17 times more likely to get anal cancer than heterosexual men (Frazer, 2022). In fact, it is estimated that about 1/2 of HIV-negative men who have sex with men have an anogenital HPV infection. Gay and bisexual men also have lower vaccination rates for HPV than cisgender, heterosexual males. Testing and vaccinations can help reduce the risk for anal cancer and HPV infections.

What about PEP or PrEP?

PrEP, or pre-exposure prophylaxis, and PEP, or post-exposure prophylaxis, are not just for gay and bisexual men. PrEP and PEP work to prevent HIV. Sexual practices, risk, and risk for exposure are major elements that contribute to if PrEP or PEP are recommended. Consult a healthcare professional to talk about risk factors and if PrEP is right for you. For individuals who are HIV-positive, remember, undetectable=untransmittable.

TRANS* FOLKS

How do gender-affirming hormones change sex?

It is always best to talk to the healthcare team providing gender affirming care. Individuals may find changes in their sex drive, who they are attracted to, what kind of sex they enjoy, and more. However, in general, some things to be mindful of is that hormones like oestrogen can change sex drive. Testosterone may impact sex drive, how an orgasm feels, wetness, and more.

Gender-affirming hormone treatment (GAHT) can reduce your period or how much sperm your body makes. But it may still be possible to get pregnant even if you're on hormones. Some surgeries can remove the chance of pregnancy. However, it is important to talk to your healthcare team about safer sex practices and risk.

What are some tips on navigating telling sexual partners?

There are different ways to navigate how and when you tell a partner about being trans or non-binary. Many dating apps, especially those designed for LGBTQ+ people, give an option to share pronouns and select how you identify. For safety, some people feel more comfortable texting how they identify to a potential partner. It is up to you how and when you tell a partner about being trans.

When it comes to going out, dating, and sex, it can help to wear what makes you confident and comfortable. For some people, this may include sex toys or prosthetics (like a strap-on), or clothes that make you feel comfortable.

CHEST BINDING

What are some tips on Chest Binding?

Chest binding can be used to flatten the appearance of the chest. Commercial chest binders are designed for this purpose and are often safest (but can be costly). Other people may wear multiple sports bras, layer clothing, or use kinesiology tape. Some people use elastic bands, duct tape, or plastic wrap, which are considered unsafe.

Safety data on chest binding is still being developed. However, according to Cleveland Clinic, some risks include : acne, bacterial infections, fungal infections, itching, scarring, swelling, and tenderness. It may also feel harder to breath. For individuals with breathing problems, it is encouraged to not bind during an acute illness.

Some safety considerations include: choose an air-permeable binder, take days off, keep cool, don't sleep in your binder, pay attention to any skin irritation (Cleveland Clinic).

BARRIER METHODS AND BIRTH CONTROL



HOW TO USE AND EXTERNAL CONDOM



>Check the expiration date

>Check the package for holes by gently feeling for air

>Check that the condom was not stored in a hot area for long

>Do not open it with your teeth, scissors, or something sharp



>Make sure the condom is ready to roll in the correct direction

>Add a drop of lube inside the condom to enhance the feeling

>Put the condom on when the penis is erect



>Make sure the condom is rolled in the correct direction

>Pinch the tip and roll it on the head of the penis



>Unroll the condom all the way down the shaft of the penis to the base

>Have sex!



>After ejaculation (or when done), hold the rim of the condom and pull out of your partner's body while the penis is still hard.



>Take the condom off away from your partner's body

EXTERNAL CONDOM FACTS

Condoms Have Sizes

There are a variety of condom sizes available in stores and even more online (One Condom has over 60 sizes). Selecting the right size condom is crucial! Too big, and the condom can fall off or semen can leak out. Too small, and the condom may break or be uncomfortable.

To select the right size condom, you can measure an erect penis. The length should be the tip of an erect penis to the pubic bone. For width, you can wrap a string gently around the thickest part of an erect penis, and then measure the string.



Condoms Shouldn't Hurt

If a condom hurts, check the size, material, and the amount of lube being used. The condom may be too small, you may be allergic to the ingredients (try a different kind of condom), or you may not be using enough lube. Some people like to add a drop of lube inside of the condom before putting it on.

EXTERNAL CONDOM FACTS

Condoms Can stretch nearly 3 feet and hold about 1 gallon of liquid!

Condoms are not too small!
Condoms are meant to stretch and there are size options available.

Condoms Expire

Condoms have expiration dates. The first thing to do when grabbing a condom should be checking the expiration date. Condoms also become damaged if left in hot places (like a car) or places where a hole can be poked in it (like a wallet). Pinch a condom to make sure that there is still air in the package to check for holes.

Fun Condoms

There are all sorts of condoms on the market including vegan condoms, condoms with texture, different lubes on them, and more. Just be sure to check novelty condoms for being STI and pregnancy preventative. Also, avoid flavored condoms for vaginal intercourse. The sugars in the flavoring may impact vaginal health and pH.



Free External Condoms

There are tons of places to get free condoms. Check out your Student Health Center to find out more.

EXTERNAL CONDOM FACTS

How to dispose of a condom.

Never flush a condom! They can damage the septic or sewer system and lead to massive costs!

When done, it is best to take the condom off, wrap it in toilet paper, and throw it away. You can tie the condom in a knot to avoid any semen leaking out. Then, wrap it in tissue. Neither condoms nor their wrappers are recyclable.

Why do condoms break?

Condoms tend to break from improper use and not poor quality. Exposure to heat and/or sunlight can cause them to break. Extreme temperatures can also cause them to break. Condoms should not be kept in hot places, especially in temperatures greater than 104 degrees F. Using oil-based lubes, like Vaseline, can also cause them to weaken and break.



Throw away a condom and get a new one if:
It has been stored in direct sunlight or hot temperatures.

The outside of the package feels like it has lube on it.

The package is discolored.

It has any evidence of being torn or broken.

There is no air pocket.

The package or condom feels brittle.

LUBE IT UP

What lube can I use with condoms?

Water-based or silicone lube are safe to use with most condoms. Some prefer water-based because it is easier to clean up. Don't use anything that has oil in it, like lotion, vaseline, or oil-based lubes with latex condoms. Oil can damage latex condoms and make them break

When should I use lube?

Lube can be sex's best friend! It can make vaginal penetration more enjoyable, is essential in anal sex, and can be used for masturbation. Be careful with some lubes because not all lubes are created equal! Flavored lubes with sugar may cause pH imbalances.

What lube should I use on sex toys?

It depends. But, water-based lube is pretty versatile; it tends to be the best choice if you're using a silicone sex toy. Avoid silicone lubes with silicone sex toys.

Can I use natural or household products instead of lube?

Using saliva may spread STIs and not provide enough lubrication. Certain household items, like oils and lotions, can damage the condom and cause pH imbalances.



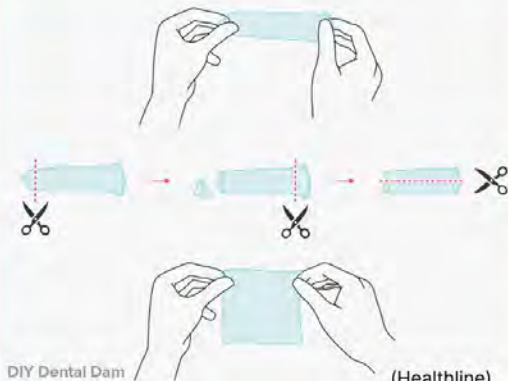
WHAT IS A DENTAL DAM?

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus **during oral sex**. Ready-to-use dental dams can be purchased online (about \$1 each). Because dental dams are hard to find, you can also make a DIY dental dam from a condom, or use non-microwavable plastic wrap (although this is not tested by the FDA) (CDC).



(CDC)

Simply place over the genitals (vagina, front hole, or anus). If oral sex is being performed on a penis, use an external condom. Do not reuse or share dental dams!



DIY Dental Dam

(Healthline)

For DIY dental dams, condoms that contain spermicides may cause oral irritation or a numb tongue. If using a flavored condom, avoid ones with sugar as they may cause pH imbalances.



ARE FLAVORED CONDOMS OK?

In general, flavored condoms are not recommended for vaginal penetration, however they are okay to use for oral sex. Using flavored condoms for oral sex can be a fun way to spice things up or have fun. Some people may be sensitive to some ingredients, so be mindful of any allergies.



The use of flavored condoms for penetrative sex is not well studied. However, flavored condoms have extra ingredients to create the flavor. These ingredients can cause vaginal/internal genital or anal/rectal irritation. Whenever the vagina/internal genitals or anus/rectum are irritated, it is easier to get an STI. The ingredients may also disrupt vaginal balance leading to yeast or bacterial infections.

Flavored condoms are designed to be used during oral sex. The flavored coating helps mask the taste of latex and can make oral sex more enjoyable. Using a flavored condom may increase the likelihood someone uses a condom for oral sex. Regardless of which type of condom you use, it is important to use a new condom every time you have sex, with each new partner, and when switching from anal/rectal to oral or vaginal/internal genital sex.



WHAT IS AN INTERNAL CONDOM?

Internal condoms can be used during penetration.

They can be used for vaginal or anal penetration. They are also called "female condoms." They are usually made out of a soft plastic called nitrile. They cover the inside of the vagina, creating a barrier that stops sperm from reaching an egg. Or, they can be inserted into the rectum for STI protection.

How to use an internal condom



1. Check the expiry date and take the condom out of the packet carefully.



2. Squeeze the inner ring of the closed end of the condom between your fingers.



3. Find a comfy position so that you can insert the condom into your vagina with your finger like you would a tampon.



4. Put the condom in as far back as possible. The outer ring should remain outside your vagina.



5. When you are ready to have sex use your hand to guide your partner's penis into the condom.



6. After sex, twist the outer ring and pull it out to remove it.

Oh!

Internal condoms can increase your pleasure!

The inner ring stimulates the tip of the penis, and the external ring rubs against the vulva and clitoris - this can feel great for both of you.

Never use an internal and external condom at the same time. The friction can cause them to break. External condoms offer better protection against STIs and pregnancy. However, some people prefer internal condoms. For some people with a penis, they prefer when their partner wears an internal condom because of feeling. For people with a vagina, it can offer a sense of empowerment because you can have protection without your partner choosing to use protection.

INTERNAL CONDOM FACTS



Internal condoms can be expensive and hard to find. They can cost upwards of \$6 a condom. Few store have them, but they can be ordered online. However, some healthcare providers carry them for free, or they can write prescriptions for them, which can reduce the cost.

Never reuse an internal condom! Also, they can get pushed inside of the vagina during sex. If this happens, they can be retrieved easily on your own.



TYPES OF BIRTH CONTROL



IUD, Implant,
Vasectomy,
Sterilization

One time procedure
Long-term protection
for IUD and implants.
Permanent* for
sterilization.

Risk of pregnancy:
1 out of 100

No STI
Protection



Injectables
(like Depo
Provera)

Repeat every 1, 2,
or 3 months.

Risk of pregnancy:
4-6 out of 100

No STI
Protection



Ring

Each month

Risk of pregnancy:
9 out of 100

No STI
Protection



Patch

Place on skin
each week

Risk of pregnancy:
9 out of 100

No STI
Protection



Hormonal
birth control
pills

Every day at the
same time

Risk of pregnancy:
8 out of 100

No STI
Protection



Diaphragm

Every time you have
sex, use spermicide
and place in the vagina

Risk of pregnancy:
12 out of 100

No STI
Protection

TYPES OF BIRTH CONTROL



Internal
condom

Every time you have
sex

Risk of pregnancy:
21 out of 100

STI
Protection



External
Condom

Every time you have sex,
place over the penis

Risk of pregnancy:
13 out of 100

STI
Protection



Withdraw

Requires removing the
penis prior to ejaculation
every time you have sex

Risk of pregnancy: 20
out of 100

No STI
Protection



Sponge

Every time you have
sex

Risk of pregnancy:
12-24 out of 100

No STI
Protection



Spermicide

Every time you have
sex

Risk of pregnancy:
28 out of 100

No STI
Protection



Fertility
awareness

Every day tracking.
Requires the use of a
condom when
ovulating.

Risk of pregnancy:
24 out of 100

No STI
Protection

EMERGENCY CONTRACEPTION

Emergency contraception is a safe way to prevent pregnancy after unprotected sex. There are a few types of emergency contraception. Talk with your healthcare provider on what the best option may be for you. One of the most common methods of emergency contraception is to take an emergency contraception pill (AKA the morning-after pill) after having unprotected sex.

When it comes to types of pills, there are a few options. For a pill with ulipristal acetate, there's only one brand, called ella. Ella is the most effective type of morning-after pill. A prescription is required, but you can take it up to 120 hours (five days) after unprotected sex — but it's best to take it as soon as you can. If you weigh 195 pounds or more, ella won't work as well. Another option is a pill with levonorgestrel. Brand names include: Plan B One Step, Take Action, My Way, Option 2, Preventeza, AfterPill, My Choice, Aftera, EContra, and others. You can buy levonorgestrel morning-after pills over the counter without a prescription in most drugstores, pharmacies, and superstores. These types of morning-after pills work best when you take them within 72 hours (3 days) after unprotected sex, but you can take them up to five days after. The sooner you take them, the better they work. If you weigh more than 165 pounds, levonorgestrel morning-after pills won't work as well. (Planned Parenthood).

There are also some IUDs that you can get within 5 days.



SEXUALLY TRANSMITTED INFECTIONS (STI)



CHLAMYDIA

What is it?

Chlamydia is one of the most common STIs. It can be spread having vaginal, anal, or oral sex with someone who has chlamydia. It can also be spread through sexual practices that exchange body fluids, like through sharing a sex toy or touching both genitals.

Symptom

Chlamydia often has no symptoms. Even with no symptoms, chlamydia has been known to damage the female reproductive system. Some early signs may be abnormal vaginal discharge and a burning sensation when peeing. For people with a penis, symptoms may include:

- Discharge from their penis;
- A burning sensation when peeing; and
- pain and swelling in one or both testicles (although this is less common).

Rectal symptoms may include, rectal pain; discharge; and bleeding.

Speak to a healthcare provider if you have: An unusual sore; smelly discharge; burning when peeing; or bleeding between periods.

Testing and Treatment

Lab tests help detect chlamydia. You may be asked to provide a urine sample or a swab may be taken of a potentially infected area. Testing can also be done during routine Pap tests.

Chlamydia is curable with antibiotics.

It is important that partners get tested and treated too.

HUMAN PAPILLOMA VIRUS (HPV)

What is it?

HPV is the most common STI. Some strains of HPV can cause health problems, including genital warts and cancers. You can get HPV by having vaginal, anal, or oral sex with someone who has the virus. It also spreads through close skin-to-skin touching during sex or even sharing sex toys or touching. A person with HPV can pass the infection to someone even when they have no signs or symptoms.

Symptom

Sometimes, HPV goes away on its own within two years without health problems. Other times, it can cause health problems like genital warts and cancer. Warts can be a small bump or group of bumps in the genital area. They can be small or large, raised or flat, or shaped like a cauliflower. HPV can cause cervical and other cancers, including cancer of the vulva, vagina, penis, anus, or back of the throat (called oropharyngeal cancer), which includes the base of the tongue and tonsils. Most people with HPV do not know they have the infection. They never develop symptoms or health problems from it.

Testing and Treatment

There is no test to find out a person's "HPV status." Also, there is no approved HPV test to find HPV in the mouth or throat. There are HPV tests that can screen for cervical cancer.

There is no cure for HPV. However, Genital warts can go away with treatment from your healthcare provider. Cervical precancer treatment is available, which is why routine Pap tests are so important. For other forms of HPV-related cancers, early detection helps.

HERPES SIMPLEX VIRUS (HSV)

What is it?

HSV-1 is known as oral herpes. HSV-2 is known as genital herpes. In the US, about 48% of the population has HSV-1 and about 12% have HSV-2.

However, HSV-1 is transmittable to the genitals and rectum, and HSV-2 is transmittable orally or to the rectum. Infections are transmitted through contact with HSV in herpes lesions, mucosal surfaces, genital secretions, or oral secretions, even when someone has no symptoms.

Symptom

Many people are asymptomatic or have very mild symptoms that can be mistaken for other skin conditions. However, when people are symptomatic, they often have herpes lesions that typically appear as one or more vesicles, or small blisters, on or around the genitals, rectum or mouth. Also, lesions may develop in other places like the buttocks, groin, thigh, finger, or eye) may occur during the course of infection. Outbreaks may make it more likely to get other infections like HIV, especially if there are open wounds.

Testing and Treatment

HSV nucleic acid amplification tests (NAAT) are the most sensitive and highly specific tests available for diagnosing herpes (blood draw). A viral culture is also a possibility. Sometimes, testing may need to be repeated. Visualization may also be enough for a diagnosis.

There is no cure for herpes. Antiviral medications can, however, prevent or shorten outbreaks during the period of time the person takes the medication. Daily suppressive therapy can help reduce transmission.

GONORRHEA

What is it?

Gonorrhea is a very common STIs (the 2nd most common bacterial STI).

It can be spread having vaginal, anal, or oral sex with someone who has chlamydia. It can also be spread through sexual practices that exchange body fluids, like through sharing a sex toy or touching both genitals.

Symptom

Gonorrhea often has no symptoms. For people with a penis, signs and symptoms of urethral infection include dysuria or a white, yellow, or green urethral discharge. They may also experience epididymitis which can cause testicular or scrotal pain.

Many women and people with a vagina mistake gonorrhea for a bladder or vaginal infection.

Other symptoms include dysuria, increased vaginal discharge, or vaginal bleeding between periods.

Symptoms of rectal infection may include discharge, anal itching, soreness, bleeding, or painful bowel movements. Untreated gonorrhea can cause pelvic inflammatory disease in women/people with a uterus, and for men/people with a penis, rare complications can cause infertility. If left untreated, gonorrhea can also spread to the blood and cause disseminated gonococcal infection (DGI).

Testing and Treatment

Gonorrhea can be diagnosed by a urine test or by culture, which requires endocervical or urethral swab specimens. Oral and anal testing has also been FDA-cleared.

Gonorrhea can be cured with the right treatment. CDC recommends a single 500 mg intramuscular dose of ceftriaxone for the treatment of gonorrhea. Healthcare providers may choose other treatments.

The image features a black background. A bright white spotlight beam shines down from the top center, creating a circular pool of light. In the center of this light, the text "SHINE A LIGHT ON SEXUAL HEALTH." is written in a bold, yellow, stylized font with a black outline. The text is arranged in three lines: "SHINE A LIGHT", "ON SEXUAL", and "HEALTH.". Below the text, there are several overlapping, wavy, translucent bands of color in shades of green, yellow, orange, and blue, flowing across the bottom half of the image. A solid green vertical bar is on the far left edge.

SHINE A LIGHT
ON SEXUAL
HEALTH.



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