

Anal Sex: Making it Safe and Fun

Get to know your body.

The anus is very sensitive to pleasure and pain. Every person's body is different. The more you know your body, the better anal sex will feel.

- **Explore your anus.** See what feels good and what doesn't. You can do this alone or with a partner. You can use a small sex toy to start.
- **Try to relax your body.** You may notice that your anus feels different if your muscles are tense. Anal sex feels better if your muscles are relaxed.

Use lube and condoms.

Lube can help anal sex feel more comfortable. It can also lower your risk of STIs and HIV.

- Use water-based or silicone lube.
- Try silicone sex toys. They're soft, safe to use, and can be cleaned so that you can share it with partners. Use water-based lube with silicone sex toys.
- STIs and HIV can be passed during anal sex. Condoms help prevent both STIs and HIV.

Outside condoms

These go on a penis.



Source: Bedsider.com

Inside condoms

These go inside the anus.



Dental dams

These go over the anus. Use them for oral sex (rimming).



Always change condoms if you are switching from anal sex to another kind of sex.

Talk to your partner.

Communication is important when it comes to anal sex.

- Tell your partner what feels good and what doesn't. Make sure you talk about how you feel in certain situations and what your limits are.
- The person being penetrated should be in control of what's happening.

Common Questions About Anal Sex

Will my butt get stretched out?

The anus (butt) stretches during anal sex but it goes back to its normal size after. If you think something may be wrong with your anus, see a doctor.

Does it hurt?

Some people feel pain when they have anal sex. If you feel pain, slow down, talk to your partner, and add lube. Stop if you don't feel comfortable or start to bleed.

Isn't it messy?

Sex can be messy! To make anal sex less messy:

- Go to the bathroom before you have anal sex
- Take a shower before you have anal sex. Or have anal sex in the shower.

If you have contact with poop, make sure you wash with anti-bacterial soap.

Don't overdo cleaning.

- Some people use enemas or douches before anal sex. But these can irritate your body and raise your risk of STIs/HIV. If you want to use a douche or enema before anal sex, use warm water only a few hours before anal sex.
- If you want to use wipes, use unscented wipes like Charmin Fresh Mates or Kleenex Cottonelle Flushable Wipes.

Some people may need to get anal Pap tests. Talk to your doctor to see if you need an anal Pap test or other anal tests.

Talk to your CHN doctor or health educator to learn more.