

Safer Sex: For women who have sex with women

How can I lower my risk of getting HIV and STIs?

- **Avoid your partner's body fluids.** You can do this by using condoms, dental dams, and finger condoms or cots.
- **Choose safer sex acts over riskier ones.** See page 2 to find out what's safer.
- **Get tested for HIV and STIs every 3-6 months.** Or get tested each time you have a new sex partner. Many STIs do not have signs, so you may not know if you have one or if someone you had sex with has one. If you or your partner have any bumps, sores, or any other signs of an STI, get checked before you have sex.
- **Be open with your doctor about your sex life.** Tell your doctor about the kinds of sex you have. This helps your doctors do the right tests for STIs and HIV.
- **Ask your doctor about vaccines (shots)** you may need, like the HPV vaccine.
- **Do not share needles.** Use only new or clean needles and drug tools.
- **Know your limits.** Before you have sex, decide what kinds of sex feel safe for you and what kinds don't.

To have safer sex, use:



Dental dams for oral sex



Condoms over sex toys



Gloves or finger cots

See **page 2** to learn more about how to have safer sex.

Sex should be fun!

Have safer sex to feel good and comfortable about sex and your body.

Higher Risk Vaginal or anal sex

Risk

To have safer vaginal and anal sex with a shared dildo, strap on, or other sex toy:

- **Use condoms over sex toys.**
- **Use external condoms** (regular condoms) on shared sex toys.
 - Put a drop of lube inside the tip of the condom. After you put the condom on the sex toy, put lube on the outside of the condom too. Lube helps condoms not break and makes sex feel better.
- **Use internal condoms** (sometimes called female condoms) inside the vagina or anus.
 - Squeeze the inner ring inside the condom. Put the inner ring in the vagina or anus. Put one finger inside the condom and gently push the inner ring further into the vagina or anus.
 - About 1 inch of the outer ring of the condom will hang out of the vagina or anus.

- **Don't use external and internal condoms at the same time.** Only use one.
- **Use a new condom every time you have sex.**
- **Put external condoms over sex toys** if you share them with different partners.

Oral sex on the anus (rimming)

Oral sex on the anus (butt) can put partners at a high risk for infections if you don't use a dental dam. To have safer oral sex:

- Put a dental dam over the anus. Put lube under the dam.

Oral sex on the vagina (going down or eating out)

To have safer oral sex:

- Use a dental dam. Try flavored and colored dental dams for fun!
- Do not have oral sex if you have bleeding gums or sores in your mouth.
- Do not receive oral sex if you're on your period.

Sex with fingers and hands (fingering or fisting)

To have safer sex with fingers and hands:

- Use a different hand or glove to touch your partner than the one you use on yourself.
- Use lots of lube. Lube can make sex feel good. It also helps prevent small tears in the vagina or anus (butt). STIs can get into your body through these small tears.
- Use gloves or finger cots to cover any cuts on your hands.

Lower Risk

Questions? Talk to your CHN health educator or doctor!