

the low down on **SAFER SEX**

What is it?

Safer sex is about keeping you and your partners healthy and protected from sexually transmitted infections (STIs)

How do I practice safer sex?

One of the best ways to keep sex safer is to plan ahead and use a barrier method every time you have oral, vaginal, or anal sex

What are my options?

Check out the options below and keep what you need on hand for when you are intimate with a partner



External Condoms

AKA male condoms. Use for any kind of intercourse that involves a penis. When used properly they protect from STIs and pregnancy.



Dental Dams

Use for oral sex. Don't have a dental dam? You can always cut a condom lengthwise, cut a rubber glove, or use non-porous plastic wrap as an alternative.



Internal Condoms

AKA female condoms. When used properly protects from STIs and pregnancy. Off label use for anal sex. Good to use if you or your partner has a latex allergy.



Gloves/Finger Cots

Use for sexual activity that involves the hands or fingers to provide a barrier of body fluids exchange from one person to their partner.



Lube

Keeps everything moving smoothly, reduces friction and the possibility of breaks and tears in condoms and sensitive genital skin. Make sure it's water or silicone based so it doesn't break down the condom.



Get Tested for STIs

Know your STI status and feel comfortable talking to your partner(s) about it. Most people with STIs don't have any symptoms, so it's best to get checked out by your healthcare provider. Visit the Health Center to learn more and get tested. Call 781-891-222 to make an appointment.