**Sex, Sex, Sex…**

There really is no such thing as “safe sex.” Sexual activity of any type: oral, vaginal, anal, or genital-to-genital contact without penetration can put you at risk for contracting an STD (or STI, the terms are used interchangeably). This is true, even if you or a partner wear a condom.

The only 100% way to protect yourself from contracting an STD is to practice complete abstinence from all types of sexual activity. However, that may not be an option for you or your partner.

Safer sex is anything done during sex play to reduce the risk of getting an infection. Even though a lot of people say "safe sex" instead of "safer sex," there is no kind of skin-to-skin sex play with a partner that is totally risk-free. However, being "safer" is something all of us can do. Here are some tips as well as activities divided by risk:

1. Use a condom or dental dam for any kind of sex, always.
2. Educate yourself about how STDs are transmitted and understand that any sexual contact is a risk for spreading an infection.
3. Talk with your partner! Open and honest communication is the best way to be sure both of your needs are met.
4. Limit your number of partners. Remember that when you have sex with someone, you are “having sex” with every person that they had sex with, and every person that they had sex with, and so on.
5. Get tested. Many STDs have little or no symptoms so you cannot base your status on how you or your partner look or feel. Testing is the only way to know for sure.
6. Birth control is only part of the solution. Birth control protects against a potential pregnancy, not STDs; a condom is still necessary to be fully protected.
7. Do not mix sex with alcohol. Alcohol lowers one’s inhibitions and may contribute to someone making a decision that they would not normally make. Safer sex is sober, consensual sex.

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**No Risk Sexual Activities**
- Masturbation
- Mutual Masturbation
- Cybersex
- Phone sex/Sexting
- Sharing fantasies

**Lower Risk Sexual Activities**
- Kissing
- Fondling
- Body rubbing (dry humping)
- Playing with sex toys (alone or with a partner)
- Oral sex—made safer with a dental dam or condom

**Higher Risk Sexual Activities**
- Vaginal intercourse
- Anal intercourse
- Unprotected oral sex

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**The Scary Truth about STDs**
- 1 in 2 sexually active people will get an STD by age 25.
- 1 in every 6 people are infected with Herpes in the U.S.
- More than 50% of sexually active people will get HPV at some point in their lives.
- Chlamydia is the #1 most reported STD in the U.S.—3 million Americans are infected each year.

Wanna learn more?  
www.itsyoursexlife.com

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**Join us for…**

**Sex & Chocolate**

Monday, October 27th

4:00—6:00 PM

Hirst Lounge

Have a question about the Monthly InSTALLment? mkelley@uhs.rochester.edu