

**Great safer sex for grown-ups : if you thought that safer sex was boring, or dull, or not 'real' sex, read on / produced by Women's Health Information Mobile ... with assistance from Aidsline, the Health Promotion Service, Enfield Health Authority.**

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# Great *safer* sex for grown-ups

If you thought that safer  
sex was boring, or dull, or  
not 'real' sex,

**READ ON**

Safer sex is about what  
you 'can' do, not what you  
can't. This leaflet could  
change your sex life for  
the better and better.



## Why safer sex?

Safer sex helps protect you from HIV, the virus which can cause AIDS. Women are more at risk from getting HIV from men than men from women. Safer sex can also protect you from other sexually transmitted diseases, eg cervical cancer, genital warts and genital herpes.

## What is safer sex?

Safer sex means avoiding an **exchange** of body fluids (taking someone else's body fluids into your body)

- vaginal fluid
- semen
- blood, including menstrual blood

Using a condom for vaginal or anal sex

Avoiding any sex practice that breaks or tears the skin

Oral sex is thought to be low risk. Avoid it during a period or if you have mouth or gum problems; don't let a partner come in your mouth. A non lubricated condom cut in half lengthwise and stretched over your partner's vagina or anus gives more protection during oral sex. A 'dental dam', a square of thin latex, can also be used. These can be bought mail order.

Clean hands and genitals, short nails and no sharp rings are kinder to your partner.

The minute amounts of HIV in tears and saliva are not considered sufficient to pass on the virus.

**SAFER SEX MEANS**

**'On me not in me'**

## Talking about safer sex

Sometimes it is difficult to talk to a partner about sex, about what we like or don't like, what feels good or exciting. We may be frightened of saying the words, we may be anxious that we will be laughed at, we may fear criticism or rejection.

Asking for safer sex makes for more openness, which can only be good. It is also a chance for more exploring, and more fun.

Start talking when things are calm and cool. Remember women and men can get carried away by the heat of the moment. Don't wait for the clothes to come off.

Tell your partner that you always use a condom when you have sex.

**'Condoms make sex less fun'**

*Well, worrying about health makes it **NO** fun at all.*

**'Don't you trust me?'**

*I trust you, but your past partners may not have been careful or honest. It's a matter of health, not trust.*

Let's face it, people lie to get sex. Sometimes we alter the truth, even to ourselves. Every time you have unsafe sex you're exposing yourself to every sex partner your lover has ever had. If you **always** have safer sex you don't have to worry about your past, your partner's past, your partner's partners' past

...

What if your partner refuses safer sex? Don't be pressurised into taking risks. It's all right to say 'NO'.

If you've taken risks in the past don't take any more.

**Start playing safe now**



## Hot and healthy

Spice up your sex life with safer sex, forget the 'Whip it in, whip it out and wipe it' days, make way for making love. So, for men and women everywhere, here goes ...

### 1. Touching

Do an erotic skin map for yourself and your partner and find hidden treasures. Remember wrists, toes and the backs of knees.

Touch your partner with eyelashes, nose, pubic hair, oiled nipples down the spine (or anywhere), brush her inner thighs with your cheek. Run your tongue tip up the hairs on the back of his neck. Try using very light fingertip touch, the backs of hands, gentle squeezing, light scratching. Stroke her clitoris with your toes.

Don't forget to lick fingers and the spaces between them. Go shrimping and lick her toes. Explore ears and navel. Separate the inner and outer lips of her vagina with your tongue. Touch her clitoris with your tongue-tip. Trace patterns on his penis with your tongue and lips, then suck hard. Gently bite his penis when it and he are asleep. Remember to keep each other's nipples happy and excited. Tease them by breathing on them before lots of tongue strokes and sucking.

If you want your penis to feel enclosed and inside without vaginal or anal penetration try between her breasts or thighs, armpit, buttocks (ass cheeks) or behind the knee.

#### Touching times

Showering or bathing together, especially if one of you wears a shirt. Drying each other, brushing hair - include pubic hair. Stroke each other through clothes or underwear.

Try any of these suggestions out of the bedroom, in the bath - shower - car - garden (but don't frighten the neighbours!) - kitchen - on the stairs - on the beach - in the heather.

### 2. Talking

Share your fantasies. The great thing about fantasy is that it's not real. You can safely imagine the scenes that you would not want to happen in reality. In fantasy you are in control.

- Try taping your fantasy
- Talk about having sex together
- Try erotic story telling
- Phone each other and talk about making love
- Write each other erotic letters
- Post them to his/her workplace marked 'Confidential'
- Describe movies or books that you have found a turn-on
- Ask for what you want. 'Down a bit', 'slower', 'don't stop', 'Oh I like that'. Say 'I'd like you to...' rather than 'You never ...'
- What about good old romantic talk: great for boosting confidence.
- Tell your partner what you find a turn-on about him/her. Ask 'Do you want to try something else? Does this feel good?'

### 3. Watching

Forget other people's porn, and make your own erotic videos

Ask your partner to dress up or undress for you  
Invest in a well-placed full length mirror...

Ask your partner to masturbate while you watch, or watch your partner watch you masturbate.

Masturbation is safe, fun, and only needs one. If there are two of you try masturbating together or each other. Vibrators don't get tired, and you are at the controls. They can be bought mail order, if you would prefer not to visit a sex shop.

**Remember not to share sex toys, have your own.**



## Food

Food and sex are happy bedmates. Start by having a romantic meal together and undressing slowly until you're eating the pud starters.

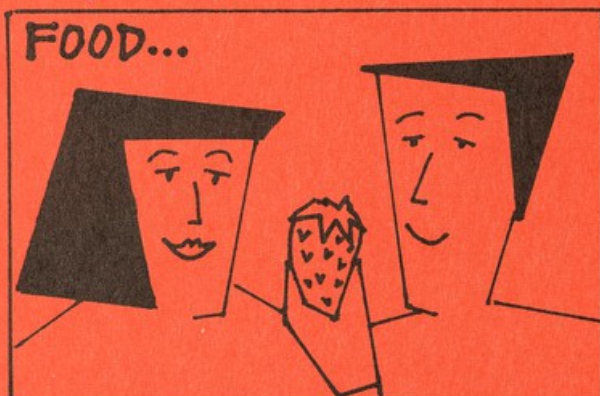
Feed each other a cream bun (no hands allowed) and lick up the spills.

Put a few pieces of crushed ice in your mouth and lick her vagina and clitoris.

Spread cream on her breasts and lick it off.

Crush strawberries on his nipples and do the same.

Try 'dick dipping' in chocolate sauce, honey, milk and sugar or sherry.



## Using Condoms

A must for penetrative safer sex, and can be fun to use. Make condoms part of your sex play rather than an interruption. If you haven't used condoms before buy some and practise opening and unrolling them. Try flavouring them, or buy flavoured condoms for oral sex. Masturbate him with one on. Fill one with water, freeze and use as a dildo. Surprise your partner with some fun condoms, coloured ones or ribbed ones. Ask him to close his eyes while you put one on. (Build up the anticipation 'Guess what I bought today?')

Changes can be frightening as well as exciting. Don't just spring a surprise on your partner: think first would he/she like this or would it be challenging or frightening.

## Good sex starts with talking

- Don't talk when you're angry, rushed or tense
- Save it for when you're both relaxed
- Say it's good when it's good - tell your partner if it's uncomfortable or hurts
- Ask for what you want and don't mind being asked in return
- Say 'NO' if you don't like a suggestion, but don't mind being asked.
- Respect and accept a 'NO'; ask your partner for suggestions
- Listen to your partner
- Safer sex means 'on me, not in me'
- Avoid penetration or tearing the skin
- It is possible to have fun and care about your own and your partner's safety



You may like to try some of these suggestions. If what you have is safe and pleasing to you, you may not want to make any changes, and that's fine. Good sex is about talking and caring for each other.

*Your best sex organ is your imagination*