

**Dykes + safer sex = get sorted! / produced by the Shropshire Gay and Bisexual Men's Health Project, part of Staffordshire Buddies.**

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DYKES

SAFER Sex

=

get Sorted!



# DYKES

**G**loves can help stop the spread of infection when you are fucking. Don't re-use them.

**E**xamine your breasts every month. Look out for changes in size and shape, nipples and skin. Feel for lumps. If you are worried about any changes, contact your doctor.

**T**hrush is a yeast infection which causes itching and soreness around the vagina. It is possible that it can be sexually transmitted between women but can be easily treated with creams, pessaries and tablets from your chemist. Using gloves and oral shields can help stop this happening.

**S**meears can help detect cell changes in your cervix before cancer develops. Make sure you are screened every three years. Smears can be done at your doctors or at your local sexual health clinic by female staff.

**O**ral shields (dental dams) are squares of latex to help stop the spread of infection when you are licking or sucking your girlfriend's vagina or anus. Use water based lubricants with rubber or latex products, it's also great for massage!

**R**elationships can be stressful. Talk to each other about your feelings.

**T**alk to your partner about sex. Make sure you are both comfortable with your sexual activity.

**E**ducate your friends. Start a conversation about safer sex over dinner. You never know where it might lead!

**D**on't be daft Dykes - **look after yourselves**

Some Lesbians have sex with men at different stages in their lives for different reasons. If you are going to have sex with a man, make sure you use a condom with a CE or Kitemark for vaginal sex, and extra strong condoms for anal sex.

For more information on any of these issues or a supply of condoms, contact RISQ on 01952 200070.

*Year: 1999*  
*Organisation: Shropshire Gay & Bisexual*  
*Commissioning Agency: Men's Health Project*  
*Main Theme/Approach: cheeky nurse - using real language - directed at gays/bisexuals*  
*Media/Distribution: Part of wider poster campaign - info cards*  
*Endline: Get Sorted (acronym)*  
 Notes:

**S**exuality **O**ptions **R**elationships  
**T**esting **E**ducation **D**evelopment

Any questions tel. RISQ on 01952 200070

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