

DFAB: Designated

Female At Birth

RISKS

Are DFAB partners at risk for Sexually Transmitted Infections?

DFAB partners are at risk. Many people believe the myth that sex between DFAB people is low risk, but DFAB people who are sexual with each other are not immune to sexually transmitted infections. During any sort of sexual activity where fluids are exchanged, take precautions and use protection.

INFECTIONS

How can I get or pass on infections?

Infected vaginal fluids and menstrual blood can enter your body through open sores, abrasions, cuts or through mucus membranes in the vagina, rectum, mouth, nose, or eyes.

Any activity involving bodily fluids, such as vaginal discharge, menstrual blood, breast milk, or having skin to skin contact, can pass on STIs. Certain STIs, such as hepatitis A or intestinal parasites, can be transmitted by anal-oral contact. DFAB partners engaging in sexual contact with other DFAB partners can also pass along vaginal yeast or bacterial vaginosis.

SAFETY

What can I do to avoid getting infected?

- Talk to your partner to learn if they have been recently exposed or possibly exposed to an STI.
- Use dental dams, receptive condoms, latex barriers (or saran wrap) or latex gloves when needed.
- Get checked for STIs by a doctor.
- Know signs and symptoms of STIs.
- Treat partners and avoid sex until cured.
- Make sure sex toys are cleaned between uses with hot soapy water.
- Use additional lubrication as needed.
- Use condoms on shared sex toys, and replace them after each use.
- Choose not to be sexually active.

STI

What is an STI?

STIs to Sexually Transmitted Infections are the same thing as STDs or Sexually Transmitted Diseases. STIs are passed on when you have sex or other close body contact. Most symptoms appear in the genital area or around your mouth, and many can affect your entire body. All STIs are treatable and many are curable. When left untreated, all STIs can have serious health effects.

SYMPTOMS

What symptoms should I watch for?

- Sores, bumps, blisters (mouth or genitals).
- Burning, itching or swelling (genitals).
- Burning or pain when peeing.
- Need to pee often.
- Swelling or redness in throat.
- Flu like feelings with fever, chills and aches.
- Unusual pain, discharge and bleeding.
- Pelvic pain, between belly and genitals.
- Pain deep inside when being penetrated.
- Pelvic pain, different from menstrual cramps.

INVISIBLE

What should I do when I have no symptoms?

When you suspect that you might have contracted an STI, for any reason, you should get checked by a doctor. Many STIs don't have noticeable symptoms or take awhile to show symptoms. Tests are important so you can get treatment and avoid infecting others.

HAVE A QUESTION?

Contact us at 612-825-2000 or
pcr@prochoiceresources.org

PROTECTION

When am I exposed to blood and sexual fluids?

- During use of shared sex toys.
- Grinding or humping vulva to vulva.
- During oral-vaginal and oral-anal contact.
- During penetration with cut or chapped hands.

CAUTIONS

What should I use for protection?

For cunnilingus (vaginal oral sex), or rimming (anal oral contact) use a dental dam. For vulva to vulva sex, place a latex dental dam or plastic wrap barrier between you and your partner. Latex gloves can be used to protect fingers or hands from infection during penetration. Condoms should be used on dildos.

How do I make a dental dam?

You can make a dental dam about of either condoms, non microwaveable saran wraps, or latex gloves.

To make a dental dam from a condom:

1. Remove condom from package.
2. Cut condom from opening to tip.
3. Spread condom open into a sheet.
4. Place side with most lubricant against skin.
5. Use a new dental dam for each oral, anal, or vaginal sex act.

~ If the condom is flavored, you want the lubricant to be away from the skin because the sugars in the flavored lubricant can cause irritation in the vagina or anus. ~

Latex glove:

1. Cut off all fingers of glove except the thumb.
2. Cut along side of glove opposite the thumb.
3. Spread glove open.
4. For powdered gloves, rinse powder off.
5. The thumb can be used for tongue
6. A water-based lubricant can be added to the skin side of the barrier.
7. Use a new dental dam for each oral, anal, or vaginal sex act.

AWARENESS

What increases the risk of STI transmission?

- Inflamed or irritated skin or tissue.
- Vaginal infection.
- Recent penetration with fingers, hands or sex toys.
- Lack of lubrication, which increases friction during penetration.

PRECAUTIONS

What precautions should I take when having sex with other DFAB partners?

- Talk to your partner.
- Talk about any STIs or yeast infections.
- Tell them if you want to use additional lubrication.
- Point out any sores, rashes, bumps, or sensitive areas.
- Use condoms on shared sex toys, and replace them after each use.
- Make sure sex toys are cleaned between uses with hot soapy water.
- Wear latex gloves when using fingers or hands for penetration.
- Use dental dams or non-microwavable plastic wrap for oral sex.
- Place a latex barrier or plastic wrap between you and your partner during vulva to vulva sex.

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