

Safety

Am I safe having oral sex?

Even though there isn't a risk of pregnancy with oral sex, you can still get Sexually Transmitted Infections (STIs) or you can still get a Sexually Transmitted Infection (STI). Like any other sort of sexual activity, it's best to use protection when having oral sex.

Asking

What should I ask my partner before having oral sex?

- Make sure you talk about:
- Possibility of exposure to STI's.
- Last time they were checked for STIs.
- Protection and what to use.
- Possible STI symptoms and problems.
- Precautions and pitfalls of sexual activities.

Infections

What can I do to avoid getting infected?

- Have sex with only one partner without an STI.
- Talk to your partner.
- Use latex condoms (or polyurethane).
- Use a dental dam, a latex barrier held in place during oral sex, when needed.
- Get checked for STIs by a doctor.
- Know signs and symptoms of STIs.
- If you or your partner contract an STI, avoid sex until treated.
- Choose not to be sexually active.

Have a Question?

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

STI

What is an STI?

STIs, Sexually Transmitted Infections, are the same thing as STDs or Sexually Transmitted Diseases. STIs are passed during sex and other close intimate contact. The majority of symptoms appear in the genital area but many can affect your entire body. Many STIs are curable, and all are treatable. When untreated, all STIs can have serious health effects.

What STI's are transmittable during oral sex?

The most common STI's that are transmittable through oral sex are herpes, gonorrhea and syphilis. However you are still at risk for chlamydia, hepatitis, genital warts, pubic lice and even HIV.

Symptoms

What are some general STI symptoms?

- 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 in people designated female at birth.
- Unusual white colored discharge in people designated male at birth.

Worry

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 they take awhile to show symptoms. Tests are important so you can get treatment and avoid infecting others.

Protection

What activities should I be careful about?

Any activity involving vaginal discharge, semen, menstrual blood, or skin to skin contact carries risk and some form of protection should be used.

Barriers

What should I use for protection during oral sex?

For fellatio (mouth on a penis), condoms should be used. Other types of sex acts, such as cunnilingus (mouth on a vagina) or rimming (mouth on an anus) need a dental dam.

How do I make a dental dam?

1. To make a dental dam from a condom:
2. Remove condom from package.
3. Cut condom from opening to tip.
4. Spread condom open into a sheet.
5. Place side with most lubricant against skin.
6. 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. ~

How do I use a condom?

1. Remove condom from package.
2. Before sexual contact, when penis is hard, squeeze the tip of the condom to remove air.
3. Place the condom on the tip of the penis and roll it down all the way.
4. After ejaculation, hold the rim of the condom and withdraw while still hard.
5. Wash any areas that came in contact with bodily fluids.
6. Use a new condom before each sex act.

Questions

What is oral sex, and why do people do it?

Oral sex is when someone puts their mouth on their partner's genitals to create sexual pleasure for their partner.

Before

What should I consider before having oral sex?

- Are we both comfortable with this?
- Do we want to be up close and personal with each other's genitals?
- Have we both been tested for any Sexually Transmitted Infections?
- Have we talked about our comfort levels and what we're willing to do?
- Am I ready to give as well as receive?
- Can we deal with any consequences that may arise?
- Are we both comfortable using forms of protection such as condoms and dental dams?

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What should I know about oral sex?

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