

## **SAFER QUEER SEX**

Handout for the workshop at LaDIYfest Berlin 20.2.11



*[Note: I only refer to sex where dildos appear in the form of dildos  
i.e. Measures of prevention concerning biological dildos will not be mentioned]*

### **1. How does infection occur?**

- The pathogen comes out of one person and comes into another person.
- Portals of entry and exit of pathogens can be:
  - > Lesions e.g. in the vagina can be caused by too long finger nails
  - > Preexistent infections: you have e.g. an increased risk of HIV-infection if you already have a herpes sore and you have unprotected sex with a HIV+ person
  - > Menstruational blood is a source of infection for e.g. HIV, Hepatitis B and C
- => If you have such portals of entry or exit you and your partners are at a higher risk of infection.

### **2. Sexual transmitted diseases (STD)**

*[Note: I only mentioned several aspects of STDs. There's no claim to completeness. Please educate yourself further. See "Useful links".]*

- Note: The majority of STDs...
  - > ...has got the same way of transmission
  - > via certain measures of prevention you can simultaneously prevent most of the STDs
  - > ... can initially develop without any sign of infection but can cause permanent damage to the body and is contagious even without symptoms!
  - > get tested for STDs regularly
- **Major way of transmission for STDs:**
  - > Sharing sextoys (both vaginally and anally)
  - > Cunnilingus, rimming (with a higher risk for the one who licks)
  - > Tribadism: rubbing vaginas
  - > Hands: Hands first touch your partner's vagina then yours (and/or vice versa)
- **HIV/AIDS**
  - > Where is the virus found: Blood, sperms, vaginal secretions, saliva, breast milk
  - > Development and therapy: Not curable. Untreated, the HIV infection is lethal within many years mostly. If HIV-infection is diagnosed and treated early it is considered as a chronic, non lethal illness.
- **Hepatitis A:**
  - > Where: Bowels (gastrointestinal tract)
  - > Transmission: Rimming
  - > Prevention: Vaccination (a combined vaccine for Hepatitis A and B exists)
- **Hepatitis B:**
  - > Consequences: liver damage, liver cancer
  - > Therapy: Difficult or not curable
  - > Prevention: Vaccination (a combined vaccine for Hepatitis A and B exists)
- **Hepatitis C:**
  - > Where: Blood
  - > Transmission: Direct blood contact. E.g. Menstruational blood gets in contact

with injuries on hands/vagina/anus

- > Consequences: Liver damage, liver cancer
- > Therapy: Difficult or not curable
- > Prevention: Desinfection (via desinfection spray) of utensils having had blood contact

#### **- Human Papilloma Virus (HPV)**

- > Where: Vagina, anus, penis, mouth
- > Who: Up to 40% of sexual active women carry the virus.
- > Symptoms: None, genital warts, cervical cancer
- > Prevention: Vaccine for the carcinogen papilloma virus-strains,  
Prevention of cancer: Anually smear, under oral contraception every 6 months

#### **- Gonorrhoea**

- > Where: Vagina, urethra, anus, throat
- > Complications: Infertility, tubal pregnancy

#### **- Chlamydia:**

- > Where: Uterus, urethra, anus
- > Who: Up to 20% of sexual active women carry chlamydia bacteria.
- > Complications: Infertility, tubal pregnancy

#### **- Syphilis**

- > Where: Vagina, anus, mouth
- > Who: Men who have sex with men; Generally, rare in women
- > Development if untreated: Continuing disease, final stade: brain damage

#### **- Herpes**

- > Where: Vagina, anus, mouth. Herpes can rarely be transmitted from mouth to vagina/anus.
- > Highly infectious --> Even neighbouring regions like thighs can be contagious
- > Who: Up to 20% of the healthy (= with no symptoms) population carries the herpes virus.
- > Prevention: Getting tested and treated
- > Complications: Herpes sores are a portal of entry for Hepatitis B and HIV

#### **- Yeast infection**

- > Where: Vagina, mouth
- > Risk factors: Dry vaginal mucosa. Glycerine containing lube is discussed.

### **3. Sex related diseases (non communicable)**

#### **- Urinary tract infection (cystitis)**

- > Origin: Germs enter the urethra and the urinary bladder
- > Onset: Use of sextoys first anally than vaginally, dirty hands
- > Prevention: Change of condom when you pass the sextoy from the anus to the vagina. Hand washing with soap. Pee after having had sex (cleans the urethra)
- > Complications: Pyelonephritis

#### **- Gastro-intestinal infection**

- > Origin: Germs come from the anus into the mouth
- > Onset: Rimming without a dental dam
- > Prevention: Using a dental dam for rimming

## 4. Measures of prevention

### Prevention of injuries



- Finger nails should be short and filed. Take off rings.



- When to use Lube:

- > Always, everywhere, abundant: on vagina, anus, condoms, gloves
- > Vaginal: At the beginning of the sexplay if the vagina is not yet sufficiently wet
- > Anal: Obligatory, because there's almost no anal secretion.
- > Under the dental dam for improving the recipient's sensation.
- > Different types: Water based (no problem with any material, for anal use: higher viscosity), silicone based (doesn't stick, but attacks silicone made toys)

- Gloves:

- > Decrease the friction and thus the risk of injury in fist fucking (both anal and vaginal).
- > Keep hold of it when pulling your hand out, otherwise you risk to lose the glove (in the anus)

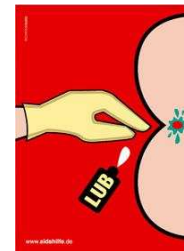
### When to use gloves (latex, vinyl)



- If you pass from the anus to the vagina. E.g. First work on the ass with a glove, than on the vagina without a glove.

- Fist fucking (both vaginal and anal): Use gloves and lube to avoid injuries.

- If you have injuries/lesions on your hands.



### When to use condoms

- When sharing sextoys.

- If you pass the sextoy from the anus to the vagina: Change of condom!

- Over every unclean utensil used for penetration e.g. vegetables

- All sextoys difficult to clean: jelly, cyberskin etc

- Femdom: Practical because you don't have to change it frequently. E.g. If you want to work on your partner's vagina first with your hands and then with a dildo, you only need one Femdom instead of a glove and a condom.



### Sextoys

- Take care when using fragile utensils e.g. carrots, bottlenecks  
--> Risk of loss and injury

- Anal: Beware of losing the sextoy! (the gastrointestinal tract is long)  
--> Anal dildos (plugs) need a large base!



--> Take care in anal use of vibrators, which mostly don't have a large base.

- Clean your sextoys (also see "Useful links")
- > See package insert of the sextoy.
- > Sextoys made of silicone or latex: Soap and water (+ let them dry)  
After blood contact: Desinfection spray (+ let them dry)
- > Jelly, Cyber Skin etc: Difficult to clean  
--> Use a condom to protect them from juice and dirt.

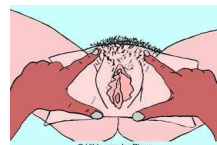
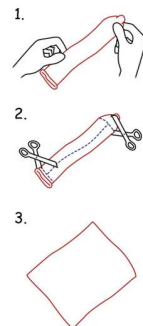
## Oral sex

- Dental dam = square of latex rubber (produced of a condom or readily bought)  
--> Put some lube under it to increase the recipient's sensation.  
--> Don't use cling foil as a dental dam because it is permeable for germs.

- Rimming: Always use a dental dam, otherwise germs from the ass will come into your mouth

- Cunnilingus: Use a dental dam if there's a risk of infection.

- Don't bite in oral sex to avoid injuries and thus an increased risk of infection



## Body hygiene

- before sex: Wash your hands with soap
- after sex: go peeing --> washes out any germs in the urethra: avoids urinary tract infections

## 5. Decision about what measures of prevention you gonna use

- Questions you should ask yourself...
  - > ...for your health:  
*How infectious is my partner? How susceptible for infection am I?*
  - > ...for your partner's health: *How infectious am I?*  
Note: Even if you are ready to accept a high risk of infection, your partner might not. You are responsible for not infecting your partner.
- => The more information you can get about those questions, the more precisely and efficiently you can practice safer sex.

- Measures of prevention you should practice regardless your own or your partner's infectiosity
  - > Hygiene: Handwashing with soap, short fingernails, go peeing after sex
  - > Lube (see "Measures of prevention")
  - > Change of condom when passing from anus to vagina
  - > Dental dam for rimming
  - > Gloves and lube in fist fucking

### 5.1. How infectious is my partner and am I?

#### Communication

- Create an atmosphere where it is possible to talk about personal issues  
e.g. HIV-infection, promiscuity

- Sex with persons you don't know (one-night-stands, sexparties, affairs)
  - > You're not the only one who would like to know more about the infectiosity of her/his partner: Dare to talk about it!
  - > If there's any doubt: Opt for safer sex!
- Sex with persons you know (longer relationships etc): Be honest concerning sexual contacts besides your relationship: Has safer sex been practiced?
  - > Unless practicing safer sex, you fuck with everyone your partner has fucked with, too.
- Get information about your own status of infectiosity:
  - > regular testing on HIV and other STDs

### **Have a look**

- Has my partner got her menstruation?
  - > The menstruational blood is infectious regarding e.g. HIV, Hepatitis B and C
- Notice signs of infection: If you see any lesions, sores or blisters on the vagina/anus/mouth
  - => If so, opt for safer sex!

### **5.2. How susceptible am I for infection?**

- > Do I have any lesion, sore or infection in the mouth, on the hands, on the vagina or the anus? E.g. herpes sores
  - => If so, opt for safer sex!

### **6. Find your own position ;-)**

- Don't be struck by the facts. Think about it calmly and talk about it with others.
- Educate yourself (see "Useful links").
- Think about how you want to behave in a certain situation before the situation occurs. And provide everything you need (condoms, gloves, dental dams, lube)
- Safer- sex-intentions are dissolved in (too much) alcohol and drugs, too.
- The more often you practice these measures of safer sex (with friends or lovers) the more you will get used to them. And the more probable it becomes that you will really use them when you want or need it. And the better you handle safer sex the more fun you will have with all the lube, gloves and condoms.
  - > *Train hard, f\*\*\* easy ;-)*



### **7. Useful links (no guarentee of correctness)**

- Infos about safer lesbian sex and STDs
  - <http://www.avert.org/lesbians-safe-sex.htm>
- Infos about cleaning sextoys
  - <http://www.lovetoytest.net/knowhow-tipps-tricks/sexspielzeug-materialien.html>
- Infos about safer queer sex in the bend over magazine
  - <http://www.myspace.com/bendovermagazine/blog/525409246>