

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.

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?



What Should I know About Oral Sex?

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Our Justice works to ensure that all people and communities have the power and resources to make sexual and reproductive health decisions with self-determination and dignity.



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). Like any other sort of sexual activity, it's best to use protection when having oral sex.

What should I ask my partner about before having oral sex?

- Have they possibly been exposed to an STI.
- When is the last time they were checked for STIs.
- What protection/safer sex methods have they been using, and what methods would they be comfortable using.
- Are they experiencing any symptoms and/or problems that could be STI related.
- Precautions and pitfalls of sexual activities.

What can I do to avoid getting infected?

- Talk to your partner about possible STI exposure.
- Use latex condoms (or polyurethane).
- Use a dental dam or a latex barrier.
- Know signs and symptoms of STIs.
- Encourage infected partners to receive treatment, and avoid sex and other behaviors that put you at risk until the infection is cured.
- Choose not to be sexually active.



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.

Which 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.

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.

What should I do when I have no symptoms?

If you are sexually active you should talk to your doctor about regular STI testing, and if you suspect that you might have contracted an STI, for any reason, you should get tested as soon as possible. Many STIs don't have noticeable symptoms, or take time before symptoms appear. Getting tested can protect you and your partner.

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.

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?

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.

Note: 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.