

"The more you read, the more things you know.

The more you learn, the more places you will go."

On the path to safer sex...

It is high time you were shown, that you really don't know all there is to be known.

WHAT IS SAFER SEX? WHAT DOES IT MEAN?

Safer sex simply means being smart and trying to stay healthy. It also means enjoying sex to the fullest without transmitting or acquiring sexually transmitted infections (STIs). Safer sex does not mean having to eliminate sexual passion and intimacy from life. Just take care of yourself and others.

"It's fun to have fun but you have to know how."

"You'll get mixed up of course as you already know. So be sure when you step, step with great tact. And remember that life is a great balancing act."

DECIDING WHAT PROTECTION AND METHODS WORK BEST FOR YOU

- It is best to understand all the different ways of enjoying sexual activity to help you make decisions.
- Making a decision sometimes involves experimenting, which is perfectly healthy and

"Be who you are and say what you feel because those who mind don't matter and those who matter don't mind"

TALKING TO YOUR PARTNER

- Being comfortable with your partner is a very important aspect of a relationship.
- Make sure to discuss safer options BEFORE engaging in any sexual acts.
- Understanding each other's needs can help make intimacy stronger. Don't be shy, speak up because if it's important and safe for you, it should be important and safe for them.
- If you don't feel comfortable talking about each other's sexuality, then maybe you should reconsider having sex with that person.

TYPES OF SAFER SEX

- Besides using a condom for intercourse or oral sex, there are other ways to be intimate.
- Touching, mutual masturbation and kissing are all safer alternatives to intercourse.

"Young cat, if you keep your eyes open enough, oh the stuff you would learn! The most wonderful stuff!"

"I'm sorry to say so but sadly it's true, that bang-ups and hang-ups can happen to you"

LEARNING ABOUT PROTECTING YOU AND YOUR PARTNER

If you haven't always practiced safer sex then now is the time to start!

Here are some ways to practice safer sex:

- Use a condom or dental dam
- Get tested for STIs and HIV
- Ask your partner to be tested
- Understand your body's changes
- Know the potential risks involved
- For women - get a yearly gynecological exam and pap test

UNDERSTANDING SPECTRUM OF RISKS

Knowing the potential risks of HIV and other STIs can help keep your health troubles at bay. The scale below can help give you some perspective on the type of risks involved when being sexually active.
Limiting your contact with blood, semen and other bodily fluids greatly reduces risk.

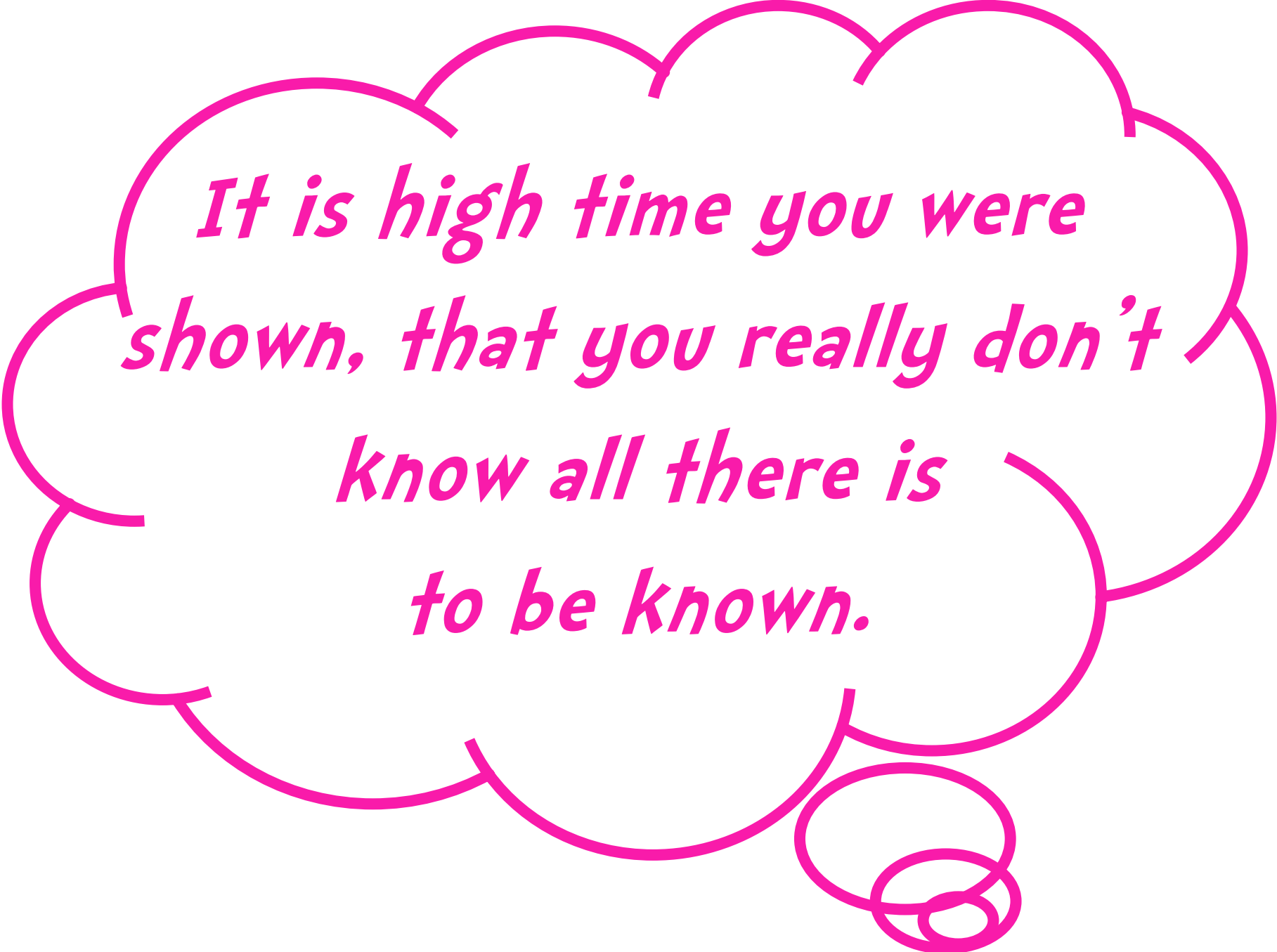
"I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've bought a big bat. I'm all ready you see. Now my troubles are going to have troubles with me."

SAFER SEX OPTIONS

- Fantasy
- Talking
- Masturbation
- Touching & Massaging
- Casual & Intimate kissing
- Oral-anal contact
- Oral sex on a woman
- Oral sex on a man with OR without ejaculation
- Insertive anal & vaginal intercourse with a condom
- Receptive anal & vaginal intercourse with a condom

FOR MORE INFORMATION

To learn more about safer sex strategies or if you have any questions or concerns please contact Olin Health Center at 517.353.4344

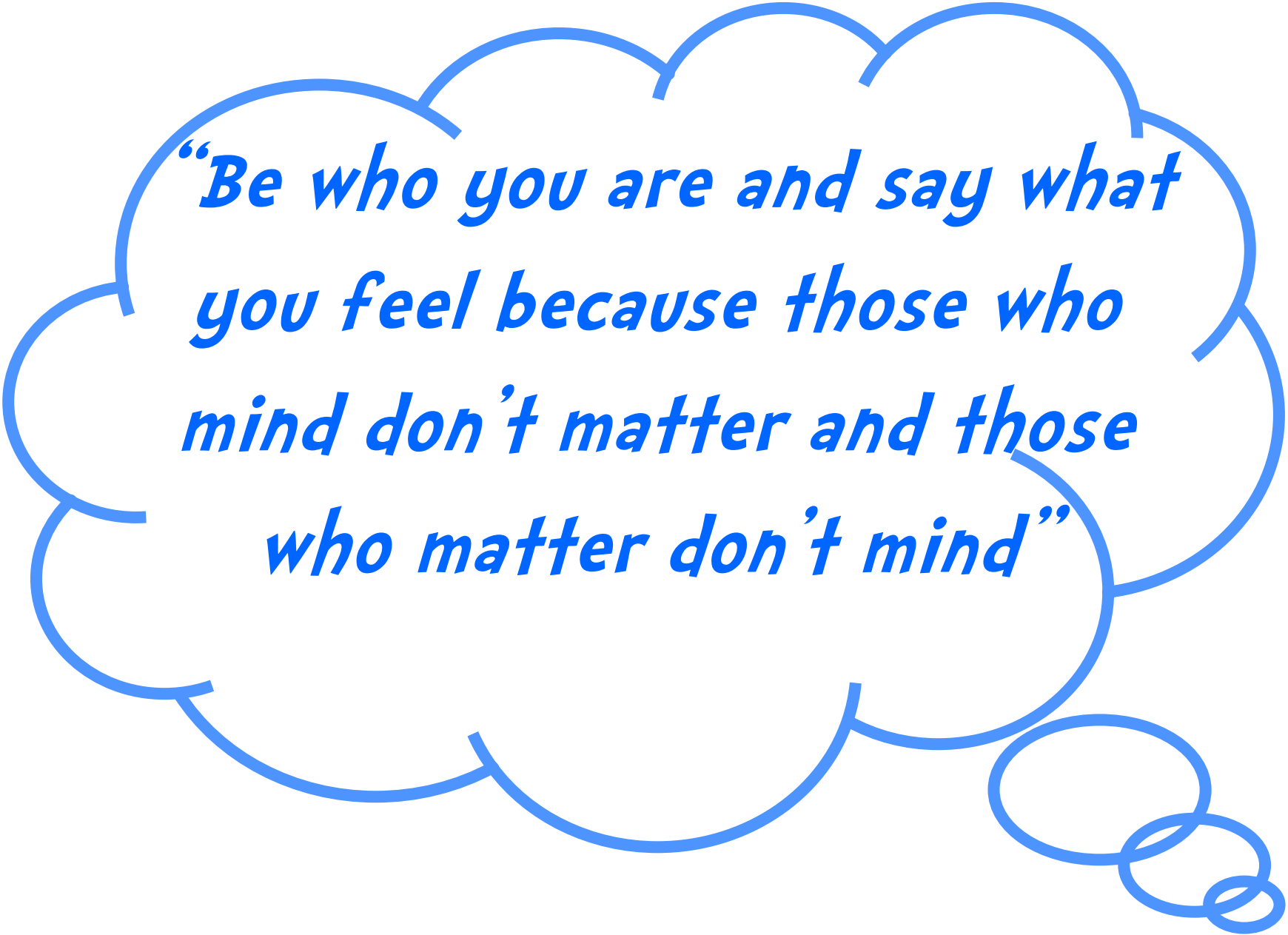
A pink thought bubble with a scalloped border and a small tail at the bottom right. The text inside is in a bold, italicized, pink font.

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WHAT IS SAFER SEX?

WHAT DOES IT MEAN?

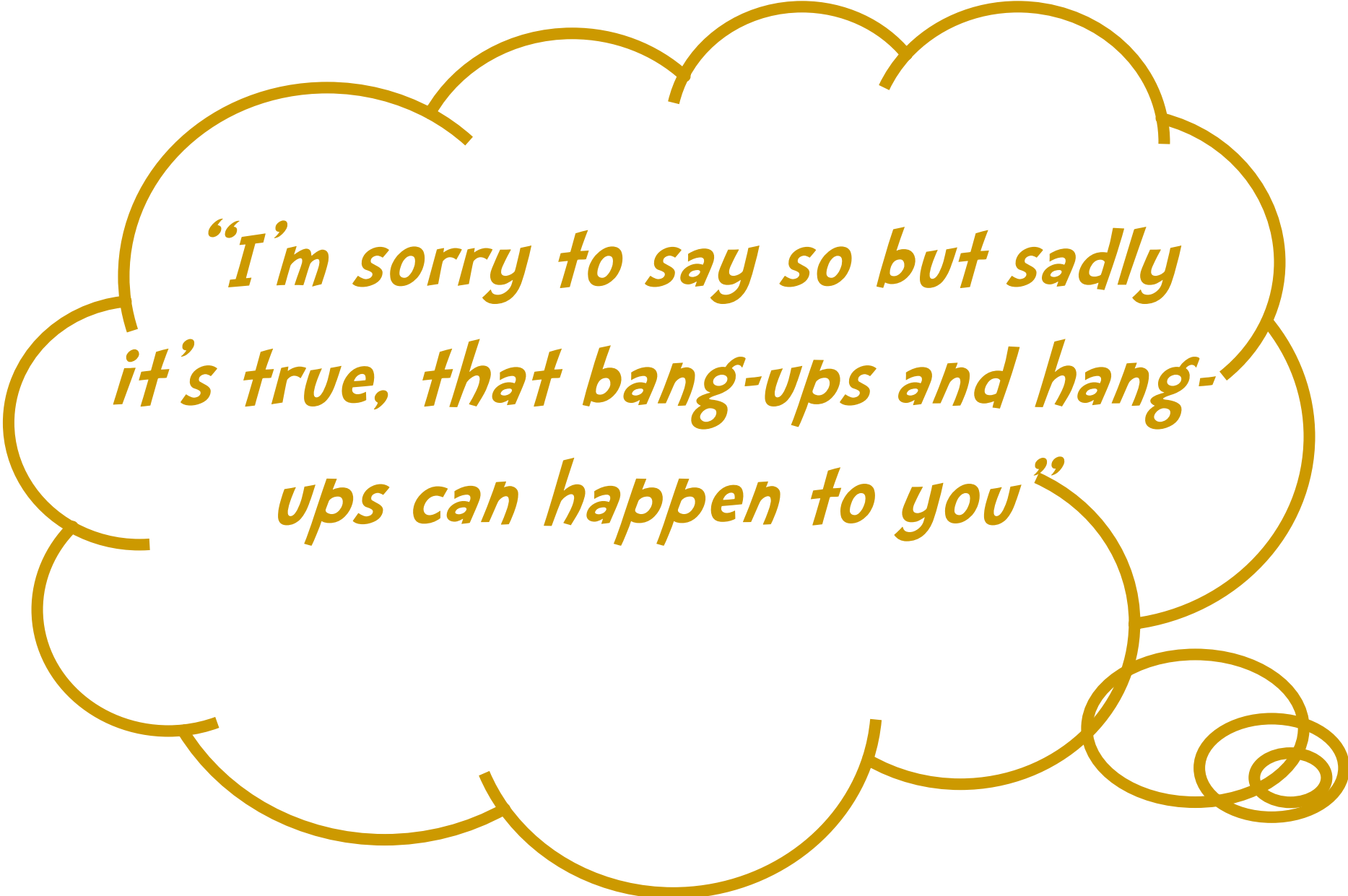
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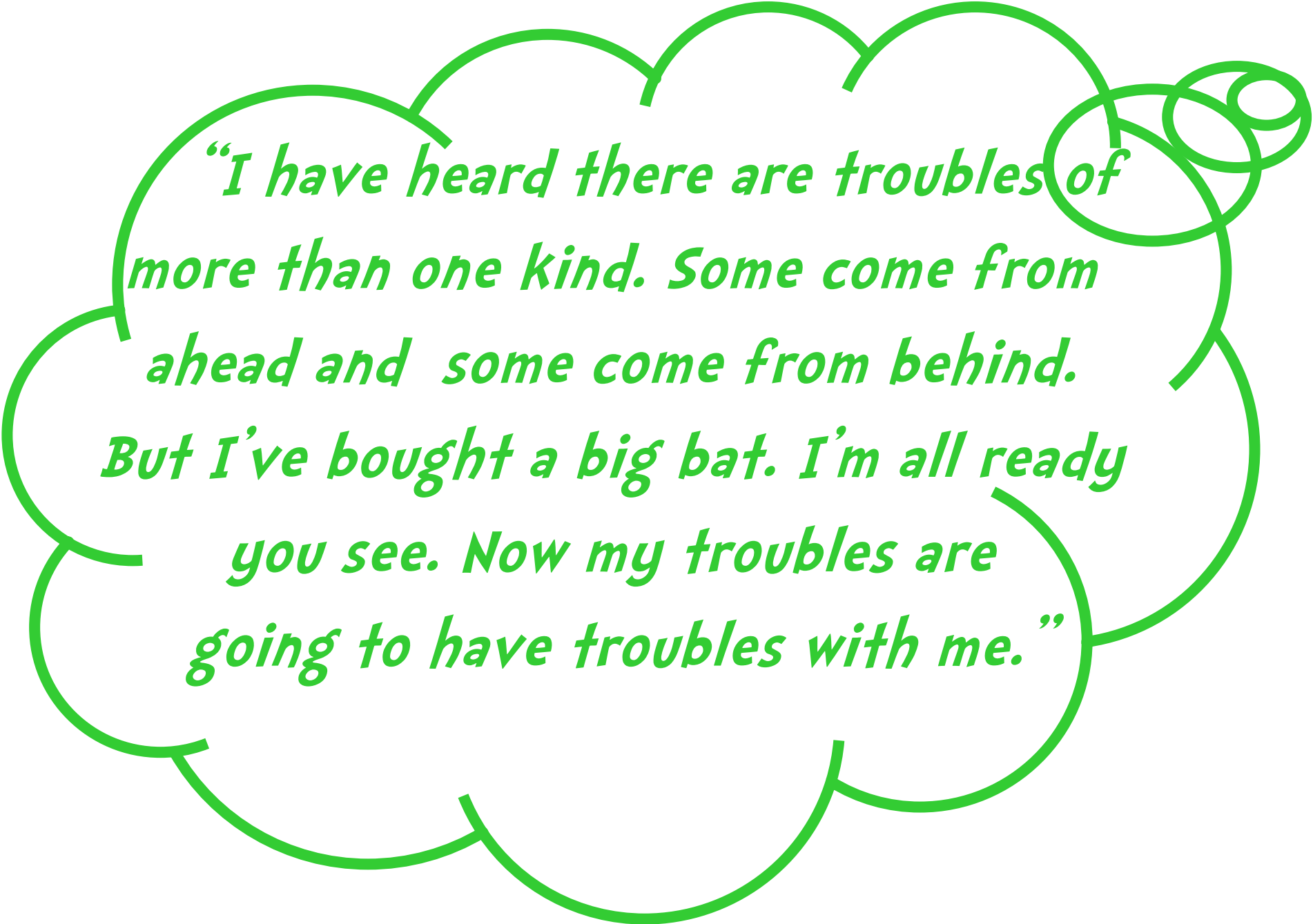
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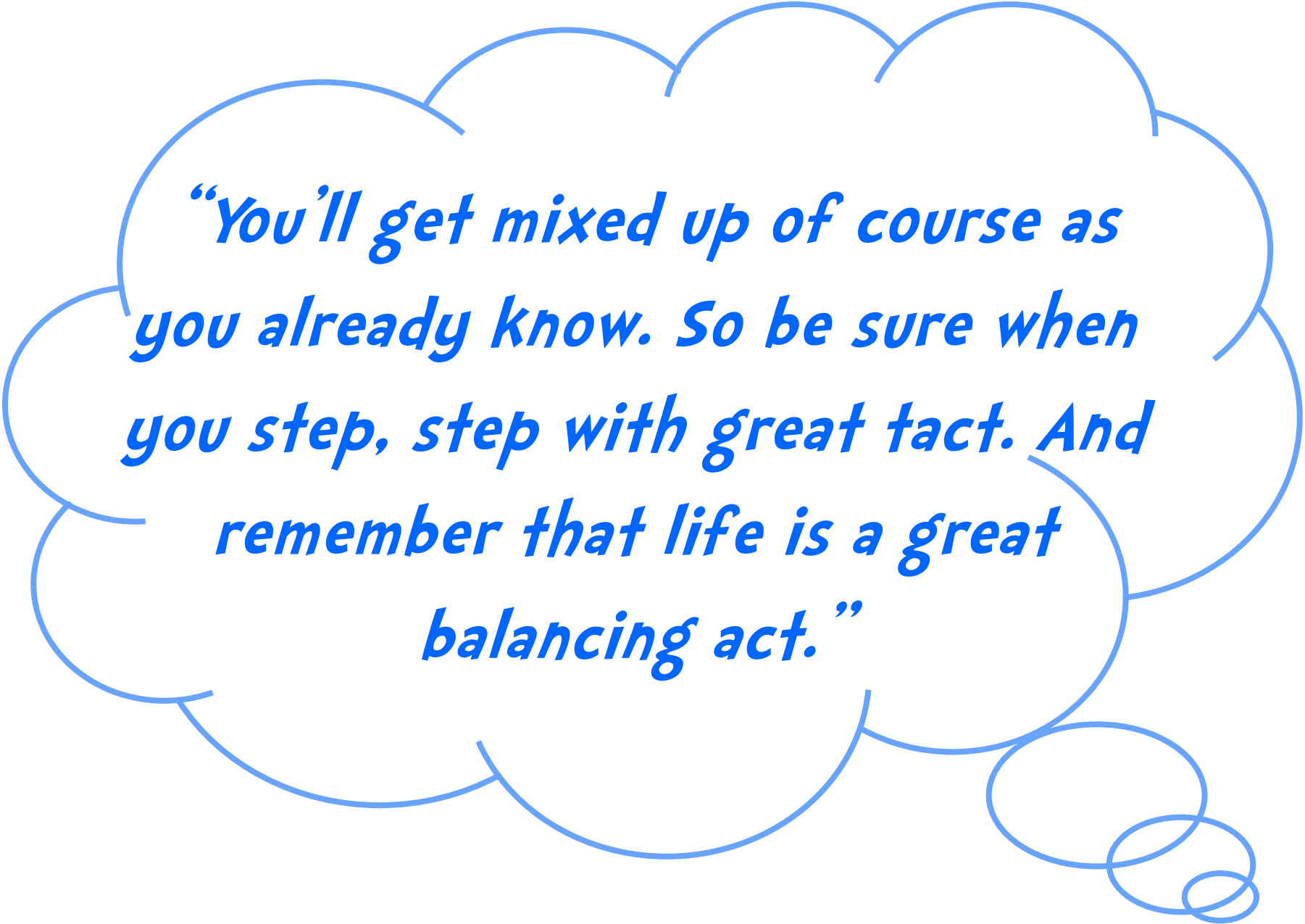
- *Fantasy*
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- *Masturbation*
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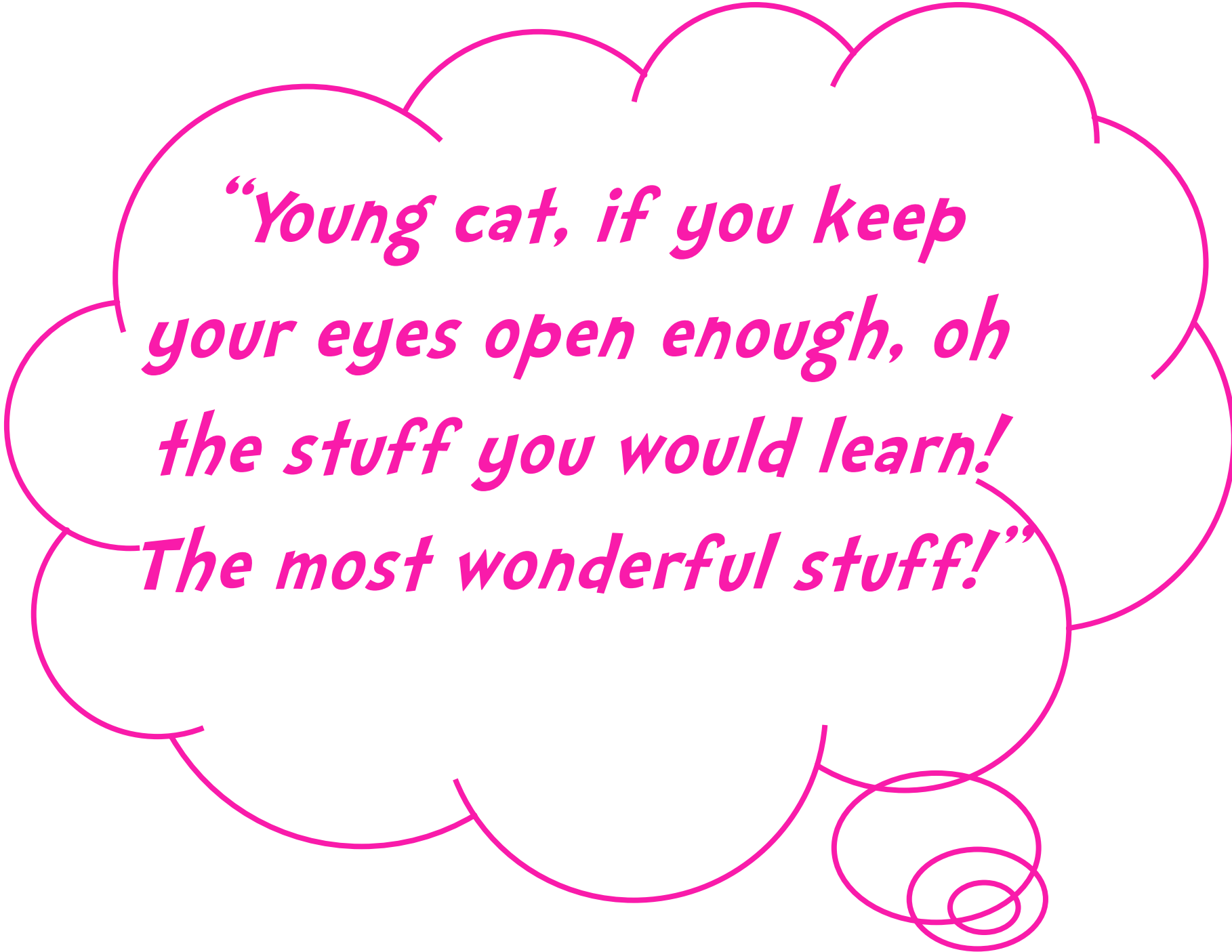
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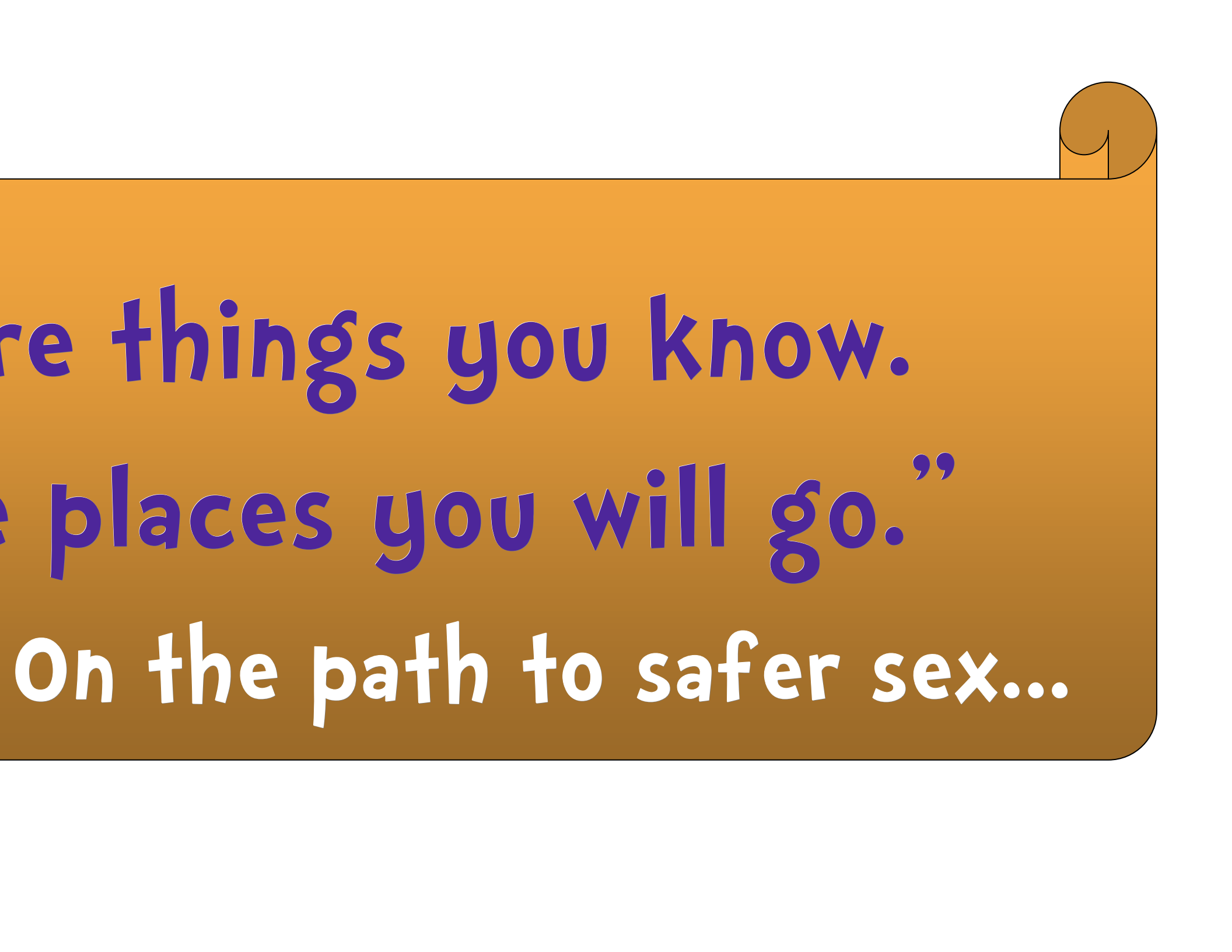


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