

SAFER SEX FOR LESBIAN & BISEXUAL WOMEN

FINGER COTS

aka finger condoms

Made of latex and worn like a glove on one finger

HOW TO USE: Use when fingering. You can also make one by cutting off a finger from a latex glove.

LATEX GLOVES

Disposable fitted gloves used by medical professionals. Latex gloves can be used for oral sex, rimming, fingering, and fisting. Be sure to NOT use dishwashing gloves.

HOW TO USE:

Oral sex — Cut the fingers off the glove, leaving the thumb in place. Cut open the side of the glove opposite the thumb. Hold the glove in place with both hands or have your partner hold it, covering her labia. Use your tongue to stimulate your partner. Insert your tongue into the thumb for extra fun. After sex, be sure to dispose of glove safely. Use each glove once. Only use water-based lubricant on the glove.

For fisting of the vagina or anus —

Place over your hand and forearm and use lots of water-based lubricant for easier penetration and to prevent tearing of the vagina or anus, which may cause bleeding.



CLING WRAP

Household cling wrap that you'd use to cover food could be used if you don't have a dental dam at hand. Another option is a cut-open condom!

HOW TO USE: Cut a piece of cling wrap big enough to cover the entire vaginal area. Make sure there are no holes in it to prevent vaginal secretions from passing through them. Place it over the vagina or anus and lick away. Use a new piece of cling wrap for each new sex act.

DENTAL DAM

Square piece of latex that is used to assist in the prevention of HIV and STI transmission during oral or anal sex

HOW TO USE: Lay the dental dam flat against the entire vulva, the vaginal opening and the clitoris. Make sure the entire vaginal area is covered. For rimming (licking the anus), place it against the anus. Once the dam is in place, you can lick away. Use a new dental dam for each new sex act.

LUBE

Jellylike substance that reduces friction, which causes tiny tears in the skin and makes it more likely to get an infection. Lube can also make sex feel better and more exciting, whether having oral or penetrative sex, masturbating, or using sex toys. It makes penetration easier and more pleasurable.

HOW TO USE: Apply a small amount of lube to the areas you are playing with, especially for any kind of anal play. To make things even more exciting, try out flavored or tingling lubes. They come in many fun varieties.

FEMALE CONDOM

A thin sheath which is placed inside the vagina during sex. It lines the vaginal walls and helps to prevent pregnancy and STIs. At each end of the condom are two flexible rings: one end is open and stays outside the vagina and one end is closed and placed inside.

HOW TO USE: Choose a position that is comfortable to insert the condom. You can squat, raise one leg, sit, or lie down. Make sure when you insert the condom that the closed end (inner ring) of the sheath goes inside the vagina and the open end of the sheath remains outside the vagina.

Squeeze the inner ring with your thumb and middle finger (so it becomes long and narrow) and then insert the inner ring and sheath into the vagina. Place the index finger inside the condom and gently push the inner ring as far up as it will go. Make sure the condom is inserted straight and is not twisted inside the vagina. It is important to remember that the outer ring should remain completely outside the vagina.

For heterosexual sex using female condoms: The penis should be guided into the condom in order to ensure that the penis does not enter the vagina outside the condom. Use enough lube so that the condom stays in place during sex. Do not use a male condom at the same time as a female condom as the friction between the two



may cause the condom to break. To remove the condom, twist the outer ring and gently pull it out in a tissue and throw it away. Do not put it in the toilet.

For oral sex with a women: Female condoms can be used as dental dams to prevent the spread of STIs during oral sex. Cut off the closed end of the female condom and cut down the side. This will give you a rectangular sheet. Place the sheet over the vagina and lick away. Throw the condom away after use.

Sex toys: Use a condom on dildos or vibrators and put on a fresh one every time it is used. Don't share sex toys without using a fresh condom. Sex toys usually have cleaning instructions you can follow. Generally sex toys can be cleaned using a mild, fragrant-free antibacterial soap and water. If you are going to use antibacterial soap, make sure all the soap is rinsed off completely to prevent irritation. Never submerge the part of a sex toy that has batteries or electrical components.

SM (somasochistic) activities are safe if there's no blood involved. If you are piercing each other, clean the needle with bleach between uses. Use different razors if you shave each other. Use barrier methods like dental dams and finger cots during rough sex to prevent tearing or bleeding.

Menstrual blood may contain the virus. If having sex (oral/scissors) during a period, use barrier methods (dental dams, finger cots).

Have fun and stay protected! Anyone, including women who have sex with women, who is sexually active is at risk of HIV and other STIs.



triangle project

Website: triangle.org.za **f** Triangle Project **@TriangleOrg** 2nd Floor, Leadership House, Cnr Burg and Shortmarket St, Cape Town

Triangle Project has a sexual health clinic that offers HIV and STI testing, CD4 counts, viral load testing, and Pap Smears. Triangle Project distributes barrier methods (dental dams, finger cots, lubricant, male and female condoms). Feel free to collect from us.

For more information or an appointment, contact Heather on 021 422 0255 or health2@triangle.org.za

For confidential over-the-phone counselling, call 021 712 6699 between 13H00 - 21H00 daily. You may leave your number and a counsellor will call you back.

For e-advice, you can contact Sharon on health@triangle.org.za