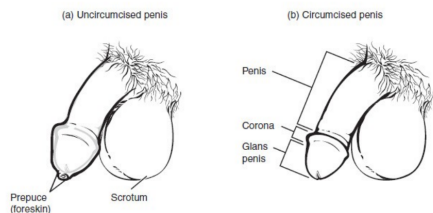
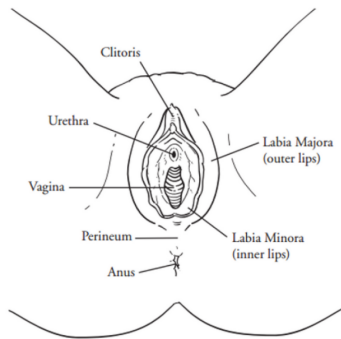


The Language

There are many different terms used for our body parts and different sexual acts. Many people use words such as ass, private parts, dick, or pussy. This pamphlet will use the medical terms for body parts such as: penis, vagina, and anus.

The author respects diverse language, so please feel free to use any language that feels right to you!



Resources

Lucas County Health Department: (419)213-4100

Planned Parenthood: (419)255-1115

RAINN: (800)656-4673

National Sexual Assault Hotline

Wood County Health Department: (419)352-8402

Social Media

@AskDrRuth on X

@drshemeka on Instagram

@ericasmithsexed on X

@sexedforguys on TikTok

@sexpositivesexed on Instagram

Daring Disrourse:

Safer Sex

Created by Bret A. Williamson, MA, LPCC, LICDC
Clinical Mental Health Counselor
Verdant Bloom Counseling, LLC
(419)823-7472

Consent and Conversations

Let's talk about sex. A lot. And frequently.

The first step to having a healthy relationship with sex is to have healthy talks about sex. Talk about:

- What are your yucks and yums?
- What are your boundaries?
- What are your expectations?

If your partner doesn't know, how can they help you fully enjoy yourself?

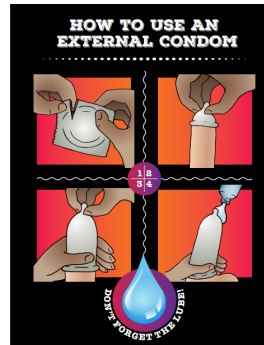
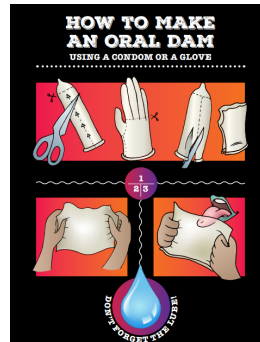
Consent, in which all parties "initiate or say yes to [sexual] activities wholeheartedly and freely, without pressure, obligation, or ambivalence, and with a very good idea of what [they're] getting into" is essential for having safer sex.

Consent is an ongoing process which can be revoked, or taken back, at any time by anyone involved.

Corinna, H. (2007). *S.E.X.: The all-you-need-to-know progressive sexuality guide to get you through high school and college.*

Harlowe & Company.

Condoms



Condoms are a great way to enjoy sexual activities while drastically reducing your risk of contracting an STI. Whether rolled onto the penis, inserted into the vagina or anus, or used as a barrier for oral sex (i.e., a dental dam), condoms can be incorporated into foreplay to make their use more exciting!

Graphics retrieved from:

<https://www.catie.ca/safer-sex-guide-0>

Sexually Transmitted Infections

Sexually transmitted infections (STIs) are spread through the exchange of bodily fluids, such as blood, vaginal fluids, and/or semen. They can be transmitted through sexual contact, sharing needles, childbirth from mother to infant, and through blood transfusions.

STIs can present a lot of different ways, including:

- Sores or bumps on the genitals or in the oral or rectal region,
- Painful or burning urination,
- Discharge from the penis,
- Unusual or odorous vaginal discharge,
- Unusual vaginal bleeding,
- Pain during sex,
- Sore, swollen lymph nodes,
- Lower abdominal pain,
- Fever,
- Rash over the trunk, hands, or feet.

Remember: STIs **are not dirty**, and are nothing to be ashamed of. **Many STIs are curable, and all are treatable.** However, the only way to get symptoms controlled is through regular STI screenings. The author suggests **at least** every six months if you are sexually active with multiple partners, and **at least** yearly if you are sexually active at all. Many STIs can be asymptomatic, or not show symptoms, for a long time.

<https://mayoclinic.org/diseases-conditions/sexually-transmitted-diseases-stds/symptoms-causes/syc-20351240>