



This guide was designed and produced by the Lunenburg County Sexual Health Centre. We love to hear from you! You can reach us at:
8-4 Hillcrest St
Bridgewater, Nova Scotia
B4V 1S9
lunco.ns.sexualhealth@gmail.com
902 527 2868



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We're glad you picked up this safer sex toolkit. It contains information and supplies that you can use to protect yourself from STIs during sex no matter what your gender or sexual orientation.

Even if you don't plan on having sexual contact or aren't sexually active it's a good plan to know where to get a kit in case one of your friends needs it.

This kit contains: Two condoms, lube sample, glove & a safer sex zine

RESOURCES

Lunenburg County Sexual Health Centre. Bridgewater.
Phone 902 527 2868

Second Story Women's Centre. Lunenburg. Phone 902 543 1315

Mental Health Services. 197 Dufferin St, Bridgewater.
Phone 902 527 5228

Youth Project Halifax. Phone 902 431 8500. Web: www.youthproject.ns.ca

Well Women's Clinic. Phone 902 543-1452

Harbour House Shelter for Women and their Children. Bridgewater.
Phone 902 543-3999

www.sexualityandu.ca
www.scarleteen.com



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Safer sex is ... HOT

A NOTE ON

ALLERGIES & LANGUAGE

1. Get to know safer sex tools. Explore them on your own, get a sense of what they feel like, how they work and what you like most.
2. Talk with your partners about the options for safer sex tools. Talk about and pick out what works for you. Discuss how you'll use the items. Make it fun!
3. Keep safer sex supplies by your bed to make things go smoother. It's no fun having to run around the house looking for a barrier in the heat of the moment. While you're at it, why don't you make a kit with safer sex supplies, toys, massage oils, candles, or whatever makes you feel good?
4. Kiss and dirty talk to your partner in anticipation of the things you are about to do with a safer sex tool while you are putting it on/ applying the tool.

Language

In this guide we will be using biological words for our bits (i.e. penis, vagina, vulva, anus) for clarity. However, we recognize that many people don't use these words for their parts for a variety of reasons. We encourage you to use whatever words make you comfortable.

Allergies

If you have an allergy or sensitivity to latex, you probably don't want to use latex gloves or condoms. Signs of an allergy can include itching, swelling, watery eyes and running nose, flushed skin, dizziness, lightheadedness, shortness of breath, nausea. The good news is that there are non-latex products available. Lifestyles "Skyn" condoms is an option available at many pharmacies as well as the Lunenburg County Sexual Health Centre.

This was adapted from a WPIRG zine. Thanks!

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EXTERNAL LATEX CONDOM {A CONDOM FOR A PENIS!}

It's a good idea to use a condom if you are going to be having sex where you will be in contact with semen. You can also use a latex condom on external genitalia during oral sex to prevent STIs from being transmitted (sore gums, cuts and sores in the mouth can allow STIs to pass from one person to another). Latex condoms are also useful if you are playing with toys. Some toys (especially softer toys made of jelly or vinyl) are porous and can harbor bacteria or fungus that can lead to infection and irritation. Covering these toys with a condom can protect you or your partner.

To use a condom open the package by pushing the condom to one side and ripping the package open (take care to not rip the condom). If you are putting a condom on uncircumcised penis pull back the foreskin first. Pinch the tip of the condom to and roll the condom on. When removing a semen-filled condom, grip the base and slide it off ensuring that no fluid is spilled.

You can get condoms for free at The Lunenburg County Sexual Health Centre. They are also widely available at pharmacies. You can purchase all sorts of condoms (vegan, non latex, extra thin, extra large) online from Venus Envy.

CONSENT IS KEY
and
mandatory

Consent can be defined as the act of willingly and verbally agreeing to engage in specific sexual conduct. Consent is a valuable tool to make sure both you and your partner feel comfortable with whats happening. A fundamental part of consent is always knowing that you have the right to change your mind at any time and your partner(s) must respect this and stop.

- Consent is required each and every time there is sexual activity. Respect any and all limits.
 - Agree upon safe words and other limits ahead of time
 - When possible get consent when sober. Being impaired can result in unsafe interactions.
 - All parties must have a clear and accurate understanding of the sexual activity
 - Each new level of sexual activity requires consent or should be re-negotiated
 - Your prior relationship, prior sexual history or current activity is not consent for further sexual activity
 - When consent is withdrawn the sexual activity must stop immediately. Silence is not consent.
- All credit goes to www.queerlysf.com

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GLOVES

Gloves provide a physical barrier that help prevent the transmission of STIs from bodily fluids through cuts and abrasions on the hands. As an added bonus, gloves help reduce the chance of irritating or breaking a partners skin with your fingernails.

Switch gloves between touching/entering orifices to significantly reduce the chances of spreading bacteria and causing infections.

You can also cut a glove apart to make a dental dam!

Venus envy sells non-latex gloves. The Lunenburg County Sexual Health Centre has gloves available.



You can also use condoms to make dental dams, by cutting off the tip of the condom and then making a cut lengthwise to make a sheet. These DIY dental dams can be held over a partner's genitals or anus during oral sex.

For the best result you may want to try using a thin, non-lubricated condom without spermicide such as the one included in this kit (they tend to taste better). You can always add lubricant later!

Dental dams provide a physical barrier that lowers your chances of contracting an STI. Things can get slippery so either you or your partner(s) should hold the barrier in place.

Don't reuse dental dams, and don't flip them around during use. Make a new one each time.

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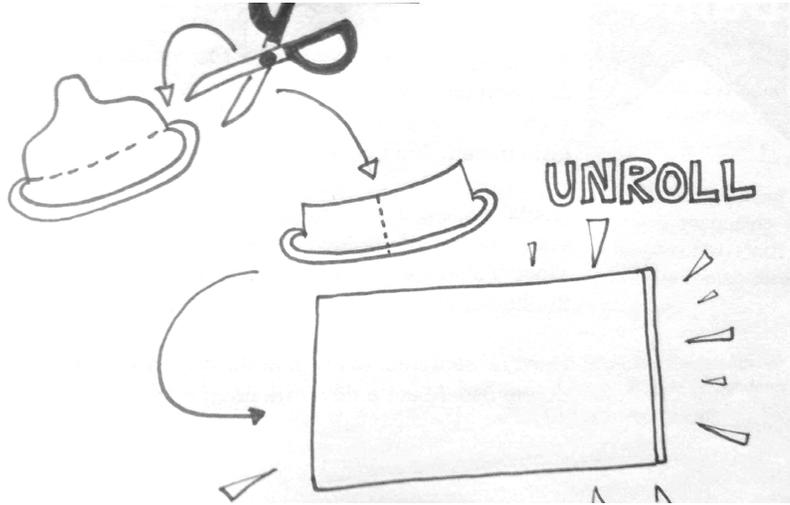
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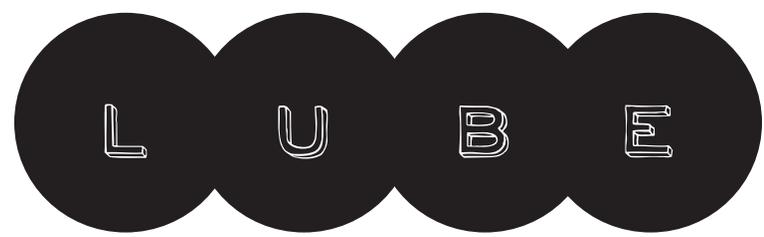
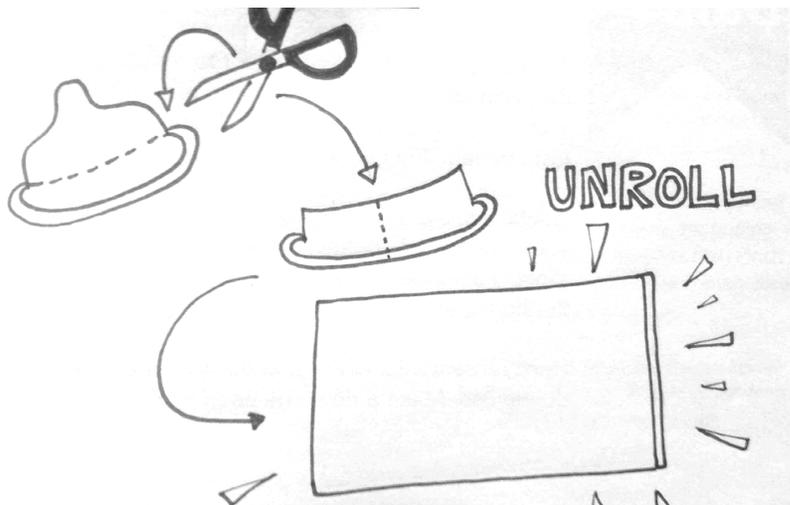
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MAKE YOUR OWN DENTAL DAM {OUT OF A CONDOM}



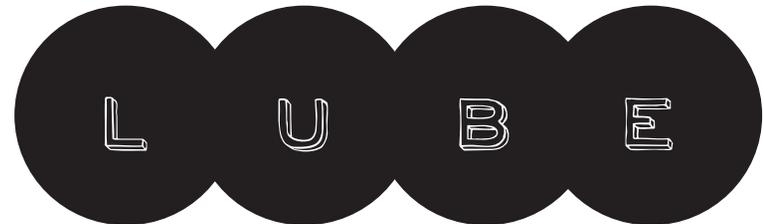
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Lube is often ignored as a safer sex tool, but it's a great way to make sexual activity more comfortable and safe. While lots of folks think that the more excited you are the more wetness your body will produce, this isn't always the case for a variety of reasons. The anus also does not produce lubrication and there is a risk of tearing the delicate tissues in the anus without proper lubrication. Lube is also great for manual sex or for use with toys.

Which lube is best for me?

Water based lubes are great for sex toys, and are easy to clean up. There is a ton of variety when it comes to water based lubes, so try out a few or talk to someone about which are the best fit for you. Silicon lubes are super slippery and long lasting. They are harder to wash off. You shouldn't use a silicon lube with a silicon toy as it will often cause a reaction that will damage the material (this isn't true of all silicon lubes and toys, check out manufacturer websites for recommended lubes). You may want to avoid oil-based lubricants which can break down condoms and irritate internal genitalia. Some folks avoid glycerin which may cause irritation if you are prone to infection and have internal genitalia. Other folks avoid parabens, preservatives, or animal products. There's a lube out there for everyone.



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