

WARNING: The information below contains sexually explicit, graphic material, as quoted from the material reviewed.

Outercourse

Sex can be very satisfying without intercourse. Great sex is about a lot more than penetration with a penis. It's about exploring the many ways you can turn your partner on. It's exploring the many ways that you can be turned on.

Don't be shy about your sexual pleasure. Partners who explore safer sex through outercourse may discover new sexual excitements. They can be clear about how and where they like to be caressed. They help each other enjoy sex even more. For some people, outercourse is sex play without vaginal intercourse. For others, it is sex play with no penetration at all — oral, anal, or vaginal. Some people also believe that any kind of penetrative sex play is too risky to be called "safer sex." But many people do have oral and anal sex — sometimes to avoid pregnancy or to "preserve their virginity" — so we include them here.

For many years, women and men were taught that "good sex" only meant having an orgasm during vaginal intercourse. Nothing could be less true. Most women don't have orgasms from vaginal stimulation. Most women have them when the clitoris is stimulated — whether or not they are being penetrated by a penis. Men also enjoy outercourse — even if they're shy about letting their partners know.

"At first, I put off intercourse with new partners by having sex without penetration. I wouldn't have intercourse until I knew them better and could be sure they would use a condom right. Now, I'm really into sex without intercourse. It's hot."

— a 35-year-old African-American woman

Outercourse — Alternatives to Intercourse

Kissing — Many people explore different ways of kissing. They may also explore kissing different body parts.

Masturbation — Many people enjoy masturbating — touching their own sex organs for pleasure. It's the most common way we are sexual. Partners can masturbate alone or together.

Erotic Massage — Many couples touch and rub each other's sex organs with their hands, bodies, or mouths.

Body-to-body Rubbing/Frottage — Many couples rub their bodies together — especially their sex organs — for pleasure and orgasm.

Fantasy — Couples can read or watch sexy stories or pictures together. It can also be exciting to share sexy fantasies. People do it in person, on the phone or Internet, or through e-mail.

Sex Toys — Vibrators, dildos, and other toys can be used to explore and caress the body. Condoms need to be used if partners share the same toy. Follow the cleaning instructions that come with toys.

Oral Sex Play — Many people like to use their mouths on each other's sex organs. On a woman it is called cunnilingus. On a man, it's called fellatio. It cannot cause pregnancy. But it can pass infection. Latex or plastic barriers reduce the risks.

Anal Sex Play — Many people enjoy exploring each other's buttocks, anus, or rectum with their hands, mouths, sex organs, or with toys. Anal sex play cannot cause pregnancy — but it can easily pass infection. Latex or plastic barriers reduce the risks.

"Safer sex taught me how to be more erotic — how to enjoy my body and my partner's body without worry or embarrassment."

Pasted from <<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/sexualhealth/pub-safe-sex.xml>>

Lesbian Safer Sex:

Lower-risk lesbian sex play includes:

- Masturbation
- Mutual Masturbation
- Outercourse
- Erotic Massage
- Body Rubbing
- Kissing
- Deep Kissing
- Oral Sex (even lower-risk with a barrier)
- Non-Penile Penetration with a barrier (even lower-risk with a barrier)

Pasted from <<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/sti/pub-sti-lesbian.xml>>

Putting on a Condom Quotes:

If Your Partner Says: I don't stay hard when I put on a condom.

You Can Say: I can do something about that.

If Your Partner Says: Putting it on interrupts everything.

You Can Say: Not if I help put it on.

If Your Partner Says: I'm not using a rubber, no matter what.

You Can Say: Well, then I guess we're not having sex.

Pasted from

<<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/birthcontro>
l/pub-condom.xml>

What is Safer Sex?

Safer sex is anything we do to lower our risk of getting a sexually transmitted infection. It's about getting more pleasure with less risk.

Pasted from

<<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/sexualhealth/pub-safe-sex.xml>>