

**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.

**If Your Partner Says:** Let's face it. Making love with a rubber on is like taking a shower with a raincoat on.

**You Can Say:** Well, doing it without a rubber is playing Russian roulette.

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

### Sex Ed-Choices:

If You Choose

#### Continuous Abstinence...

... you will not have sex play with a partner. This will keep sperm from joining egg.

#### Effectiveness

100%

- prevents sexually transmitted infections

#### Advantages

- no medical or hormonal side effects

- 
- is endorsed by many religious groups

#### Lower-risk forms of intercourse include

- **Kissing** — Many people explore different ways of kissing. They may also explore kissing different body parts.
- **Masturbation** — Many people enjoy touching their own sex organs. It's the most common way to be sexual. Partners can masturbate alone, together, or watch each other. They may hug and kiss while they do it.
- **Erotic Massage** — Many couples touch and rub each other's sex organs using their hands, bodies, or mouths.
- **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. They can also share or act out sexy fantasies. People do it in person, on the phone, surfing the Internet, or through e-mail or instant messaging.

#### The Shot — Depo-Provera...

##### Effectiveness

97–99.7%

- not effective against sexually transmitted infections
- latex or female condom can reduce risk of infection

#### The Pill...

##### Effectiveness

92–99.7%

- not effective against sexually transmitted infections
- latex or female condoms can reduce risk of infection

#### The Patch — Ortho-Evra...

##### Effectiveness

Up to 99.7%

- not effective against sexually transmitted infections
- latex or female condoms can reduce risk of infection

#### The Ring — NuvaRing...

##### Effectiveness

Up to 99.7%

- not effective against sexually transmitted infections
- latex condoms can reduce risk of infection

#### The Condom...

... you will cover the penis before intercourse with a sheath made of thin latex or plastic to keep sperm from joining egg.

Lubricate condoms with spermicide to immobilize sperm for increased protection against pregnancy.

##### Effectiveness

85–98%

Latex condoms offer very good protection against HIV — the virus that can cause AIDS. They also reduce the risk of other sexually transmitted infections, including gonorrhea, syphilis, chlamydia, trichomoniasis, HPV, and herpes.

#### Effectiveness

84–94% — **Diaphragm**

about 85% — **Lea's Shield**

about 86% — **FemCap** for women who have never been pregnant or given birth vaginally\*

about 71% — **FemCap** for women who have given birth vaginally\*

\* Effectiveness rates for FemCap are those for an earlier version of the device. Although no studies have been published yet, the manufacturers of FemCap report that the current device is likely to be more effective.

#### Effectiveness

79–95% — **female condom**

71–82% — **spermicide**

The **female condom** reduces the risk of sexually transmitted infections, including HIV, but **spermicide** doesn't offer protection from infection. Use the female or latex condom with other methods for protection against infection.

#### Sterilization —

a surgical procedure to keep sperm from joining egg.

**Tubal sterilization** is intended to permanently block a woman's tubes where sperm join egg.

**Vasectomy** is intended to permanently block a man's tubes that carry sperm.

**Effectiveness** — 99.5–99.9%. Not effective against sexually transmitted infections.

#### Withdrawal —

the man pulls his penis out of the vagina before he ejaculates (comes) to keep sperm from joining egg.

**Effectiveness** — 73–96%. Not effective against sexually transmitted infections.

#### The IUD (Intrauterine Device) —

a small plastic device inserted into the uterus. The IUD contains copper or hormones that

- keep sperm from joining egg
- prevent fertilized egg from implanting in uterus
- alter the lining of the uterus, which, in theory, may prevent implantation of a fertilized egg

**Effectiveness** — 99.2–99.9%. Not effective against sexually transmitted infections.

#### Fertility Awareness-Based Methods (FAMs)

A professional teaches a woman how to keep track of her menstrual cycle to help her predict her "safe" and "unsafe" days. She must abstain from intercourse (**periodic abstinence**) or use condoms, diaphragms, cervical caps, shields, or spermicide during the nine or more "unsafe" days of her cycle.

The signs that are tracked include

- daily basal body temperature

- daily texture of cervical mucus
- occurrence of menstrual cycles

**Effectiveness** — 75–99%. Not effective against sexually transmitted infections.

### Emergency Contraception

You May Want

#### Emergency Contraception if...

...you forgot to take your pills. **He didn't pull out in time.** You weren't using any birth control. **He forced you to have unprotected sex.** His condom slipped off.

#### Emergency Contraception (EC) ...

... is designed to prevent pregnancy *after* unprotected vaginal intercourse.

... is provided in two ways:

- **Emergency contraception** — can reduce the risk of pregnancy if started within 120 hours of unprotected sex. It works best when taken within 72 hours — during this time it can reduce the risk of pregnancy **from 75 to 89%**. The sooner a woman starts EC, the more effective it may be. Nausea, vomiting, and cramping are common side effects when combined hormones — estrogen and progestin — are used. But progestin-only pills cause fewer of these side effects.
- **Emergency IUD insertion** within five days of unprotected intercourse is **99.9% effective**.

Pasted from <<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/birthcontrol/pub-bc-choices-teens.xml>>

### Effectiveness

Of 100 women whose partners use condoms, about 15 will become pregnant during the first year of typical use.\* Only two women will become pregnant with perfect use.\*\* More protection against pregnancy is possible if condoms are used with a spermicide foam, cream, jelly, suppository, or film.

*\*Typical use refers to failure rates when use is not consistent or always correct.*

*\*\*Perfect use refers to failure rates for those whose use is consistent and always correct.*

Using the spermicide nonoxynol-9 many times a day, by people at risk for HIV, or for anal sex, may irritate tissue and increase the risk of HIV and other sexually transmitted infections.

They also protect both partners during vaginal and anal sex from sexually transmitted infection. Latex condoms offer very good protection against HIV.

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

### Benefits of Abstinence:

#### Special Advantages for Teens

Sexual relationships present physical and emotional risks.

Abstinence is a very good way to postpone taking those risks until you are able to handle them.

Women who abstain until their 20s — and who have fewer partners in their lifetimes — may have certain health advantages over women who do not. They are less likely to

- get sexually transmitted infections
- become infertile
- develop cancer of the cervix

### Cost

Most methods of birth control have some cost. Abstinence costs nothing.

Pasted from

<<http://66.151.111.132/pp2/gmpbtc/files/portal/medicalinfo/birthcontrol/pub-contraception-abstinence.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.

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