

Consent

Internet

Safety

Masturbation

Contraception

Hygiene

Relationships

LET'S TALK ABOUT SAFE SEX:

A guide on making
informed decisions



APC
ASSOCIATION FOR
PROGRESSIVE
COMMUNICATIONS

Sexuality

Excitement

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Introduction

Given the stigma and social unease surrounding the topic of sex and sexuality, it is no surprise that sex is a taboo topic in Sri Lanka. Even though it is a natural part of our lives, open discussions about sex, pleasure and sexuality is often condemned. This unfortunately leads to a lot of misinformation, miscommunication and people not being able to make informed decisions regarding sex.

Aspects such as consent, contraception and sexual diversity are core principles that are often neglected. The lack of comprehensive sexual education that includes these can even lead to internalized shame, the ill-treatment of partners, the spread of STIs and unplanned pregnancies.

Being fully aware of our sexual reproductive health and rights is crucial for our wellbeing. Understanding sex helps us be safe during intercourse and encourages healthy communication.

An important part of understanding sex is learning the facts and science around your reproductive system. Coupling science with sensibility, helps you and your partner(s) be safe.

The more you know and understand, the more confident you will feel about your body and yourself.

Remember - Safe is the new sexy. Smart is the next sexy.

Stay informed and have fun.

About sex

- Sex slang glossary

- I. **Vagina-** The tube that connects the uterus to the outside of the body
- II. **Vulva-** The area around the vaginal opening, including the clitoris, labia and vagina
- III. **Clitoris-** The small soft bump outside of the vagina. It has a high concentration of nerve endings. It is therefore, the primary source of sexual pleasure for those with vaginas
- IV. **Anus-** The asshole
- V. **Rectum-** The part of your intestine closest to your asshole
- VI. **Hymen-** Is a thin layer of skin that covers the vaginal opening. It can naturally stretch and tear from simple physical activities or sex
- VII. **Masturbation-** Using your hands, fingers or toys to simulate your sex organs (vagina, clitoris, vulva, testicles, penis and/or asshole) for sexual pleasure
- VIII. **Foreplay-** It is the sexual or sensual play you do to make you and your partner more aroused preceding a sexual act. Such as making out, dirty talk or roleplay
- IX. **Cum/Ejaculate-** It is the fluid that comes out of the penis or vagina when people are aroused
- X. **Orgasm-** The sense of pleasure you feel when you reach the height of sexual excitement

- XI. Pubic hair/Pubes-** Hair growing around your genitalia
- XII. Sexual orientation/Sexuality-** Who someone is attracted and/or has sex with
- XIII. LGBTIQ+ community-** The lesbian, gay, bisexual, trans-gender/gender diverse, intersex and queer community
- XIV. Queer-** An umbrella term for the LGBTIQ+ community. It was previously used as a derogatory slur but has been re-claimed by the community and academics
- XV. Penetration-** The insertion of fingers, penis or sex toy into someone's vagina and/or anus.
- XVI. Fingering-** Using your fingers to stimulating the outside or inside of a vagina, vulva or asshole
- XVII. Cunnilingus-** Using your mouth to stimulate a partner's vagina by licking or sucking the clitoris, vulva and/or labia
- XVIII. Blowjobs-** Using your mouth to stimulate a partner's penis by licking or sucking the penis and/or testicles
- XIX. Rimming-** Licking a partner's anus
- XX. Condom-** The "male condom" is a thin rubber casing to be worn on a penis while a "female condom" is to be inserted into a vagina during sex as contraception and protection against STIs *NOTE: They are not to be worn together as it may cause tearing*
- XXI. Dental Dam-** A square piece of latex places between the mouth when performing oral sex on a vagina or anus to prevent STIs
- XXII. Douching-** Putting water into your anus to clean it

XXIII. Lube- A liquid that can be used to make penetration easier, more comfortable and reduce the risk of tearage. Can be put onto fingers, the penis or sex toys. Lubes that are either water based or silicone based are most recommended with condoms.

XXIV. “Top”- The person who prefers putting a penis, sex toys or fingers inside their partner’s body

XXV. “Bottom”- The person who prefers to be on the receiving end of being penetrated by a penis, sex toys or fingers

XXVI. “Versatile” (Vers or 50/50)- Refers to someone who both penetrates and receives

XXVII. Kink- It is usually a specific partnered taste/activity rather than a solo sexual experience. (Example: Role-playing)

XXVIII. Fetish- a sexual desire in which arousal is strongly linked to a particular object, body part, act, etc.

XXIX. Sex work- The exchange of sexual services and performances for monetary or material payments

XXX. *NOTE: *Engaging in chemsex can be very dangerous for those with pre-existing health conditions such as heart conditions or respiratory problems. The drugs commonly used in chemsex change how you feel and behave. They can also lower your inhibitions, your ability to consent and therefore increases your risk of HIV and STIs.**

XXXI. Chemsex- Is using more than one stimulant drugs to enhance sex

XXXII. Poppers- An inhalant chemical drug called alkyl nitrites. Commonly used for it’s muscle relaxing properties

CONSENT COERCION COMPLIANCE

Sexual consent is when an individual decides whether or not they want to engage in sexual activity. Consent should always be enthusiastically and confidently given. It can be verbal, which is a confident agreement. It could also be non-verbal, which is unspoken but is given through enthusiastic involvement. Boundaries must always be respected at every stage. Being in any kind of established intimate relationship be it marriage or a sexual arrangement does not mean you have given continuous consent.

Consent must be given every time and it can be revoked any time. If you are uncomfortable or want to stop you can withdraw consent at any point. The lack of or disregard of consent can lead to it being classified as sexual assault.

Assault happens to everyone, not just women, not just female bodied or female presenting persons. Sexual abuse and assault affects all persons of all gender identities, bodies, ages, races, abilities and sexual orientations. Every survivor has a right to speak their truth, to heal and access to justice.

Not every form of sexual assault has an element of physical violence. Sexual coercion refers to the act of being forced, pressured, tricked or threatened through non-physical means.

Manipulation is a tactic commonly used in sexually coercive situations,

- Pressuring you when you aren't ready
- Trying to wear you down by asking or begging repeatedly and/or constantly
- Lying or tricking you into having sex
- Telling you that you have to go through with it despite you changing your mind
- Being manipulative (being angry/annoyed/giving you the silent treatment)
- Emotionally blackmailing you (guilt tripping you by acting hurt/ saving it's your "duty" as a partner)
- Pressuring you into overindulging in alcohol or drugs prior to sexual encounters
- Using their influence or authority over you to pressure you
- Threatening you (to spread rumors/to reveal your sexual orientation when closeted)

Such sexual activities are still very much nonconsensual despite the absence of physical violence or injury. A lot of people are unfortunately unaware that this is a very common form of sexual assault. Most people wrongly assume assault is an act committed with physical force. Studies have shown that victims of sexual coercion can suffer from anxiety, depression and PTSD at rates similar to those who have experienced sexual violence.



VAGINAL SEX

The Vagina

The vagina is a muscular canal that connects the uterus, an important reproductive organ, to your cervix. It is an elastic, muscular tube that can stretch and widen during intercourse and childbirth.

Three main parts of the vagina include:

The vaginal opening – It is located between the urethra and the anus. Your menstrual blood leaves the body through this opening and it is also used for childbirth and sexual intercourse.

Vaginal wall – It contains layers of tissue and is made of muscle and covered in mucus membranes. These linings enhance elasticity and increase friction while the surface tissues of the wall produce watery acidic secretions to limit harmful bacterial and fungal infections.

The Hymen – It is a thin tissue membrane which partially covers the vaginal opening. Hymens can range in shape and size.

Hygiene

Maintaining vaginal hygiene is essential for safe sex as well as to ensure your overall health and wellbeing. You must keep the vagina clean and dry. This is why cotton underwear is ideal since it is a breathable fabric which reduces the risk of infections. There is no need to wash the inside of your vagina using any kind of cleaner or soap to enhance your vaginal hygiene. The vagina self-cleans and naturally gets rid of the bacteria in your body. Douching and using soaps can actually lead to vaginal dryness, irritation and infections. Bacteria and viruses can sometimes get to the vagina during sex. Consistent use of condoms during vaginal intercourse can reduce the risk of infections.

"Virginity"

A virgin is someone who has never had sex. It is important to understand that virginity is a social construct and therefore can be interpreted in many ways. It is usually heterosexual centric as many believe that losing one's virginity means having penetrative penis-in-vagina intercourse for the first time. But since it is possible to have sex in many different ways, virginity doesn't mean one thing. In many cultures, virginity is also associated with the hymen. It is believed that when people lose their virginity, that is having penetrative vaginal sex for the first time, the rapture of the hymen means that they are a virgin. But associating virginity with the hymen has no scientific background. Having a hymen and being a virgin are not the same. Some people are born without hymens. Sometimes the hymen can break during vigorous exercise. So we cannot judge a person's virginity by the way their hymen looks or feels.

Pleasure

Vaginal pleasure is achieved through penetration of the vagina and is felt deeper in the body. Clitoral pleasure is achieved by stimulating the clitoris. The clitoris is situated in the external anatomy of your vagina and has about 8,000 nerve endings which is why it is considered to be a pleasure center of the vulva. The size, shape and placement of the clitoris are different on each vagina. The clitoral hoods can also vary in size and coverage. Some people do not orgasm from vaginal penetration alone and need to be simulated using other methods, such as oral sex to orgasm. Studies have found that a large percentage of people with a clitoris require clitoral stimulation to experience orgasm.

Pleasure can be achieved with your partner or by yourself and through the use of sex toys. Remember – sexual pleasure feels differently to different people.

Masturbation

Many believe that people with vaginas don't and can't masturbate. In reality, you can most definitely masturbate – and in more than one way! Masturbation is a great way to explore your body and to figure out what you like and don't like. Giving yourself sexual pleasure can also be empowering and relaxing as having orgasms releases endorphins which can lower stress.

Foreplay - During masturbation, do not feel shy to let your mind wonder. Taking your time with foreplay can actually increase your sexual pleasure. Play around with your erogenous zones – such as your nipples, thighs, lips, neck – and explore your sensations.

Fingering – You can start with your fingers and explore your clitoris. It should feel like a little bump. When using your fingers, you can experiment with different pleasures. People like to try out different things. Go for what feels good for you. Lubrication can help with vaginal fingering. When you insert your fingers into the vagina, take your time. Remember to breathe as it can relax your body. You can start slow until you relax and feel comfortable with the sensation. You can increase the speed, intensity and friction as you go on. Vaginal penetration can be a little intense for beginners. But remember – it's your body. You have total agency over how and when you want to explore it.

Lube - When you are aroused, your body self-lubricates – which makes masturbation both smoother and pleasurable. But sometimes it might not be enough and you will need a little help. In this case, you can always use some lube. Masturbation without lubrication can sometimes be painful. So using artificial lubricant can enhance your arousal, boost your pleasure and most importantly reduce possible pain and friction.

ANAL SEX

Anal sex just means intercourse and simulation of the anus (butt). Some people enjoy anal sex, and some people don't like it at all. Either way is perfectly fine, it is up to personal preference. It is important that boundaries and preferences are respected during sex. Have honest and open conversations with your partners about your needs.

Hygiene

One main concern people seem to have about anal sex apart from how it feels is whether it's safe and/or hygienic?' The question doesn't have a yes or no answer. The anus is full of nerve endings making it an enjoyable sensory experience. It's normal for the anus to have bacteria, which may result in UTIs when having vaginal sex right after anal sex. Making it important to change condoms if switching from anal to vaginal sex.

Will it hurt?

The muscles in an anus are very tight, making lube, stimulation and preparing very important prior to insertion. There are a lot of nerve endings around the anus which can be stimulated by a mouth, fingers or toys. It is best to be comfortable with the sensation before insertion as going too fast or when you're tense may hurt. Start slowly with a finger or two prior to a penis or toy.

The anus lacks the natural lubrication that the vagina has and unlike the skin outside the anus the internal tissue layers lack a layer of dead skin cells making it more vulnerable. This can cause tears in the internal tissues allowing bacteria and viruses to enter the bloodstream resulting in STIs. Even though not common, anal fissures, hemorrhoids or rips of the sphincter also pose a threat. But those can be avoided with the proper use of lubrication.

Anal sex also stimulates the prostate, which helps produce cum. It is usually located a few inches in and can be stimulated by fingers, a penis or toy. Some may find it uncomfortable which is why open communication is really important during sexual encounters

How to be safe?

Use a condom:

Not just using a condom, but also changing it every time you switch from anal sex to oral or vaginal.

Stop if it's painful:

Pain or irritation in the anus can happen due to multiple factors if it doesn't feel right it is better to seek medical help. This includes if you notice bleeding, sores, lumps or unusual discharge.

Keep it clean:

It's no secret that the rectum is the exit for your poop. And sometimes it happens, which is completely natural.

A douche or an enema to prepare for anal sex can help you feel more comfortable so you can focus on your pleasure. Most enemas come with solutions that contain electrolytes so we have to take into account that the human body has its own delicate balance of electrolytes that help keep it functioning properly. So you must use things that are unlikely to throw off this balance. Water is fine for occasional use. Saline enema solution has also been shown to be well tolerated.

And make sure to clean with mild soap and water after you're done or even a water based skin protectant cream for further safety

Pain & pleasure

Anal sex can usually hurts for various reasons such as the lack of lubrication to tense sphincter muscles. But, the pain is supposed to go away pretty quickly. If it's severe or present after a couple of days it's better to seek medical attention. But, things like doing kegel exercises to have better control over your sphincter muscles, using proper lubrication and communication can make a big difference.

Lube!

Silicone-based lube often seems the best for anal sex as it's thicker and longer-lasting but, if you're using silicone sex toys water-based lubrication is advised as silicone-based lubrication degrades toys. And if you are using a condom as advised it's to avoid oil-based lube and other oil products as they break down latex. Water-based lube is the safest choice when it comes to anal sex.

Positions

Sometimes, simply changing the angle a bit can make a huge difference when it comes to anal sex. If you're tense or uncomfortable try adjusting your position, like arching your back or having your partner turn slightly.

Communication

For an enjoyable sexual experience communication between the partners is key. From having clear boundaries to knowing each other's turn-ons

Foreplay

Foreplay is the activity you do before intercourse such as kissing, touching, dirty talk, a striptease or anything to increase arousal. Foreplay can trigger physiological responses that can make sexual activities more enjoyable by building emotional intimacy that can make everyone involved feel more connected. Foreplay is known to increase your libido and lower stress levels.

Even mood lighting and sensual music can get you going. Explore and stimulate your and your partner's erogenous zones, skin on skin contact from sensual massages, to just warm bodies touching together. With anal foreplay just like any other, it doesn't have to lead to intercourse and actually be the main event just by itself.

Fingering

A penis or dildo shouldn't be the first thing that you put in your anus. Starting small using fingers or small toys and working up from there seems to show the best results. Fingering in itself is the act of using one's fingers or hand to stimulate sex organs in this case the anus. It's considered a low risk sexual activity with very small chance of infections safety when it comes to fingering relies on a few key things like

- **Having clipped nails**
- **Thoroughly washed clean hands**

Even using latex finger protectors is an effective way to avoid contact with your partners' bodily fluids

Penetrative

As we mentioned earlier, anal sex can be tricky and cause discomfort, in the beginning, it's the same with penetrative anal sex whether its the penis or a dildo. How to make the experience better?

- **Lube**
- **Protection**
- **Relax**

PrEP & PEP

PrEP (Pre-Exposure Prophylaxis) is a prevention method used by people who are HIV-negative and at high risk for being exposed to HIV through sexual contact or injection drug use. When someone is exposed to HIV, this medicine can work to keep the virus from establishing an infection.

PEP (Post Exposure Prophylaxis) is the antiretroviral drug for people who are HIV-negative after a single suspected high-risk exposure to stop HIV infection. PEP must be started as soon as possible to be effective – always within 72 hours of a possible exposure – and continued for 4 weeks

In SriLanka PrEP is still not publicly available, and PEP is available for medical staff and can be obtained with some pressure.

Spit as lube - Let's talk about it

For convenience purposes, you might be tempted to use spit as lube. But the truth is it isn't slippery enough to substitute for lube. There can be bacteria or virus in saliva, using it on genitals as lube can actually cause infections, sores and spreads STIs such as herpes or gonorrhea.

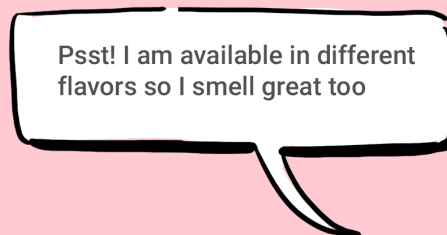
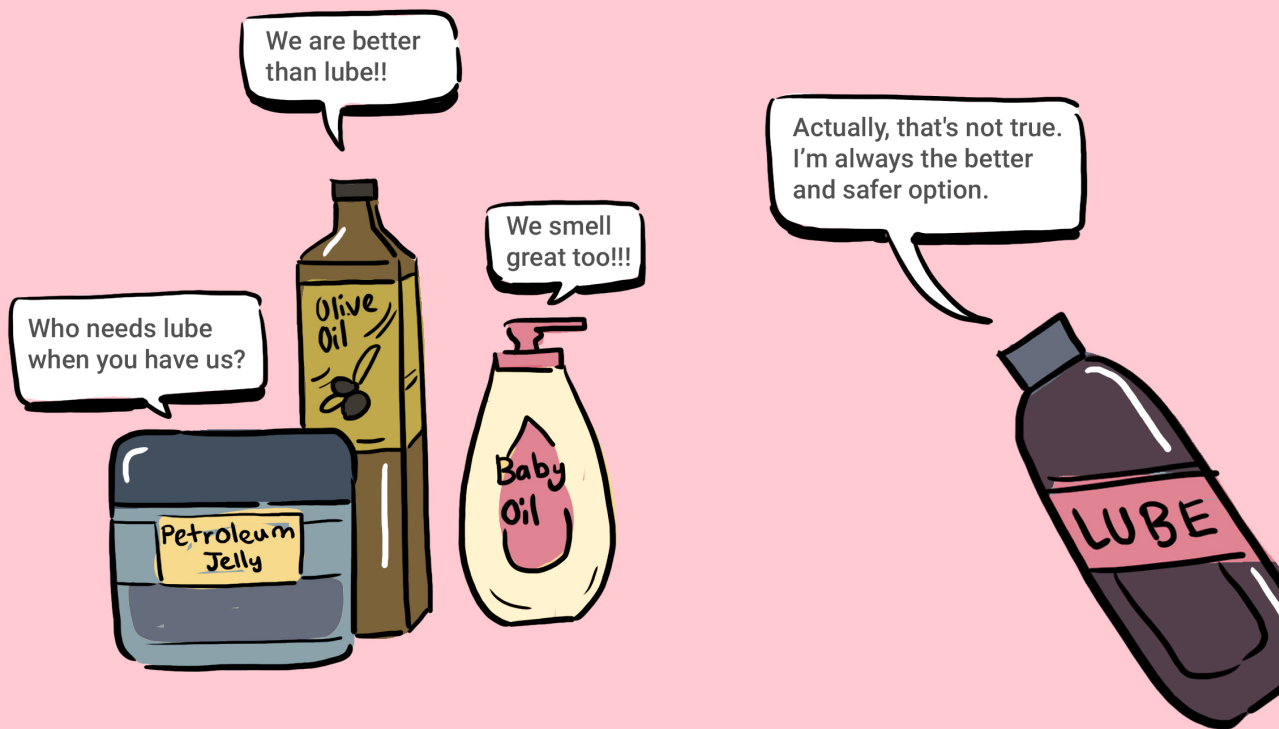
Lube is a slippery liquid that is used for safer and more pleasurable sex. The lube makes the condom slippery and less likely to break while reducing the friction which might cause irritation. Saliva while watery is not very slippery and dries up quickly making it a poor substitute for lube.

You don't need a prescription for water or silicon based lube. Drugstores and pharmacies have a variety of brands of lube to choose from. Water or silicone-based lubes are most recommended to be used with condoms.

Do not use spit, oils, creams, petroleum jellies, pure aloe vera or lotion you have lying around as they could cause infections, irritations or condom breakage.

> Anal

Unlike a vagina, the anus does not produce natural lubrication which makes using lube for anal sex (any insertion of fingers, toys or penis) very important in order to protect the delicate anal tissue from tearing. Prepping by using plenty of lube is not only more pleasurable but also the safest as it protects the skin inside your rectum from tearing or chaffing. Silicone based or water based lube is the most recommended lubricant for anal sex. Using oil-based lubricant can damage latex condoms while lubes with 'warming', 'cooling' or numbing properties might cause skin irritations when used for anal sex.



Chemsex

NOTE: Engaging in chemsex can be very dangerous for those with pre-existing health conditions such as heart conditions or respiratory problems. The drugs commonly used in chemsex change how you feel and behave. They have addictive qualities and can also lower your inhibitions, your ability to consent and therefore increases your risk of HIV and STIs.

Party and play/ PnP also known as chemsex is consuming drugs to facilitate or enhance sexual activity. Socially, it's a subculture of recreational drug users who engage in high-risk sexual activities under the influence of drugs. This can result in little use of condoms during sessions with multiple sexual partners.

The drug of choice is typically methamphetamine; known as crystal meth/ ice other drugs are also used such as, GHB, LSD/ Stamps, pills, and alkyl nitrites (poppers). Slamming is associated with users who inject drugs before sex.

ORAL SEX

Oral sex involves using the mouth, lips, or tongue to stimulate the penis (fellatio), vagina (cunnilingus), or anus (anilingus/rimming) of sexual partners.

Is oral sex safer than vaginal or anal sex?

Many STIs can be spread through oral sex. However, it is difficult to compare the exact risks of getting specific STIs from specific types of sexual activity. This is partly because most people who have oral sex also have vaginal or anal sex. Also, few studies have looked at the risks of getting STIs other than HIV from giving oral sex on the vagina or anus, compared to giving oral sex on the penis.

Studies have shown that the risk of getting HIV from having oral sex with an infected partner is lower than the risk of getting HIV from anal or vaginal sex with an infected partner. This is true for other STIs – in one study of gay men with syphilis, 1 out of 5 reported having only oral sex.

Getting HIV from oral sex may be extremely low, but it is hard to know the exact risk. Use condoms or dental dams! It may sound strange but using a condom and/or dental dam is a good idea while performing oral sex. It can prevent any infections transmitting between mouth and genital areas.

Hygiene

When it comes to oral sex hygiene a shower before getting it going is a big plus, with taking an extra focus on to your genitals. Cleaning pubic hair by washing, trimming or shaving is also a must as remnants of vaginal fluid or semen on pubic hair can cause harmful organism build up. A clean mouth is also a must. Avoid using any scented products when it comes to genital hygiene, it is not advisable. Doing so may lead to infections, irritation or allergic reactions.

Blowjobs

Blowjobs also known as fellatio is the use of the mouth (including the lips and tongue) or throat to stimulate the penis taint and scrotum of another person.

Fellatio can also be practiced when penile penetration would create a physical discomfort or difficulty for a sexual partner. Instead of vaginal intercourse by couples wishing to engage in intimate sexual activity while avoiding the difficulty of vaginal intercourse during later stages of pregnancy.

Some people find it difficult to give a blowjob because of a gag reflex. If you are worried about gagging it is best to pick an angle and speed that you are comfortable with. You can also take breaks to stimulate other sensitive parts of your partner's body. If you feel overwhelmed, uncomfortable or vomitish, stop and communicate that to your partner.

Some people find it difficult to get aroused or orgasm for a variety of reasons such as anxiety, age or being on certain medication. Sexual acts are not all about achieving a climax so don't pressure yourself if you are unable to. Enjoy the intimacy and sensations.

Cunnilingus

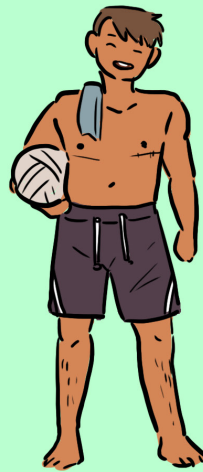
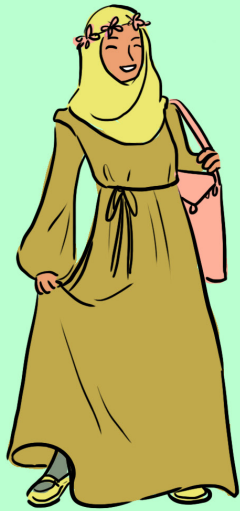
Cunnilingus is an oral sex act of stimulating the vulva, labia, clitoris or vagina of another person using your mouth, lips or tongue. Many people with vaginas need clitoral stimulation to orgasm. Some of the motions to stimulate the vagina include circular motions, side to side as well as up-to-down.

Some people find it difficult to get aroused or orgasm for a variety of reasons such as anxiety, age or being on certain medication. Sexual acts are not all about achieving a climax so don't pressure yourself if you are unable to. Enjoy the intimacy and sensations.

Rimming

Rimming or anilingus is stimulating an anus by using your mouth, lips, tongue or teeth. The anus has a relatively high concentration of nerve endings and can be an erogenous zone, so the recipient will receive pleasure from the external anal stimulation.

Your anus area can get a bit sweaty. You can give it a wipe over with warm or room-temperature water or have a shower, so you can feel fresh. You and your partner should be open with communicating about the preferences.



Toys

What do they do?

Sex toys are a great way to experience sexual pleasure alone or with a partner. Toys can be used in a variety of different ways no matter the gender or sexual orientation. There are a wide variety of sex toys that vibrate, thrust, suck and massage. Some inserted into the vagina or anus while some toys are to be used outside the body to stimulate sex organs and there are some toys that do both. They also come in a variety of materials such as medical grade silicone, latex, stainless steel, glass and plastic.

Vibrators - Vibrates and buzzes, can stimulate the clitoris, vulva, vagina, nipples, penis, testicles, anus or prostate

Dildos- To be inserted into a vagina and/or anus

Strapon- A harness that holds and secures a dildo (or other sex toys) to be inserted into or used to stimulate a partner. Commonly worn as underwear or jock straps

Butt plugs- To be inserted into the anus for stimulation or preparation

Prostate massagers- Designed to stimulate the prostate for a full body orgasm

Penis rings (cock rings) - To be secured around the base of an erection, to delay orgasm. **Note: Because rings restrict blood flow, rings are not to be worn for longer than a few minutes. And should be removed as soon as you feel any discomfort.**

Usage, safety and storage

When initially using a vibrating toy, direct contact might be uncomfortable if the vibration is too powerful. To avoid over sensitivity on your sex organs you can use it on yourself over underwear, a blanket or towel to dull the vibrations. When inserting an anal toy inside yourself make sure that the base is flared or wide to avoid getting it stuck inside of yourself.

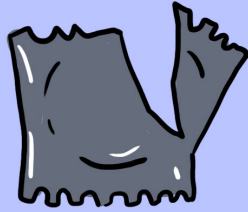
If you are allergic to latex it's important to make sure your toy is not made of latex. It's also important to note that you should avoid using silicone lube with silicone toys as it can not only damage the toy but also make it uncomfortable and unsafe to use.

Storing toys in hygienic conditions is very important. You should always wash and thoroughly clean your toys before and after each use. Use a condom on the toy when using it on a partner. And change the condom between each partner to avoid STIs or infection. It's also best to remove the batteries when storing your sex toys to avoid battery leakage.

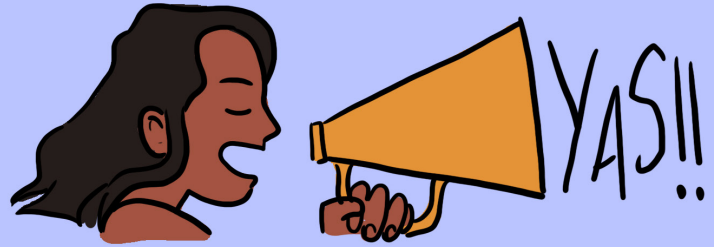
If your toy is silicone, glass or stainless steel- and it is motorized (requires recharging or batteries)- Be cautious when cleaning. Do not immerse in water for long. Use mild antibacterial soap and a damp cloth to thoroughly clean the toy.

Away from prying eyes

It is important to note that you should not be ashamed of owning and using sex toys. However, if you live with your family or housemates it is important to be cautious about where you store your toys to avoid easy discovery. Locked drawers, underneath clothing, empty shoe boxes, inside a bag or box in wardrobes and lock boxes are some of the most common hidden storage options. Make sure not to leave them in dusty areas or in direct contact with the carpet, tile or floor.



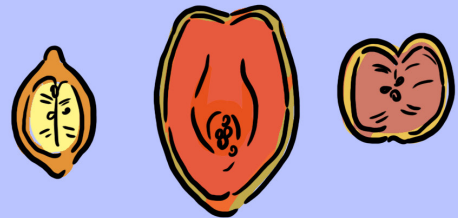
Safe is the new sexy



Consent is not just a yes, it's an enthusiastic YAS!



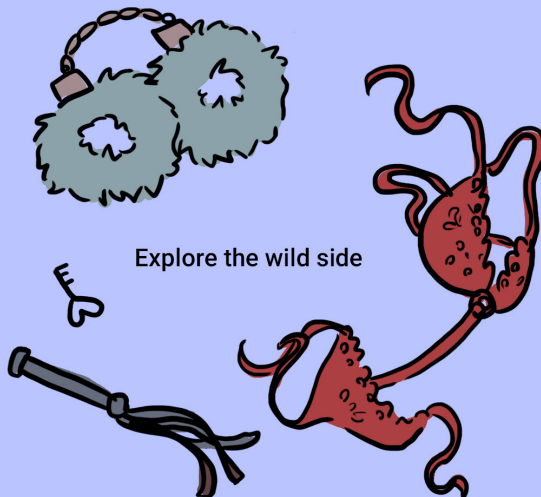
Toys aren't just for kids



You know yourself better than anyone else



Make sweet love



Explore the wild side



New sensations

CYBER

Porn

Pornography is extremely common. Many people watch or read, listen to or look at pornography. There is nothing wrong with that. If you are not interested in pornography or do not find it arousing, there is nothing wrong with that either. It's just a matter of personal preference.

Pornography can be useful in your journey of self-exploration. It helps you explore your body, your preferences and your sexuality. Due to limited sex education and stigma on having open and honest conversations about sex, most young persons resort to watching porn as a medium to learn about sex but pornography can also sometimes lead to unhealthy and unrealistic expectations about your body, relationships and sex in general.

So remember – while pornography is a great way to enhance your pleasure – it shouldn't be used as your only educational mean of understanding sex and relationships. There are big differences between porn and real life sexual encounters.

- They don't show birth control
- They don't show certain things that can happen as a result of unprotected sex like STIs and pregnancy
- Consent can seem blurred- there are scenes without verbal consent on screen and do not acknowledge the contracts and agreements made prior to filming
- Some scenarios eroticize violent or forceful encounters
- Most mainstream porn focus on male desire and objectify women
- Can sometimes enforce damaging stereotypes

Digital Security

When engaging in phone sex – or any form of sex – you must always respect the consent of your sexual partner. Before engaging in any form of phone sex, make sure to ask for their consent. While you are engaging in phone sex, make sure they consent to each activity. Even once the phone sex is over, you must not violate their consent by sharing the images or videos that may have shared with you.

There is a possibility of images or videos of yourself being shared or published after engaging in phone sex. This is a violation of your consent and privacy. It is never okay for anyone to share a personal picture or video without explicit consent from all parties involved. Before you engage in phone sex, be mindful of the person you are interacting with and be sensible about the platforms you choose. It is important to note that whoever shared the content and violated your privacy is the guilty one. If your privacy is violated online in any way after engaging in phone sex, there are local organizations who can offer you the support you might need.

Nudes

A nude is a naked or semi-naked picture/video. Nudes are usually exchanged among people for a variety of reasons. People send nudes because it's exciting, to show their love, to show their trust, and sometimes as an alternative for physical sex.

Nudes are exchanged usually through social media platforms such as Messenger, Instagram Direct, Whatsapp and Snapchat. There are also many social media apps that are particularly designed for sexting and sending nudes. Dust, Confide & Signal are some apps you can take into consideration. A precaution to take before you send nudes would be to make sure you can't see your face or distinct marks such as birthmarks or tattoos.

Phone Sex

It is entirely common to have phone sex – which means to have sex online through video or phone calls. Many who do not have the opportunity to have physical sex, due to geographical, personal or cultural restrictions, engage in phone sex. In the post COVID-19 world, phone sex has become increasingly common due to the safety concerns.

Before you engage in phone sex with another person, always make sure that you are in a comfortable environment. It is essential that you feel comfortable in order for it to be natural. Do not worry about it being awkward – do and say what feels comfortable to you.

SHARING ISN'T CARING IF THEY DON'T KNOW!

Respect your partners!

Nobody deserves to have their privacy violated!



Contraception

Condoms

The condom is the only form of contraception that protects against most STIs as well as preventing pregnancy. This method of contraception can be used on demand, is hormone free and can easily be carried with you. And it comes in male and female varieties. For males condoms can be rolled onto an erected penis by holding it from the tip and rolling down. Female condoms are used by placing them on the vagina right before intercourse. This prevents fluid from passing between people.

Dental Dams

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Ready-to-use dental dams can be hard to find in Sri Lanka, but you can make one at home by using a condom and cutting it into a square film

Use a new latex or polyurethane dental dam every time you have oral sex put on before starting oral sex and keep it on until finished. And don't forget to check the expiration dates, for tears or defects. Just like any other latex or latex like products use a silicone or water based lubricant.

Reusing a dental dam is highly ill advised. And don't use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break. And sadly dental dams aren't biodegradable so flushing it down the toilet is a no no.

Birth control

Some oral contraceptive pills for women that can be purchased over the counter in Sri Lanka are Mithuri, Diane, Diane-35, Eugynon, etc. You can get advice from your gynecologist or Family Planning Association to decide on what will work best for you. Birth control pills are a kind of medicine with hormones. They come in a pack, and you have to take 1 pill every day. The pill is effective if you always take your pill on time. Forgetting to take the pill when it is your only form of contraception may result in a pregnancy. They are also prescribed to regulate your flow or for hormonal purposes. However, it is important to note that it does not protect you from STIs

Plan B

Emergency contraception pill commonly known as Plan B or the the 'Morning After' pill, can be used to prevent pregnancy after sex if contraception wasn't used, a condom has broken during sex or even if you're just unsure. This pill contains special doses of female hormones. Any woman can take the emergency contraception pill, even those who cannot take other oral contraceptive pills. Postinor 1& 2 are the most commonly known emergency contraceptive pills Available in Sri Lanka, these are over the counter pills, postinor 1 being a single dosage pill and postinor 2 being - two pills to be taken within 72 hours of an encounter. The sooner it is taken, the more effective it is. The second pill is advised to be taken after a 12 hour interval. Emcom, Madonna, Pill72, and Pregnon are also brands that are available in Sri Lankan pharmacies or Family Planning Association.

The common side effects of the emergency contraceptive include nausea, vomiting and the next period may be early or delayed. Emergency contraception does not protect against STIs and should not be used regularly.

IUDs

IUDs are done strictly under Doctors orders. This small, T-shaped device is made from material containing progesterone hormone or plastic and copper and is fitted inside a woman's uterus by a trained healthcare provider. It's a long-acting and reversible method of contraception, which can stay in place for three to 10 years, depending on the type.

Some IUDs contain hormones that are gradually released to prevent pregnancy. The IUD can also be an effective emergency contraception if fitted by a healthcare professional within five days (120 hours) of having unprotected sex. But it might be the cause of irregular bleeding and spotting in the first six months of use. This also doesn't protect against STIs

Hello hello! Good afternoon! Would you like to buy a contraceptive? Yes? No? Aioooo, come come! Have a look! Have a look! There are so many for you to choose from!



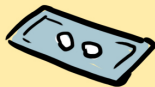
You want something cheap and accessible? Male condoms are perfect for you! Get dual protection! No pregnancy! No STIs! More pleasure! Good, right?



How about birth control pills? These are very effective in preventing pregnancies. But you gotta take it every day on time! Can't forget, ah!



Okay fine fine. Take a look at the IUDs! It prevents you from pregnancies as long as you keep it in. You don't have to use a new one every time you have sex!!



Ah? And for emergencies of course there's always the emergency contraceptive pills for if you ever forgot to use protection. No need to panic! You just need to take the morning after pill. But you gotta take it quickly, okay? As soon as you can!

Now which one do you want?

STIs

Sexually Transmitted Infections (STIs) refer to an infection passed from one person to another through sexual contact. You can contract an STI if you engage in unprotected sex with an individual with the STI.

In most cases and conditions, STI symptoms do not manifest for a long time. So individuals with STIs, unless they get regularly tested, do not get easily diagnosed. While the symptoms of STIs can differ according to the specific condition and your sex, there are some common symptoms you need to be aware of.

This includes: pain or discomfort during urination, unusual discharge or bleeding from the genitals and sores/bumps/rashes on the genitals. In some infections, when undetected and untreated, pregnant women can pass on the infection to their babies - causing serious eye and lung infections.

Chlamydia

Symptoms such as painful urination, pain in the lower abdomen and unusual discharge from the genitals can manifest among some individuals with this infection. Chlamydia can be treated through antibiotics.

Gonorrhea

Women rarely experience any symptoms although some may experience unusual discharge from the vagina. If the infection spreads to the uterus, it can cause lower abdominal pain. Men can experience a yellow discharge from the penis and painful urination. Gonorrhea is usually treated with antibiotics.

Genital Herpes

This infection usually manifests through blisters or sores on the genitals. It is caused by the herpes simplex virus. HSV Type I is common on the mouth whereas HSV Type II is common in the genitals. Medication cannot prevent you from passing the virus to another person – but antiviral drugs can reduce symptoms such as sores and blisters.

Genital Warts

Warts are usually common among people who are sexually active. This infection is caused by the human papilloma virus which creates small lumps on the genital area that you might be able to feel and see. Certain antiviral creams are used to treat genital warts.

Our reproductive health is just as important as our physical and mental health.

By visiting clinics and getting STI screenings regularly, you can ensure your and your partners' sexual wellbeing.

Being informed and taking precautions will keep you safe and happy.



As medical staff, my job is to ensure your health. So, don't worry about stigma and judgement.

You need to prioritise your wellbeing. Do not let prejudice and shame keep you from getting tested.



The most important thing is consistency. Your clinic visits need to be regular and consistent.

Make sure not to skip your appointments or postpone them. Especially if you aren't feeling well.



Going to a counsellor or therapist is as normal as going to the doctor when you have a cough.

A mental health caregiver will give you the tools you need to overcome your struggles while giving you the support and guidance you deserve.

Taking care of your mental health, will give you confidence and peace of mind.



Scenarios

“What to do if...”

The condom broke

Unfortunately, condoms can sometimes break or slip off during sex. Safe storage and checking expiration dates of condoms is very important.

How do I know when a condom breaks?

The condom wearer will feel a pop and a change in sensation. The receptive partner might find it difficult to know because there may not be a drastic change in sensations. So, if you suspect a tear you or your partner should stop and make sure it is still intact. It's also best to always inspect the condom when removed. There will be secretions or lube on the outside but all the semen inside the condom should pool at the tip. Semen from inside leaking out of the condom is a sign of a rip.

Condom tears can also be caused by long term exposure to heat (when stored inside wallets or cars), sizing problems or if there is too much friction which can be remedied by using lube.

Is the condom still on?

Make sure the entire condom is removed. In the case of slippage, it might have to be pulled out of the vagina or anus.

Did the condom rip after ejaculation?

> No

If no ejaculate or pre-ejaculate is present you can simply replace the condom and continue.

> Yes

Note: It is recommended that you immediately urinate and gently wash your vagina or anus to wash away lingering semen. Avoid douching the vagina as it can push semen further in.

There is a window of 72 hours to prevent a pregnancy

Plan B otherwise known as the 'Morning-after pill' can be taken within 72 hours of unprotected sex or birth control failure. Emergency contraceptive is available for purchase at pharmacies and Family Planning Association. It's important to note that the effectiveness of emergency contraception decreases with time taken to administer. So, it's best to take the pill within 24 hours if possible.

Get tested

If you or your partners are unaware of your STI statuses it's best to get an STI screening even if you may not necessarily have any symptoms of an STI. If you're sexually active, regular sexual health checks and STI screenings are just as important as contraception and protection.

Someone I had sex with has a Sexually Transmitted Infection (STI)

If a sexual partner has found out that they have an STI and informed you, you might be worried about being exposed to it during intercourse. Do not panic.

STI tests can be easily done at health clinics such as Family Planning Association and National STD and AIDS Control Program. Alternatively, you can book an appointment to have an STI test at the NSACP or a General Practitioner at know4sure.lk. You will be notified of the results as soon as they are made available.

> You have an STI

Do not let it affect your mental health. If the results come back positive you can proceed with the necessary treatment. Most STIs can be easily treated with medication, so there is no risk of transmission after you complete your treatment. However, it's

important to complete the course of medication even if you stop showing symptoms sooner than expected as the infection may still be in your body. Avoid any sexual activity until you have completed your treatment and/or your doctor says it is okay.

Note: It's important to note that infections such as Herpes, Syphilis, Hepatitis B, Gonorrhea and HPV (Human Papilovirus) can be passed through oral sex, which is why it's important to use condoms and dental dams no matter what kind of sex you're having.

Always inform your sexual partner(s) that you have an STI prior to sexual activities so you can decide on how to proceed. It might be a difficult conversation but it is important that they provide consent to engage in sex fully aware of your STI status.

Do not have sex at all if you have symptoms like itching, burning, irritation, swelling, lesions, sores, warts or a rash around and/or on your genitals, unusual discharge from your penis, vagina or anus. Painful urination and painful sex are also symptoms of infections.

There are a lot of different kinds of STIs. Some can be passed through semen, vaginal secretions and blood. While there are some infections that are passed on by skin to skin contact with the infected area.

>You don't have an STI

If you are sexually active, regular sexual health checks and STI screenings are just as important as contraception and protection. Screenings are an important part of your sexual health.

Something's not right

Note: Some STIs have no obvious symptoms. While some can take days, weeks and sometimes even months to show up. So it is always best to have regular checkups if you are sexually active.

Do not have sex at all if you have symptoms like itching, burning, irritation, swelling, lesions, sores, warts or a rash around and/or on your genitals, unusual discharge from your penis, vagina or anus. Painful urination and painful sex are also symptoms of infections.

There are a lot of different kinds of STIs. Some can be passed through semen, vaginal secretions and blood. While there are some infections that are passed on by skin to skin contact with the infected area.

Do not let it affect your mental health. If the results come back positive you can proceed with the necessary treatment. Most STIs can be easily treated with medication, so after you complete your treatment there is no risk of transmission. However, it is important to complete the course of medication even if you stop showing symptoms sooner than expected as the infection may still be in your body. Avoid any sexual activity until you have completed your treatment and/or your doctor says it is okay.

If you are sexually active, regular sexual health checks and STI screenings are just as important as contraception and protection.

I can't remember last night

If you were drinking alcohol or taking drugs the night before and wake up with no memory of what happened the night before, you may have experienced what is called a “blackout”. It’s a temporary condition that affects your memory with loss of consciousness. Blackouts occur when your body’s alcohol levels are high. Alcohol in your system impairs your ability to form new memories while intoxicated. It doesn’t erase memories formed before intoxication.

Sex during blackouts can be tricky. You may either remember traces of having sex last nights, while sometimes you remember nothing but you wake up with solid evidence or the eerie feeling of hooking up while you were blacked out. The thing to note here is that when you are intoxicated consent can be completely invalid or forced making certain sexual acts assaults or rape.

> If the sex was voluntary

Check if you used protection. If you aren’t sure or didn’t use protection it’s always better to take emergency contraception, the ‘Morning After’ pill and to get an STI test but STI test results may not show infections right away making it harder to diagnose until it’s been a while.

**> If it was an Involuntary black out, you may
have gotten drugged or coerced**

Regardless of whether or not you decide to press charges or make a police report it is best to save as much evidence as you can. Visit a doctor or emergency room as soon as you can as expert advice and medical care such as the administration of emergency contraception and STI screenings are vital in such situations. If you go to a Government or National hospital, they are required to file a police report. If you go to a private hospital you may be able to request that it not be reported. * NOTE: It is very important that you tend to your mental and emotional wellbeing by seeking counseling from a licensed therapist and emotional support from those who you trust.

Let's talk about safe sex: A guide on making informed decisions

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