

Gay Men's Health Crisis is the world's oldest and largest not-for-profit AIDS organization, providing services to people with AIDS and their loved ones, educating the public and advocating for fair and effective AIDS policies.

For more information or for a free copy of our Catalog of AIDS Educational Resources, please call the Hotline.

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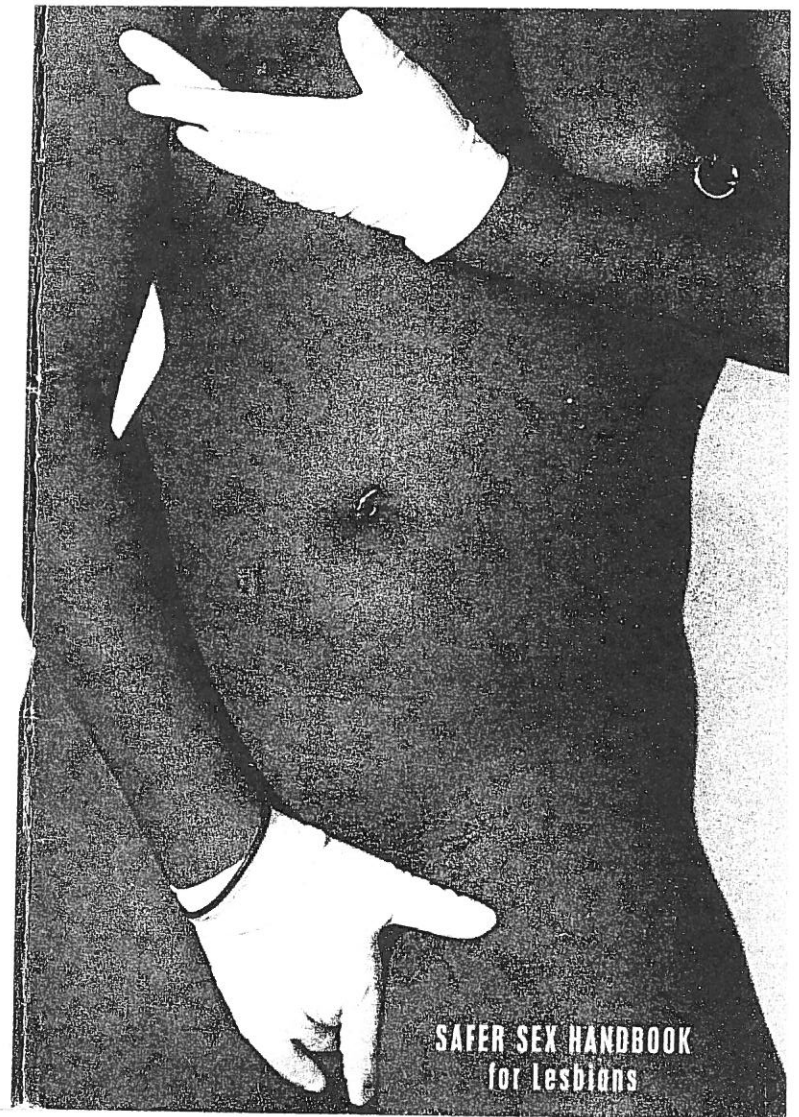
FIRST IN THE FIGHT
AGAINST AIDS

GMHC

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**SAFER SEX HANDBOOK
for Lesbians**

It is impossible to describe all the ways women have sex with each other. The one thing we know about ourselves is that we love to connect, meet and sleep (fuck, make love, do it, have sex) with other women. As diverse as our sexual practices, there are as many ways to eroticize safer sex. Welcome to the first lesbian safer sex handbook produced by the Lesbian AIDS Project.

As sexually active women we need to consider our personal responsibilities concerning safer sex. Silence and misinformation about woman-to-woman transmission of HIV has created confusion, anger, and fear among us. The reality is that we can and do transmit HIV and other STDs — such as chlamydia, yeast infections, herpes, trichomoniasis, to each other. Despite the lack of research and information there are documented cases of woman-to-woman transmission of HIV and STDs in our communities.

TRIBUTES OF PASSION

lesbians • african • incest survivors • teenagers • parents • over 70 • in recovery • african american • writers • dominant • native american
date • college students • HIV-positive • public sex • live with our parents • monogamous • korean • live in prison • orgies • post menopausal
non-monogamous • group sex • cuban • transgendered • middle eastern • sex in the morning • japanese • cross dress • bathe together
caribbean • submissive • butch • kiss on the first date • social workers • pregnant • sleep with men • masturbate • european american
bulldagger • latin american • middle class • comedians • russian • wrestler • working class • celibate • chinese • teach school • irish • femme
upper class • have been tested • in relationships • filipina • have multiple partners • electricians • jewish • sex workers • like being tied up
have 9 to 5 jobs • sleep with your best friend • mexican • professor • dykes • work in factories • perform cuttings • artists • nicaraguan
dancers • HIV-positive partner • musician • activists • jamaican • vanilla sex • indian • anonymous sex • farmers • play with sex toys

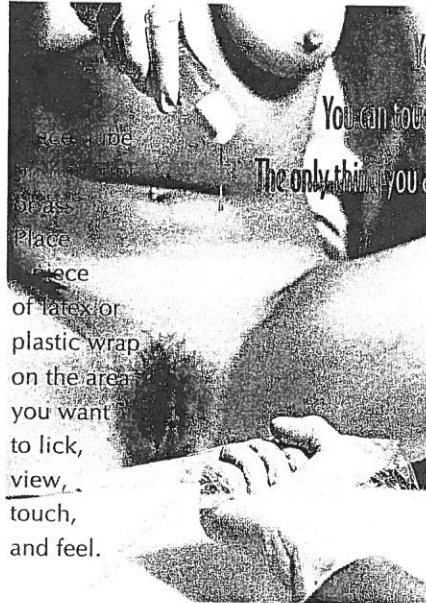
Lesbians are testing positive and are living with HIV/AIDS. We need to learn to take care of our bodies and protect each other, no matter what our HIV status is.

READ THIS INFORMATION FOR YOURSELF.

PERSONALIZING SAFER SEX is integrating this information with your desires, and learning how to communicate with your partners. Think about what you want, what you have done, what you will allow, what you have never done but want to try, what you fantasize, what you might let someone do. Determine boundaries for safer sex with your partner(s). Learn erotic and comfortable techniques for practicing safer sex. Talk about what you enjoy and need in a sexual situation. Fantasize, fetishize, imagine your most desired scenario and integrate gloves, plastic wrap, latex barriers, clean sex toys, and implements. Have sex in a way that is powerful and fulfilling, as well as thoughtful about your health and the health of your partner(s). YOUR HAND AS WELL AS YOUR MIND IS A SEX TOY. Safer sex talk can be foreplay. Empower yourself with safer sex information. Get what you desire... hot, safer, romantic, sexy, raw, loving, SEX.

Mouth, Lips, Tongue

ORAL SEX is licking, sucking, eating out, and going down on your partner's cunt, labia, vagina or ass (rimming). Safer sex means keeping her fluids (vaginal juices, blood including menstrual blood, breast milk) away from your mouth by using a latex or plastic wrap barrier.



You can still feel the heat
You can touch, look at, and smell her
The only thing you are giving up is the taste

Place a piece of latex or plastic wrap on the area you want to lick, view, touch, and feel.

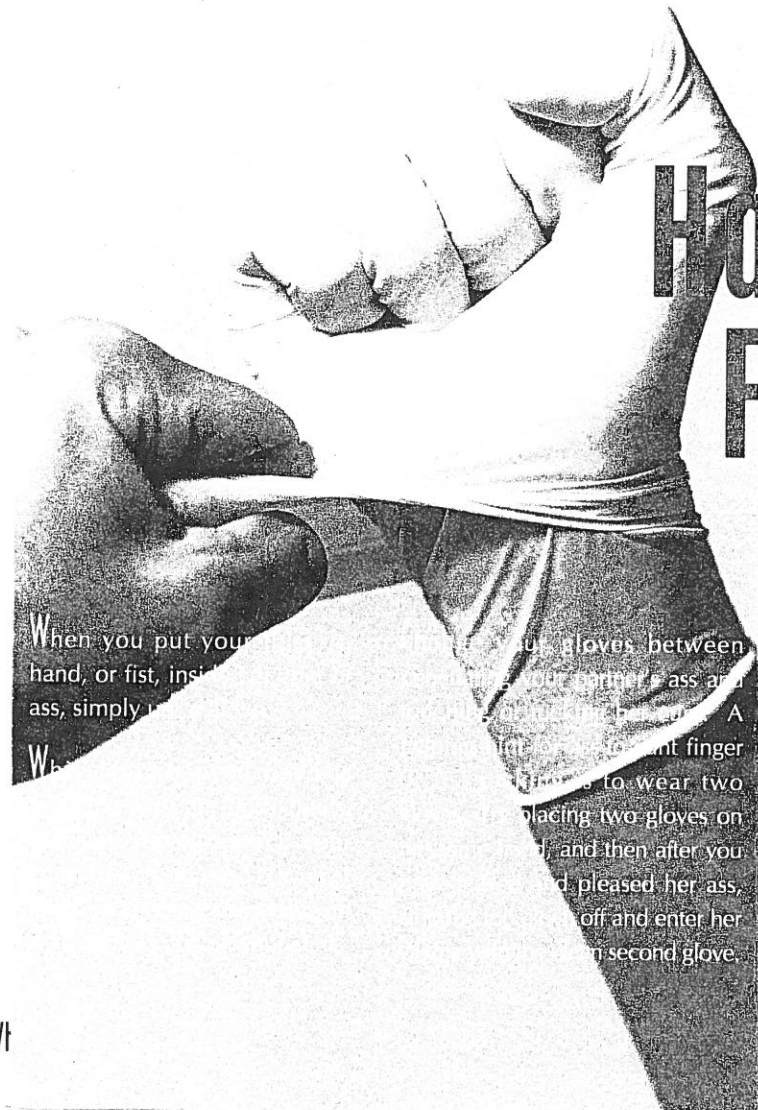
The juicy safer sex sandwich:
Place lube on her cunt or ass.
Take a large piece of plastic wrap.
Squeeze lube on half of the plastic and fold the other half over it so that lube is in between the two panels. Place sandwich on her cunt or ass and enjoy.



KISSING on the lips and/or inside the mouth is considered safer sex. Be aware that HIV can be transmitted through open blisters, cold sores/oral herpes, deep cuts and scratches in your mouths – including bleeding after brushing or flossing your teeth.

Reasons to be obedient STDs and HIV can thrive in our vaginal juices, blood, including menstrual blood, breast milk, and can be transmitted between two women having unprotected oral sex. HIV and STDs can be transmitted to the blood stream via common cuts and sores in the mouth, hands, vagina, and ass.

Which Barrier Should I Use? Latex/Dental Dams or Plastic Wrap? Use Whatever is Easiest to Get Your Hands On.



Finger(s), Hand, Fist

To dispose of your gloves and barriers

Turn your gloves inside out and stuff your barriers inside the gloves.

Knot the gloves and toss them into the garbage. Make sure that your garbage is out of reach of young children or curious pets. Better still, throw them in your recyclable bin.

Note: All plastic recyclable items are incinerated.

* Store clean latex in a cool place away from sunlight, fluorescent light, direct heat, and moisture.

For safe penetration, use a slippery, lubed-up latex glove to enable one finger or a whole fist to safely rock her into a frenzy.

Reasons to be obedient

Feces can transmit germs and STDs including Hepatitis B. HIV is transmitted between women through breast milk, cunt juice and blood including menstrual blood. Pass out new clean gloves, or use the two glove method between touching her butt and vagina. Remember: gloves protect your own hand in the case of small cuts, abrasions, and open sores.

When you put your gloves between
hand, or fist, inside your partner's ass and
ass, simply pull the glove off and enter her
vagina. A
finger
to wear two
placing two gloves on
and then after you
and pleased her ass,
off and enter her
second glove.

Sex Toys

DILDOES

come in a variety of shapes, widths, colors and sizes. They penetrate our cunts, asses, and mouths, and are used by yourself, by couples, and in group play. When using a dildo, always dress it in a new condom — when switching between partners, from ass to cunt, from her cunt to yours. Dildo penetration, with a good fitting harness, is complemented with lubed-up gloved hands and spare condoms. Remember: safer sex etiquette includes gloves in sexual play.

BUTTPLUGS

are designed for anal penetration and, like dildoes, come in many shapes and sizes. In most cases, condoms don't fit small buttplugs very well. However, you can carefully pull the condom completely over the flat base to cover the entire plug. If you are sharing buttplugs, clean in between use and change the condom for each partner. Remember: assholes are delicate. To reduce the risk of making small tears, make sure you use lots of lube.

VIBRATORS

When penetrating with other creative items such as cucumbers, coarse fruits, veggies, hairbrushes, pool cues, etc., be sure to dress them in condoms. Remember to use lube and wear gloves.

also come in various shapes and sizes. The best bet is to carry and use your own vibrating toy and wash it before putting it away. When sharing, be sure an unlubed condom (especially for vibrators with AC cords) fits snugly over your vibrator and change the condom between each person.

Cleaning vibrators after sex:

1. Make sure it is unplugged.
2. Liberally wipe down the vibrator with a wash cloth in bleach solution (1 part bleach to 10 parts soapy water). If you are using a hand held vibrator with a rotating ball, remove the ball and immerse it in the 1/10 bleach solution.
3. Avoid immersing your vibrator and its electrical cords, wires, and batteries in water.

Squeaky Clean Sex Toys

- ✘ Plastic or rubber toys should be cleaned in between use with 1 part bleach to 10 parts soapy water.
- ✘ Leather dildoes are nearly impossible to clean thoroughly, and should always be used with a condom and never shared.
- ✘ To disinfect leather goods use 1 part bleach to 10 parts soapy water using saddle soap and Kneats Foot Oil® compound in order to prevent cracking.

Reasons to be obedient

Cunt juice and blood on your toys can carry HIV and other STDs which can be transmitted between women. By including toys in our sexual repertoire, we invite many juicing possibilities. Rigorous penetration with sex toys can cause internal bruising and bleeding, so take time to talk to your partners about your individual likes and dislikes, as well as safety. Remember that we are attempting to protect ourselves from transmitting diseases through body fluids while still enjoying ourselves. Dive in and have a ball!

menstrual Blood

menstrual blood is a mixture of blood and uterine lining that is shed from the uterus during the menstrual cycle. It is a natural part of the female reproductive system and is essential for the health of the uterus and ovaries. Menstrual blood is typically a dark red color and has a strong, metallic odor. It is usually accompanied by cramping and bloating. Menstrual blood is not a sign of disease and is a normal part of the female reproductive cycle.

Reasons to be obedient

HIV has been found in menstrual blood and can be transmitted through vaginal sex, anal sex, and sharing needles. Menstrual blood is a natural part of the female reproductive system and is essential for the health of the uterus and ovaries. Menstrual blood is not a sign of disease and is a normal part of the female reproductive cycle.

Blood Letting Sexual Activities

cutting rituals, play and permanent piercings, shavings

Whenever blood is present wear disposable latex gloves. Disposable blades are preferable for cuttings, and disposable solid needles for play piercings. If it's disposable, use it once and throw it away. You can sterilize metal instruments in a solution of equal amounts of bleach to water. Fully immerse for 10 minutes, then rinse thoroughly.

It is preferable to never share needles, razor blades, or other instruments. To dispose of your needles and blades, disinfect them after you are finished using them. Either dispose of them in a Sharps® container or place in a sealed plastic container partially filled with bleach. You can always anonymously deposit used needles at a hospital or clinic.

More on Needles

Permanent piercing and tattooing should be performed by a professional, in a clean environment. All professional piercers and tattoo artists should use one-time-use sterilized needles for each client. Tattoo artists should place ink in disposable containers and throw away after each client. Be assertive and insist that only sterilized needles be used and proper techniques performed. Be sure to ask questions until you are satisfied or go elsewhere! Freshly pierced body parts and fresh tattoos are open wounds. Ask your piercer or tattoo artist for proper care instructions.

Water Sports

URINE

You can enjoy golden showers externally on unbroken skin, with a low risk of HIV transmission, although there are other possibilities of bacterial infection. Keep piss away from your eyes, and open cuts or sores on your body.

ENEMAS/DOUCHES

If you use an enema and/or douche in your sex play, be sure to use disposable nozzles and lubricants, your own bag, and latex gloves. Dispose of all expelled liquids. Disinfect after spills. Spiking with drinking alcohol, chemicals or other additives, is dangerous to the rectum.

Wells &

Open wounds such as burns, wells, and blisters can be easily infected and are a viable means for transmitting HIV and other STDs. Wear latex gloves and be sure to clean your canes, crops, whips etc. See section on Sex Toys for cleaning. To avoid unwanted burns or blisters from hot wax play, use inexpensive plumber's candles made of paraffin, which generally burns at a lower temperature. Do not use beeswax candles as they melt at a very high temperature.

Blisters

Lesbians drink alcohol and take drugs in many different ways, in various settings and for a variety of reasons. Alcohol and drugs chemically affect our bodies, alter our moods and perception, get us high, and impair our judgment. Lesbians drink and use drugs, at home, at bars and clubs, in group settings, alone, socially, under stress, as an addiction and as medication.

The reality is that being in this altered state of mind we may not be thinking about safer sex. Whether or not we use drugs or alcohol, we might be thinking: "I am not planning on doing anything that's unsafe with her," "it feels like it doesn't matter this time," "I'm really hot and who cares," "she looks healthy," "why should I worry about safer sex?"

SEX, drugs and alcohol

HIV can be transmitted when using intravenous drugs and shared hypodermic needles. Use sterile, disposable needles once and then throw them away. If you have to share needles learn how to clean them.

How To Clean Your Works:

1 Pour 100% bleach (i.e. Clorox[®]) into a cap or glass. Draw the bleach up into the needle, up to the plunger. Keep in for a few minutes, shake and squirt it out. Don't squirt it back into the cap or glass. Do this 3 or 4 times.

OR

2 You can also take your works apart and let them soak in a bowl or pan full of 100% bleach for 10 minutes.

3 Whether you follow steps 1 or 2, finish by rinsing everything in cold running water for several minutes, (cold water rinsing prevents blood coagulation).

4 Wipe the cooker with bleach-soaked cotton and rinse with water. Throw away any cotton used for shooting drugs. Never share the water, bleach, cooker, or any parts of the cotton.

Think about it

High or not, it is difficult to talk honestly and openly about sex itself — what we desire, what we can do to turn someone on, and how we can introduce our personalized safer sex practices.

With or without drugs, we are still ultimately responsible for ourselves and each other. Practicing safer sex prevents the exchange of body fluids and the transmission of HIV or other STDs. Lesbians can transmit HIV and STDs to each other by sharing body fluids during sex. When you want to make love, think about how you are going to practice and talk about safer sex with your partners.

HOW TO CREATE LATEX BARRIERS FOR ORAL SEX USING GLOVES AND CONDOMS

LATEX BARRIERS

are six-inch square pieces of latex also known as a dental dams



1. An alternative is to use plastic wrap cut to fit your needs

GLOVES

are made of latex and come in different sizes



1. Cut the 4 fingers off the glove and do not cut off the thumb

2. Cut the glove on the seam along the pinky



3. Rinse the talcum off. Now you have a latex barrier. You can stick your tongue in the thumb area for oral/anal sex — it makes it easier on your tongue!

CONDOMS

are made of latex. Do not use lambskin condoms. Ribbed/textured condoms tend to tear easily



1. Unroll an unlubed condom and cut off the tip, then cut up along one side



2. Unfold and place lube on the side that goes on her cunt

LUV YOUR LUBE

Use water-based, lube such as Astroglide Probe, WET, K-Y. All oil-based lubricant break down latex including plastic wrap Lubricants with nonoxonyl-9 when used with a latex barrier, gloves and/or condoms, are effective against transmission of HIV, herpes and other STDs. You can test your sensitivity to latex, plastic wrap or lube by placing a condom, gloved finger or fingertul of lube inside your own vagina If your body shows signs of irritation by the above ask your health care provider or local clinic for alternatives. REMEMBER when going down on you girl, put LUBE on one side of the barrier TONGUE on the other. Use a new latex barrier each time you have oral sex with her ass or vagina. Then throw it away.

ENEMIES OF LATEX

Do not use :

- | | |
|---------------|--------------------|
| Vaseline® | animal fats |
| Crisco® | whipping cream |
| hand lotion | chocolate sauce |
| mineral oil | peanut butter |
| baby oil | liqueurs |
| vegetable oil | massage oil |
| olive oil | oil based perfumes |
| butter | suntan oil |

MORE SAFER SEX

- slow, drop-by-drop hot wax
- non-genital rubbing
- nipple, breast play
- whipping/flogging
- erotic storytelling
- cross dressing
- masturbation
- role-playing
- talking dirty
- dressing up
- fantasizing
- phone sex
- voyeurism
- cuddling
- bondage
- ribbling
- hugging
- stroking
- kissing

Glossary

AIDS — Acquired Immune Deficiency Syndrome.

Anonymous vs Confidential Testing for HIV — *Anonymous* testing insures that your test results are revealed *only* to you and not publicly released. *Confidential* testing, often given by private doctors, public and private hospitals, implies that your test results *will be permanently recorded in your medical charts, and can be disclosed without your permission.*

Alternative Insemination — a procedure where sperm from a donor is placed in a woman's vagina to cause pregnancy.

Body Fluids — blood, urine, saliva, tears, semen, and vaginal secretions. Only blood (including menstrual), semen, vaginal fluids, and breast milk have been linked directly to HIV transmission.

Condom* — rubbers, raincoats, latex sheath. A flexible shield made of latex that is placed over the penis or sex toy during penetration. Note: Lambskin condoms are not recommended for protection against transmission of HIV.

Cunnilingus — going down, eating out. See Oral Sex.

Dental Dam — a six inch square piece of latex. Dental dams are placed over the vagina, clitoris, and anus to prevent the transmission of HIV and other STDs during oral sex. Also called a latex barrier.

Dildo — a penetrable object used during sexual play.

Finger Cots — made of latex and are worn to protect fingers.

Fisting — insertion of an entire hand into someone's vagina or ass.

Herpes — a viral infection that produces painful blisters usually in the oral or genital area. Can be easily transmitted during sexual and non-sexual contact.

HIV — Human Immunodeficiency Virus.

Immune system — fights infections, diseases, and foreign substances in the body.

Irritation — the body's negative reaction to friction and/or foreign substances.

IDU — Injection Drug User.

Lubricant/Lube — liquid used during sex for added moisture.

Nonoxynol-9 — chemical found in some spermicides and lubricants. With the use of a latex barrier, may reduce the risk of infection with HIV.

Oral sex — eating out, going down, pussy licking, ass licking. Sexual activity in which the genitalia and anus are stimulated with the tongue and/or mouth.

PAP Smear — an examination and testing of the cervix for cervical cancer performed by a health practitioner.

Rimming — anal stimulation with the tongue and/or mouth.

Sharps* Container — a specialized container designed for the disposal of used needles, blades and contaminated fluids. They can be ordered from a surgical supply company or found in doctors' offices and hospitals.

STDs — Sexually Transmitted Diseases include Chlamydia, Herpes, HIV, Genital Warts, Gonorrhea, Pelvic Inflammatory Disease (PID), Scabies, Syphilis, Trichomoniasis, etc. For detailed information about the transmission, prevention and treatment of STDs, contact your local health clinic.

Tribadism — rubbing body parts together.

Water sports — sexual activities involving urine.

Works — apparatus (needle, syringe, cooker, cotton, and other equipment) used to mix, prepare, and inject intravenous drugs.

* For lesbians having sex with men, use a condom every time. Call the GMHC hotline for more information about protecting yourself and your partners.

Resources

Anonymous Testing NYC Dept. of Health
(212) 447-8200

Community Health Project /Lesbian Health Clinic
(212) 675-3559

Gay Mens Health Crisis Hotline
(212) 807-6655/(212) 645-7470 TDD (for the deaf)

Lesbian AIDS Project — GMHC
(212) 337-3531

Needle Exchange Information
(212) 585-5632

STD Hotline
(212) 427-5120