

SEXUAL INVENTORY

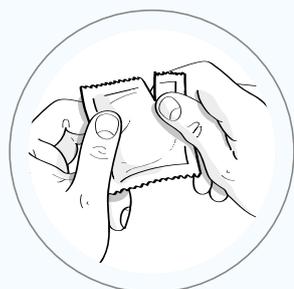
Below are different kinds of sexual activities with different kinds of risk. Think about the possible risks associated with each activity. Are some of them safer than others? How might you reduce the risks involved with some of them?

Stroking a naked knee with the tips of your fingers	Nibbling ear lobes and licking (another person’s) ear	Rubbing genitals together (naked)
Deep kissing with tongues (‘French’ kissing – if you still call it that)	Massaging each other naked	Wearing just underwear with someone
Whispering something sexy in someone’s ear	Kissing on the lips	Sending a sexy picture of yourself
Stroking the inside of the wrist and hand	Licking or sucking a clitoris or penis	Spending the night in bed with someone
Stroking naked nipples	Kissing all over someone’s face, eyes, neck, ears and cheeks	Sharing sex fantasies
Solo masturbation in front of someone	Having sex in the vagina (with a penis, fingers or sex toys)	Stroking someone’s genitals with their underwear on (them)
Stroking a penis or clitoris directly	Having sex in the anus (with a penis, fingers or sex toys)	Eating food off each other (e.g. ice cream or chocolate, not your dinner)
Touching someone’s chest/bum/body with clothes on	Getting totally naked with someone	A cuddle with clothes on, stroking each other’s arms, shoulders and head
Doing something which causes pain e.g. love bite or hair pulling	Sending a text asking for something sexual	Naked, rubbing thigh over other person’s genitals
Watching sexual media (e.g. porn) with someone	Holding hands in public	Rubbing genitals together with underwear on (dry humping)
Sex where it’s agreed that one person will tell the other person what to do	Dressing up for someone	Having sex with more than one person at the same time

HOW TO USE A CONDOM

Did you know? If condoms are used correctly, they are the only form of contraception that can reduce the risk of sexually transmitted infections.

STEP 1



Get ready – as soon as the penis gets hard, and before the penis touches the other person, it's time to put the condom on.

Tear the packet from the serrated zigzag edge and remove the condom. Handle the condom carefully as it can be damaged by things like sharp nails, jewellery and body piercings.

Always check the expiration date on the wrapper – preferably before you're ready to use it.

STEP 3



Squeeze the teat with your fingers so that there's no air trapped inside, then place the condom over the head of the completely hard penis.

The condom may split if air is trapped inside.

STEP 5

You're now ready to go.

Check the condom is in place, now and again, and if it rolls up during your activity, just roll it back down. If it comes off, you need to stop what you're doing and put a new condom on.

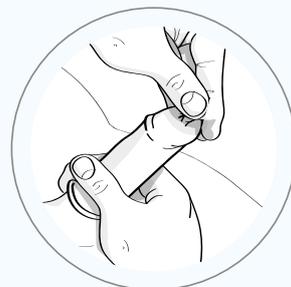
Never use oil-based lubricants with condoms – like baby oil or coconut oil – as these can make them break.

STEP 2

The condom can only easily roll on in one direction so you need to make sure the condom is the right way up.

The roll should be on the outside, not the inside.

STEP 4



If the penis is uncircumcised, pull back the foreskin first. Then, keep one hand at the head of the penis with the teat of the condom between your forefinger and thumb.

Use the other hand to roll the condom on all the way down the shaft to the base.

If the condom will not unroll, it is probably on inside out – start again with a new condom, as there may be sperm on it.

STEP 6



Remove the condom soon after ejaculation. Hold it firmly at the base of the penis, while it is still erect and before withdrawal, so that it doesn't slip off.

Take the condom off once the penis is completely withdrawn then wrap in a tissue and put it in the bin.

Don't flush condoms down the toilet.