

ANAL SEX

Sex that involves your fingers, hands or penis inside another person's anus (butt) **OR** another person's fingers, hands or penis inside your anus (butt).

NOTE ON LANGUAGE: In order to be as clear as possible, we use the medical terms associated with people's body parts. We understand that these may not be the words you use for your body or the words that best describe you.

You decide if you want to have anal sex. Checking in with your partner to make sure you are both ok with what is about to happen is an important part of having great sex!

IT'S UP TO YOU.

CAN I GET STDs FROM ANAL SEX? **YES.**

There are lots of great ways to have sex! But it is important to know that some ways, like anal sex without a condom, can make it more likely to get an STD or HIV. Here are some ways to stay healthy:

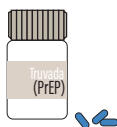
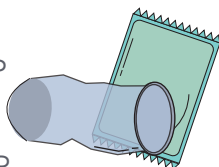
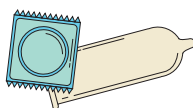
FOR TOPS

Using a lubricated external condom on your penis when engaging in anal sex is the best way to protect yourself and your partners from STDs.

Use lots of lube when having anal sex. There's no such thing as too much! Oil-based lubes can weaken condoms, so make sure you are using silicone-based or water-based lube instead.

If you are not living with HIV, PrEP is a daily pill you can take to prevent getting HIV. Talk to your doctor about whether or not PrEP is right for you.

If you are inserting your fingers or hands, gloves are the best option for protecting yourself and your partners.



FOR BOTTOMS

Having your partner wear a lubricated external condom on their penis during anal sex is the best way to protect yourself from STDs.

If your partner won't wear an external condom, you can use an internal condom, sometimes called a female condom, to protect yourself. Don't insert the condom past the external ring and take out the inner ring before using it because it can be painful and more likely to come out.

Use lots of lube! It helps protect the skin of your anus from tearing during anal sex. Small skin tears that can happen during anal sex make it more likely that you could get an STD from a sexual partner.

If you are not living with HIV, PrEP is a daily pill you can take to prevent getting HIV. Talk to your doctor about whether or not PrEP is right for you.

GET TESTED.

When getting an STD test, it's important to get tested in all the places on your body you are having sex. Talk to the person who is doing your testing about the types of sex you are having so you can get all the tests you need to keep yourself and your partners safe.

SOURCES

Anal Sex and HIV Risk - CDC
Available at <http://www.cdc.gov/hiv/risk/analsex.html>
Safer Sex for Trans Bodies
Available at <http://www.hrc.org/resources/safer-sex-for-trans-bodies>



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