ABSTINENCE & ORAL SEX

ABSTINENCE
Abstinence can be an effective and healthy choice at any stage of life. You may choose to be sexually abstinent at any time, whether or not you have previously been sexually active. However, abstinence requires good communication between partners, and only abstinence from all sexual activity, oral, anal and vaginal sex can eliminate the risks of pregnancy and STI transmission.

It is important to understand how you define abstinence for yourself and then communicate your definition of what abstinence is with your partner. This creates an agreement and avoids misunderstandings.

PROTECTION
Barrier methods not only offer protection from an unintended pregnancy but also prevent transmission of sexually transmitted infections (STIs). Current available methods include male and female condoms and oral dams if you are sexually active. Determining which product you use can depend on:

1. type of sexual behavior you are planning to engage in
2. if you have latex allergies
3. if the method requires partner cooperation
4. how comfortable you feel about your body.

- Male Condoms are made out of latex, isopropylene or polyurethane and are designed for covering the penis or sex toy during any type of penetrative sex. There are a plethora of sizes, colors, types. FYI, use a new barrier for every sexual act.

- Female Condoms are synthetic rubber pouches that can be used to prevent STIs and pregnancy during vaginal-penile and anal sex. They can be inserted up to 8 hours ahead of time.

- Oral Dams are square sheets of latex used during oral sex. Apply lubrication to the body part and place the oral dam on top. FYI — Water-based lubricants are your friends. They reduce friction and improve surface contact. Check the Student Health Center website for other materials you can use if you don’t have an oral dam available.

ORAL SEX IS SEX
A common misconception among college students is that “oral sex is not sex.” Not only is this a false statement, but some STIs including herpes, gonorrhea, and HPV (Human Papillomavirus) can be transmitted orally. To prevent oral transmission of STIs, a latex sheet can be used as a barrier. Oral dams, or dental dams, can be purchased and have been FDA approved for over-the-counter purchase; however, no effectiveness data is currently available (Contraceptive Technology, 2011).

Male Condoms have a 98% success rate if used consistently and correctly as opposed to an 82% for typical use. (Planned Parenthood 2013)

Female condoms have a 95% success rate if used consistently and correctly but 79% effective for typical use. (Planned Parenthood, 2013)

Abstinence is the only contraceptive method 100% effective. (Planned Parenthood, 2013)

What is my definition of jazz? Safe sex of the highest order.
- Kurt Vonnegut (writer)