

# YOUR GUIDE TO

## Safe Anal Sex

Providing you with the necessary information  
in order for you to have a safe and  
comfortable experience





# WHAT IS ANAL SEX?

The anus is the opening of the rectum. Having a finger, tongue, penis, or sex toy near or inside the anus is called anal sex.

## FIRST STEPS

Open dialog: Before engaging in anal sex make sure you have an open discussion with your partner making sure you talk about what both of you are comfortable with, your limits, and boundaries.

Consent: Getting your partner's ongoing consent before and during the act. Ensuring that they are okay.

Boundaries: If you or your partner say "NO" to anal sex at any time this **MUST** be respected. You and your partner should **NOT** feel pressured to engage in **ANY** activity that you or your partner are uncomfortable with.



# HOW CAN I PREPARE FOR A SAFE & COMFORTABLE EXPERIENCE?



**Relax:** The muscles surrounding the anus (the sphincter muscles) must be relaxed for a comfortable experience. If the muscles are not relaxed this can result in injury. Foreplay or taking a warm bath can help.

**Hygiene:** Going to the bathroom before engaging in anal sex can help alleviate anxiety.

- IF you choose to anal douche, take a moment to learn how to do it safely. More information on the online resources page.

**Lubrication:** The anus does not self-lubricate like the vagina does. The use of lubricant can prevent tears and pain. There are 2 types of lubes to consider:

- Best for condom use:
  - use water-based or silicone-based lubricants with latex condoms
  - DO NOT use oil-based lubes, they can breakdown the latex causing it to break, increasing your risk of developing an STI
- Best for toy use
  - use water-based lubes with silicone sex toys
  - DO NOT use silicone-based lubes with silicone toys, they can damage them





# SAFETY AND PREVENTION

- Wearing a condom is essential in preventing the spread of STIs (Sexually Transmitted Infections)
- Getting tested regularly, anal sex carries a higher risk of STI transmission
- Changing condoms or cleaning sex toys when switching from anal to vaginal sex prevents the spread of bacterial infections. Ex: urinary tract infections (UTIs)
- Understanding the risks of oral-anal contact or “rimming”, this can transmit STIs as well as parasites. Using dental dams can help reduce your chances of developing an STI



# TIPS FOR SAFE AND COMFORTABLE ANAL SEX

- Engage in foreplay to get both partners relaxed and aroused
- Start slowly by touching and massaging the outside of the anus
- Use fingers or small toy first, using a generous amount of lubricant to stretch and relax the muscles
- Insert slowly and gently withdrawing and re-lubricating as needed, your partner should experiment with different positions to find what is the most comfortable for you and your partner
- Slowly withdraw when finished to prevent any injury to you or your partner





## AFTERCARE

Taking care of yourself after is essential.

- Shower with soap and water to help remove bacteria and lube from the area
- Mild soreness is common. Some tips for alleviating discomfort: (See online resources page)
  - Take a warm sitz bath.
  - Take over the counter pain medications, make sure to read the label and follow their instructions
  - Apply a wrapped ice pack to the area for no longer than 15 minutes
- Check yourself for anal injuries. If you have any ongoing pain or bleeding, seek medical attention
- Have a conversation with your partner, letting them know what worked and what didn't work



## REMEMBER

Like unprotected vaginal sex, unprotected anal sex is high-risk for many STIs such as Gonorrhea, HIV, Chlamydia, Syphilis, Herpes, HPV, and Hepatitis. Using condoms during anal sex can lower the risk of you or your partner contracting STIs.



# ONLINE EDUCATION

What is anal sex?



Douching



How to use a condom



How to take a sitz  
bath



How to take over  
the counter  
medication



# AVAILABLE COMMUNITY RESOURCES

## Planned Parenthood

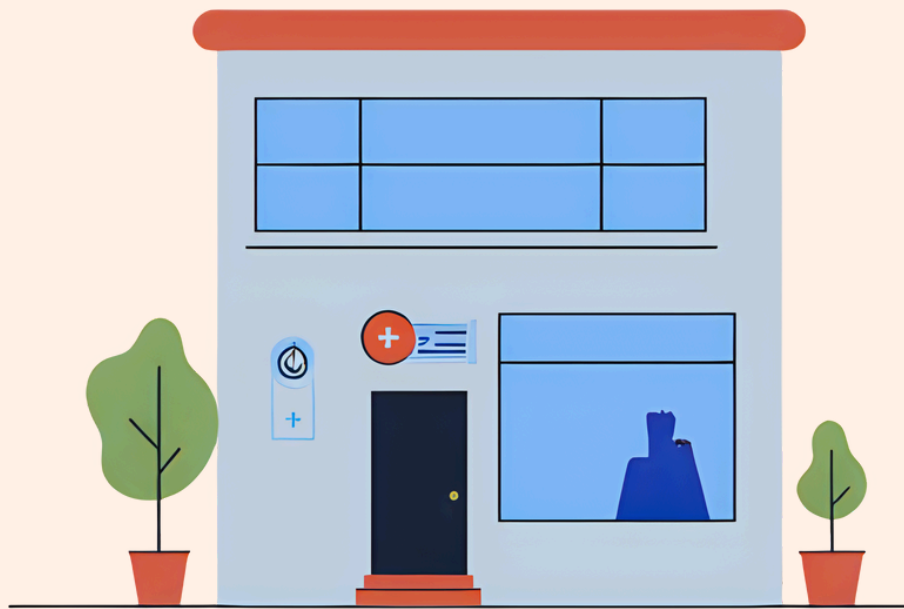
- Ventura: 5400 Ralston St, Ventura, CA 93003
- Oxnard: 2651 South C St, Suite 100, Oxnard, CA 93033
  - Phone: 888-898-3806

## FPA Women's Health

- 1700 Lombard St, Suite 110, Oxnard, CA 93030
  - Phone: 805-822-5879

## Ventura County Dept. of Public Health Clinic

- 2240 East Gonzalez Rd, Suite 140, Oxnard, CA 93036
  - Phone: 805-981-5221



# YOUR ON CAMPUS RESOURCE

If you have any questions or would like some more information on testing or safe sex you can make an appointment at the student health center! To make an appointment you can walk in, call, or send us an email.

Phone: 805-678-5832

Email: [ochealthcntr02@vccd.edu](mailto:ochealthcntr02@vccd.edu)

