

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 both give an enthusiastic YES to what is about to happen is an important part of having great sex!

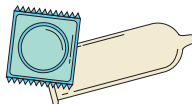
IT'S UP TO YOU.

CAN I GET STIs 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 STI or HIV. Here are some ways to stay healthy:

FOR TOPS

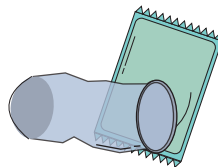
Using a lubricated condom on your penis when engaging in anal sex is the best way to protect yourself and your partners from STIs.



Use lots of lube when having anal sex. Listen to your partner about how much and when to use more. 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 condom on their penis during anal sex is the best way to protect yourself from STIs.

If your partner won't wear a 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 STI 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 STI 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.

Updated 04/2019

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>



CENTER FOR SEXUALITY
& HEALTH DISPARITIES
UNIVERSITY OF MICHIGAN
www.sexualityandhealth.org



This project is supported by the Centers for Disease Control and Prevention (U22PS004520).