

sex talk.

answers to your questions about sex and relationships

wildfact

2018 marks Campus Health's 100th year of providing quality health care & service to the UA.

I've heard there's a "higher risk" for certain types of sex. What is more risky and what is the actual risk?

You're right, risk levels vary among sexual behaviors. The term risk usually refers to the odds or chances of contracting a sexually transmitted disease (STD). STDs can be transmitted through a variety of ways including contact with body fluids such as vaginal secretions, semen, and blood as well as through contact with infected skin or mucous membranes.

Below is a risk continuum of some common sexual behaviors:

HIGHER RISK

- Anal and vaginal intercourse
 - Receptive
 - Insertive
- Oral sex on a man
 - With ejaculation
 - Without ejaculation
- Oral sex on a woman
- Oral-anal contact

LOWER RISK

- Intimate kissing
- Casual kissing
- Touching, massage
- Masturbation
- Talking, fantasy

NO RISK

Here are some other ways to reduce your risk when it comes to intimacy:

- Understand the risk levels of different sexual behaviors
- Limit your number of partners
- Use protection (male condoms, female condoms, latex dams)
- Engage in sexual activities when sober
- Get tested for STDs
- Talk with your partner(s) about their sexual history and encourage them to get tested

Use condoms *and* a birth control method (pill, IUD, Nexplanon, DepoProvera, etc.) to decrease the risk of both STDs and pregnancy.

UA Campus Health is here for your sexual health! Stop by Free Condom Friday every Friday at Campus Health from 12-2pm and pick up free male condoms, female condoms, lube, latex dams, sexual health info, and more! Have birth control questions? Make an appointment with one of our Women's Health providers at (520) 621-9202. Interested in STD testing? If you do not have symptoms, visit our walk-in clinic during regular business hours. If you do have symptoms, call (520) 621-9202 to make an appointment.



www.health.arizona.edu

Have a question? Email it to sextalk@email.arizona.edu



CAMPUS HEALTH

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