

Is oral sex risky?

Most people do not use condoms or dental dams for oral sex. Gonorrhoea, Chlamydia, syphilis, HIV, Herpes, HIV, and Warts (HPV) can be transmitted through oral sex.

Unprotected oral sex is less risky than unprotected vaginal and anal sex but it is **not zero**.

The risk of infection is greater for the person giving oral sex rather than the person receiving oral sex.

How can you make oral sex safer?

- You should use condoms/dental dams for oral sex
- You should limit the number of oral sexual partners.
- You should avoid brushing your teeth and/or flossing before having oral sex
- You should avoid oral sex with ejaculation as it increases the risk of HIV infection and other STIs
- You should avoid oral sex when you have oral cuts, sores and sore throat.

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References:

January 2012 Leaflet (A Guide to Safer Sex) produced by the clinical Effectiveness Group of the BASHH.
Schalet A 2011. The new ABCD's of Talking About Sex with Teenagers. University of Massachusetts.

WHEN IN DOUBT ABOUT A SEXUAL
PARTNER, BE ASSERTIVE, SAY NO.
DO NOT FEEL ASHAMED TO PROTECT
YOURSELF.
YOUR HEALTH COMES FIRST.



Available help

- Health Promotion and Disease Prevention Directorate on **2326 6000**
- Genitourinary clinic (GU clinic) on **21227 981**
- Family doctor (GP)

sexual  health



Health Promotion & Disease
Prevention Directorate

5B, The Emporium, C. De Brachtoff Str., Msida MSD 1421 Malta.
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Ministry for Health, the Elderly
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Advice for Safer Sex



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In order to reduce the risk of HIV/AIDS and Sexually transmitted infection you should use the ABCD approach i.e.

A **Abstain from sex altogether.** If you do not have sex, you are not taking any risks. Abstinence is the only way to ensure that you do not get infected with HIV/AIDS and other sexually transmitted infections - it's 100% effective.

B **Be faithful to your partner.** You should keep to one partner in order to avoid the risk of HIV/AIDS and other sexual transmitted infections.

C **Use condoms always:** You should always use condoms when having any form of sex.

D **Do not use drugs:** Drugs inhibit your ability to take a responsible decision. You should avoid drug abuse especially sharing of needles, to avoid the risk of HIV/AIDS and other sexually transmitted infections.

In order to boost a positive and responsible attitude towards sex, you should invest in the following ABCD:

Autonomy is the ability to understand your sexual wishes, distinguish your wishes from others' expectations, decide how to act on your desires and take responsibilities for your choices. Autonomy is also the ability to have sex only when both partners really want and feel comfortable.

Building Healthy relationships are created through mutual respect, care and trust between sexual partners.

Connectedness is maintaining strong and open conversations with people who can help such as parents, nurses, doctors and teachers.

Diversity is accepting and respecting the physical, emotional, religious and cultural differences between sexual partners.

If you choose to have sex, you should avoid the risk of contracting HIV/AIDS and other sexually transmitted infections by having safer sex.

What is safer sex?

Safer sex is having sex with the decreased risk of acquiring or transmitting Sexually Transmitted Infections such as HIV, Syphilis, Chlamydia, Gonorrhoea, Trichomonas, Herpes and Warts (HPV).

How can you have safer sex?

- You should insist on condom use for all kinds of sex (vaginal, anal and also oral sex).
- You should limit the number of sexual partners.
- You should get tested and suggest the same to your partner before engaging in sex.
- You should avoid the use of excessive alcohol and recreational drugs.
- You should have non-penetrative sex like body rubbing and mutual masturbation. In some cases skin to skin contact can still transmit infections such as HPV, Herpes, scabies and lice especially when there are open sores/cuts, prolonged contacts and warts.
- You should get vaccinated for preventable infections such as Hepatitis A, B and HPV.