



# LESBIAN & BISEXUAL WOMEN'S **SAFER SEX** LEAFLET

Reg. Charity No. 1070904

**FREE** lube  
for women who  
have sex with  
women



# SAFER SEX FOR LESBIAN AND BISEXUAL WOMEN

The only form of safer sex between women is not allowing any body fluid (vaginal or menstrual fluid/breast milk) to enter your body and vice-versa. Activities that are safer include kissing, hugging, breast stimulation, massage and masturbation.

## SO WHAT'S RISKY?

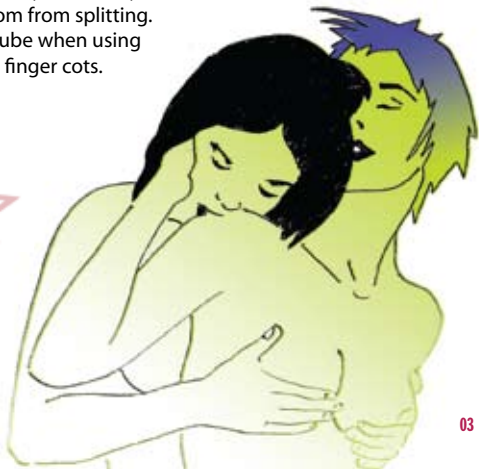
- Oral sex is low risk, but not if you or your partner have any cold sores, cuts or abrasions on or in your mouth or genitals, or are having a period. Dental Dams: squares of latex which are sometimes flavoured, or a cut up condom placed over the genitals can provide protection against such risks.
- Mouth-to-mouth kissing is safe. However, you should be aware of bleeding gums, sores or cuts which could provide a risk.
- Sharing sex toys (vibrators and dildos) can be risky if they have vaginal fluids, blood or faeces on them. Always clean your sex toys. Also, using condoms on sex toys and changing them before using on a different person is a good way to prevent the exchange of bodily fluids.
- Any sexual activity, which can lead to bleeding or cuts/breaks in the lining of the vagina or anus, is of higher risk. This can include penetration, fisting or certain S&M activities. Keep your nails short and/or cover hands with latex gloves or individual finger cots: a device resembling a condom used to cover the finger.

# LET'S GET WET

## So why should you use lube?

Well if you're planning on fingering your partner, being fingered or using a dildo or vibrator with your partner, then you really should use a lubricant to relieve dryness, reduce friction and help prevent cuts or sores.

If you are using condoms with your sex toys, then water-based lubricant will help prevent the condom from splitting. Always use a water-based lube when using dental dams, condoms and finger cots.



## What you could catch...

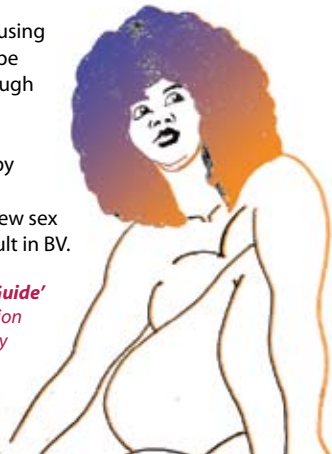
Lesbians and bisexual women are at low risk of catching HIV from having sex. However, we should be aware of other sexually transmitted infections (STIs):

- **Genital Warts** are painless bumps on the vulva, in the vagina, on the cervix or around the anus. They can be passed on through contact with the wart, for example by touching, rubbing or sharing sex toys.
- **Trichomonas Vaginalis (TV)** is caused by a tiny parasite and gives a frothy, itchy vaginal discharge and is passed on by contact with the vagina only, for example by touching or sharing sex toys.
- **Herpes** can cause painful sores on the inside of the vulva, vagina or anus and can be passed on through contact with a sore, for example by touching, fondling or sharing sex toys.



- **Crabs/Pubic Lice** cling to pubic and other body hair, causing itching and sometimes blood spots from bites. They are spread through naked body/skin contact.
- **Chlamydia** and **Gonorrhoea** are rare in lesbians but can be passed on through sharing sex toys or rubbing vulvas together.
- **Hepatitis B** is a viral infection that in its most infectious forms can easily be passed on during sex - for example by touching or sharing sex toys.
- **Thrush** is an overgrowth of yeast causing vaginal itching and soreness. It can be passed via sex between women, though oral sex is low risk.
- **BV (Bacterial Vaginosis)** is caused by an overgrowth of various bacteria in the vagina. Activities like having a new sex partner or multiple partners can result in BV.

See our booklet *'The Good Sexual Health Guide'* or our website [www.lgf.org.uk](http://www.lgf.org.uk) for information on symptoms. Remember, not all STIs display symptoms. Regular check ups are the only way to be sure.



# How to use the Lube

Tear open the sachet and smooth wherever you like. Avoid contact with eyes. If irritation or discomfort occurs or if additional lubricant is needed all the time, please consult your doctor.

This sachet contains water-based lube. Always use water-based lube when using dental dams, finger cots or condoms.

Store at room temperature in a cool, dry place away from direct sunlight. For single use only. Please retain the leaflet for future reference.

If you would like further information on anything published in this leaflet or for guidance on where to purchase dental dams, gloves or condoms please visit our website [www.lgf.org.uk](http://www.lgf.org.uk), email [info@lgf.org.uk](mailto:info@lgf.org.uk) or telephone **0161 235 8035** (Office hours).

Please also remember our Helpline service.  
Telephone: **0845 3 30 30 30\*** (6-10pm Daily).  
Email: [helpline@lgf.org.uk](mailto:helpline@lgf.org.uk)

*\*Local rate applies.*

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