

**ONE OF THE BEST WAYS TO STAY
EMOTIONALLY AND SEXUALLY HEALTHY
IS TO TALK TO A PROFESSIONAL.
FOR MORE INFORMATION.....**

Come visit the Sexual Health Centre!

Our services include:

- **Free Condoms**
- **STI testing and counselling**
- **Birth control counselling and clinics**
- **Pregnancy testing & options**
- **Emergency contraceptives**
- **Anonymous HIV testing**
- **Counselling for females and males**
- **Free**
- **Confidential**

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday - Friday
9am - 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday - Friday
1pm - 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday - Friday
8:30am - 12pm
1pm - 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday - Friday
1pm - 4:30pm

*** Clinic/Doctor services available by appointment only**

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays - 6:00-8:00 p.m.
Walk-in Clinic - no appointment required

**AIDS & SEXUAL INFORMATION LINE TOLL FREE
1-800-668-2437**

www.regional.niagara.on.ca



GET THE LOWDOWN ON ORAL SEX BEFORE YOU DECIDE

This pamphlet is designed to help you make a decision about oral sex. There are three parts to this guide.

Part 1: gives you steps for decision making.

Part 2: explains the risks of oral sex.

Part 3: explains how to have safer oral sex.

Use the information in parts 2 and 3 to help you make your decision.

What is oral sex?

The definition of oral sex is: 'a sexual act where a person licks or sucks another person's genitals'. Other common terms are: "BJ", "blowjob", "going down" or "eating out".



Niagara Region
PUBLIC HEALTH

Part 1: Decisions

It is your choice whether you want to have oral sex.
Use these steps to help you make your decision.

1. Take a step back from the situation. Think about these questions.

- Why am I thinking about having oral sex?
- Am I feeling pressured?
- Is this something I really want?

2. Think about what you know:

- Learn more about the risks.
- Talk to someone who's been through this.
- Be honest with yourself about your feelings.

3. Think about the effects to you personally.

- How will I feel about myself afterwards?
- How will I feel about my partner?
- Am I willing to risk getting an infection?

4. What's my decision?

- It's your right to say no.
- Wait until you're ready.

Part 2: Risks

The risks of having oral sex can be divided into two parts; emotional and infection.

Emotional

- Do not feel pressured to have oral sex
- It's important to think about your own values before having oral sex with someone.

Sexually Transmitted Infections

Giving or receiving oral sex can give you a Sexually Transmitted Infection. You are less likely to get an STI from oral sex than you are from vaginal or anal sex, but it still puts you at risk. Here are types of infections:

- Herpes or a cold sore is a common infection people get from oral sex. While the sores will go away, the virus is with you for the rest of your life.
- Other STI's like syphilis, HPV/ Genital Warts and Gonorrhea are easy to get from oral sex.
- HIV can be passed from one person to another through oral sex, although it is lower risk than anal or vaginal sex.

Part 3: Safer Oral Sex

Here are some ways to reduce your risk of getting a Sexually Transmitted Infection:

Barrier Protection

- Use a latex or polyurethane condom on an erect penis.
- Use a dental dam or cut a condom in half lengthwise, and place it over a woman's genitals.

Other Tips

- Wait to have oral sex at least 30 minutes after brushing or flossing your teeth.
- Don't have oral sex after recent dental work.
- Try to avoid getting body fluids in your mouth. If you do, rinse your mouth with water or antibacterial mouthwash.