

# EAT ME, YOU PUSSIES!

Risks of catching sexually transmitted infections for women who have sex with women

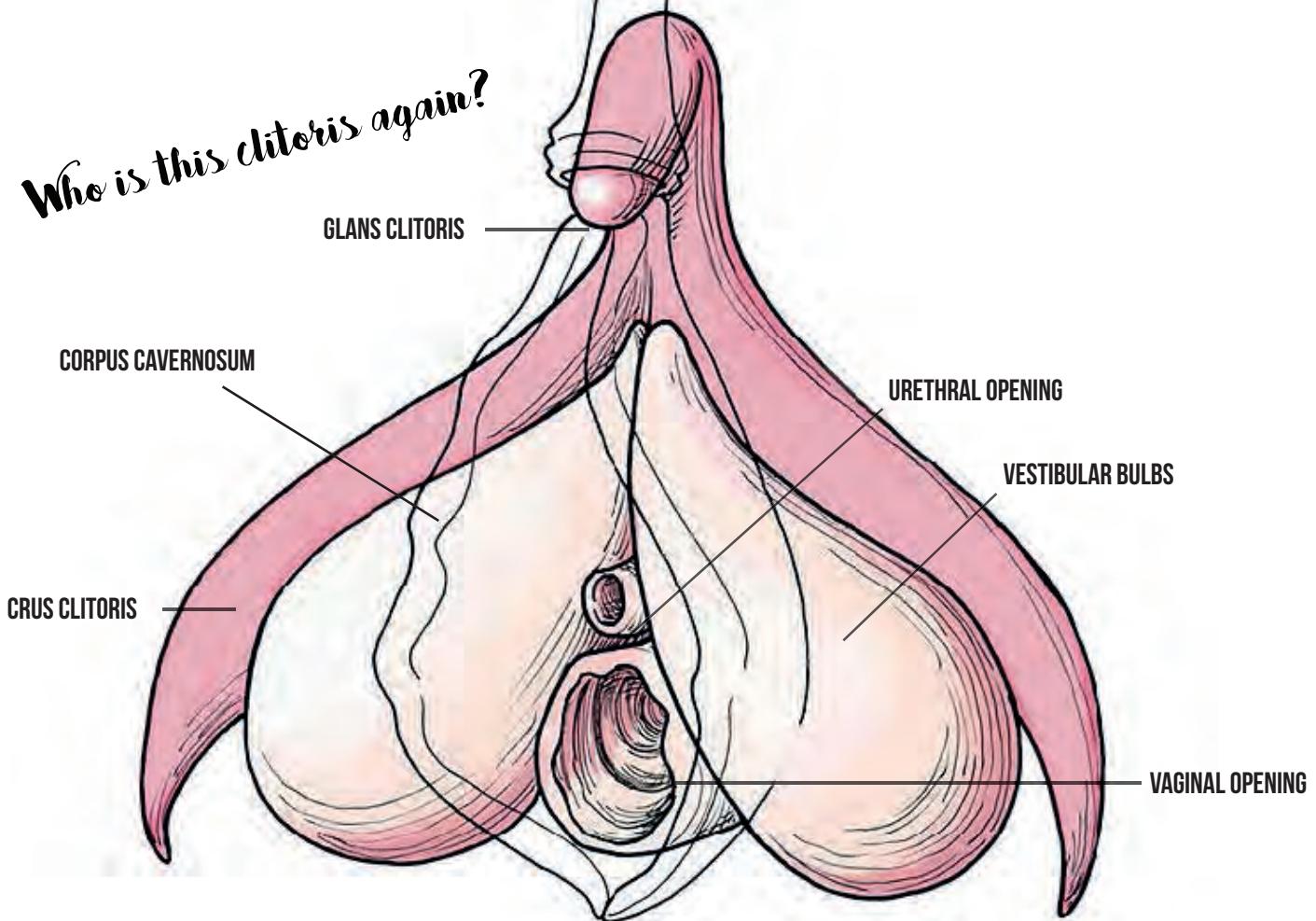




# CONTENTS

Foreplay	2
Fingering	5
Oral Sex	9
Dental Dam	12
Scissoring	14
Sex toys	18
Rimming	19
Fisting	19
Sexually transmitted infections	22
Testing	22
Links	23
And what do you call her?	24
Who we are	25

*Who is this clitoris again?*



# Foreplay

This brochure you are holding is about sex between women and the risks of contracting sexually transmitted infections it can entail. It was created by a group of volunteers under the umbrella of the AIDS-Hilfe Hamburg.

Perhaps you are wondering why we made this brochure. We've had the experience that, in the LGBTIQAP\* scene in Hamburg, most people are not aware of the possible risk of transmitting STIs during sex between woman and woman. Also, there are few or no recent informational brochures addressing this issue to date. We want to change that.

With this brochure we want to create awareness for possible risks and promote the visibility of women's sexuality in society that, as we believe, is often not talked about. On the following pages we have put together an overview, short and simple, of what we believe is important – with no claim to completeness. First we explain how the relevant sex practice works, and then provide practical advice on how to protect yourself against STIs. This is followed by a list of potential STIs against which you can protect yourself and information on where to get tested.

As always when you're engaging in sex, the golden rule is: you can try whatever you want and say no to anything you don't want. If you want to try out something new, the most important things are open communication and mutual trust.

At this point we want to emphasize that we believe in the diversity of gender, which includes more genders than man and woman. This brochure is designed for all persons who have a vulva and are having sex with persons who also have a vulva, even if they do not identify as women. In the german speaking community, we have a \* to emphasize gender diversity. However, we do not use it in the English version of the brochure and hope that everyone who is interested still feels addressed.

STIs = sexually transmitted infections





# Fingering



Fingering means using fingers to stimulate the vagina or the anus. That alone poses only a very slight risk of infection. If, however, your fingers move, for instance, between vagina, anus, or mouth, the risk increases. That also applies to cuts and sores of the hands or mucosae. It is important to thoroughly wash your hands beforehand. Many people prefer short-trimmed nails because it feels better and reduces the risk of injury. You can also further reduce the risk by using lubricant instead of saliva.

Using finger condoms, or finger cots, is another way of protecting yourself from sexually transmitted infections. Finger condoms are made of latex or vinyl and can be used like a glove to cover your fingers. Alternatively, you can also cut off fingers of medical gloves and use them individually or use the glove as a whole.

You can buy gloves and finger condoms online, in pharmacies and in drugstores. You can also use a normal condom to cover your fingers.

Please note:

Do not use latex in combination with oil.

When buying lubricant, be sure that it is water- or silicone-based - that way it is compatible with both latex and vinyl. Only use gloves and finger condoms once and dispose of them after.







# Oral Sex

Oral sex means using mouth, lips, or tongue to stimulate the vulva of one's sexual partner. Generally, the risk of contracting STIs during oral sex between women is very low. However, injuries, for instance to the mouth, can increase the risk of infection.

To prevent that, you can use a so-called dental dam. Place it on the vulva of your partner to avoid physical contact with germs. You can use lubricant to avoid any irritationg feelings due to friction. When using a dental dam, it is important that it doesn't slip out of position. To avoid that, hold it in place with one or both hands.

As a practical alternative, you can make your own dental dam out of plastic wrap. Just cut out a suitably sized piece and use it like a dental dam. Since plastic wrap tends to tear easily, you can use multiple layers. Wrap it around your partner's genital area for it to stay in place without holding it.

Both kinds of dental dams must only come in contact with your partner's vulva on one side; otherwise protection is not ensured. Use dental dams only once.

By the way: In theory you can also use a condom.

Just roll it out, cut off the tip, and then cut it open lengthwise. As the surface doesn't cover the whole vulva, however, there still is a risk of infection. That's why condoms can only be recommended with caution, although they are generally more easily available than dental dams.





# Dental dam

A big advantage of dental dams is that they are ready-to-use and easy-to-handle. Dental dams also don't tear. Still, they are available mainly in sex shops and on the Internet. For those allergic to latex, dental dams are inadvisable.

As with condoms, only use water- or silicone-based lubricant, if necessary.

Plastic wrap makes for a low-priced alternative to dental dams. It is neutral tasting and available almost everywhere. Self-made dental dams out of plastic wrap are ideal for those allergic to latex. Unfortunately, plastic wrap tends to tear easily, for example when used with long finger nails or piercings, so you might need to be more careful. Dental dams out of plastic wrap are also somewhat less easy-to-handle since you have to cut them to the right size.

## Menstruation:

If one of you is menstruating, or both of you are, there is an increased risk of infection due to the menstrual blood. To prevent infection, do not allow menstrual blood to come in contact with mouth, eyes, vaginal and intestinal mucosa, or broken skin.

## Squirting:

Different studies have investigated the female ejaculate that is discharged when squirting. To date, the question of its exact composition cannot be answered with certainty. Consequently, a risk of infection through this fluid cannot be excluded with certainty.



# Scissoring

You can find information on STI testing on page 22.







# *Sex toys*

Sex toys can be used with or without your sex partner. The toys should be cleaned before and after each use. By cleaning them before passing them on to another person, you can prevent the possible transmission of STIs.

An easy way of cleaning silicone toys is boiling them or washing them thoroughly with soap. Disinfectant sprays are another safe method to clean your toys.

If you don't want to interrupt your sex to clean your sex toy, you can use a condom and simply replace it with a fresh condom before passing it on. You should also clean the toy or replace the condom when switching it between anus and vagina.

# Rimming

Rimming means stimulating the anus of the sex partner with mouth, lips, or tongue. As with oral sex, dental dams or self-made dental dams out of plastic wrap can be used as protection against a possible infection. Similar guidelines for usage apply here, including the recommendation to use lubricant.

# Fisting

The sex practice of fisting means inserting a hand into the rectum or vagina of one's sex partner. In this process, both the pelvic floor muscles and the closing muscle (anus sphincter) are subject to extreme dilation, although the vagina is significantly more dilatable than the anus. Both kinds of dilation pose a risk of injuring the mucosae, which in turn creates a risk of infection. At least minor injuries can be prevented by using lubricant. An infection with STIs can be prevented by using latex or vinyl gloves.





# *Sexually transmitted infections*

As many STIs can be transmitted through smear infections, 100 % safe sex cannot be guaranteed even if dental dams, finger condoms, and medical gloves are used – they do, however, significantly reduce the risk.

Correct use of these three aids can reduce the risk of an infection with candida, chlamydia, hepatitis C, herpes viruses, HPV (human papillomavirus), syphilis, trichomoniasis, HIV, and the clap (gonorrhea). For hepatitis A and B it is advisable to get an additional vaccination. These aids do not offer protection against transmission of crabs (pubic lice).

## *Testing*

If you think that you might have contracted an infection, you can consult your GP. She or he can test you for all STIs. Costs for testing can vary. Larger cities usually offer free and anonymous testing for HIV, either at the public health department or at the local AIDS support center (AIDS-Hilfe). Some centers also have additional free offers that cover other STIs.

If you want to know more about a specific STI and how it is transmitted, you should check out the websites listed below.

## Advisory centers in Hamburg

### AIDS-Hilfe Hamburg e.V.

preventive counseling and HIV testing;  
open consultation hours; psychological and medical  
counseling; social counseling  
[info@aidshilfe-hamburg.de](mailto:info@aidshilfe-hamburg.de)

### CASA Blanca

HIV/STI counseling and testing;  
informational material available as download;  
foreign-language services  
[www.hamburg.de/casablanca](http://www.hamburg.de/casablanca)

### Magnus Hirschfeld Centrum (mhc)

Center for counseling, communication,  
culture and youth for gay, lesbian, bisexual  
and trans\* people  
[info@mhc-hamburg.de](mailto:info@mhc-hamburg.de)

### Lesbenverein-Intervention e.V.

also sponsors the JungLesbenZentrum (youth center  
and counseling for young lesbians, bisexual and  
transsexual girls and young women)  
[info@lesbenverein-intervention.de](mailto:info@lesbenverein-intervention.de)

## Advisory services in Germany:

### Deutsche AIDS-Hilfe e.V.

various counseling services  
(personal, telephone, online)  
 [www.en.aidshilfe.de](http://www.en.aidshilfe.de)

### BZgA Liebes Leben

information on HIV/STIs/safer sex  
 [www.zanzu.de/en/home](http://www.zanzu.de/en/home)

### jugendnetzwerk::lambda

tips for girls on coming out, lesbian sex, safer sex  
[info@lambda-online.de](mailto:info@lambda-online.de)

*...and what do you call her?*

vulva

vajayjay

pussy

cherry

kitty cooch

lady garden

**vagina**

cupcake

honey pot

yoni

punani

twat

flower

vag

**purse**

hoo-haa

**pearl**

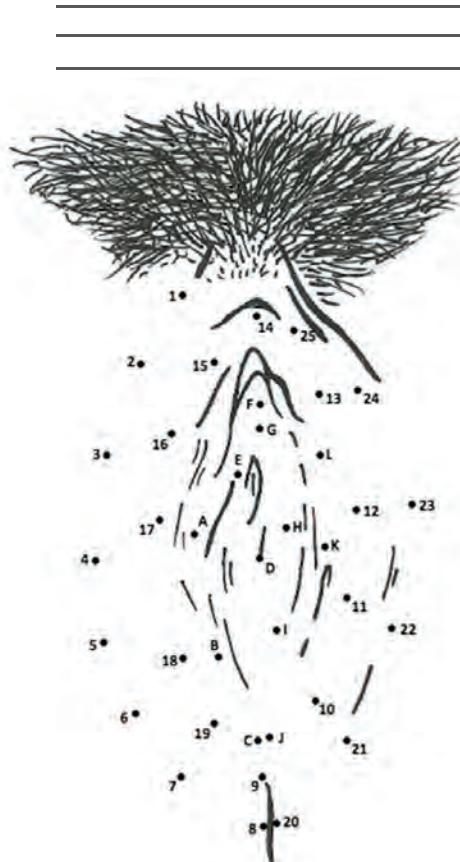
box

cunt

**snatch**

garage

cha cha



Contact the dots 1 – 25 and A – L

# Who we are

Lasse

„Gender is the poetry  
each of us makes  
out of the language  
we are taught.“  
– Leslie Feinberg



Vivi

„Feminism isn't about  
making women stronger.  
Women are already strong.  
It's about changing the way  
the world perceives that  
strength.“  
– J.D. Anderson

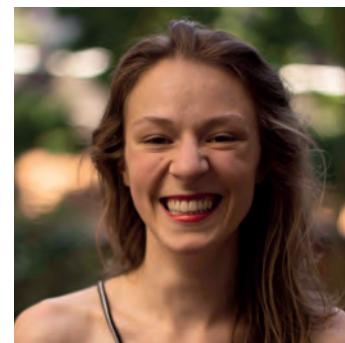


Vivi

Talk about the vagina,  
show the vagina,  
respect the vagina!  
Bring the vagina  
to the street!



Hannah  
We flawless



### Doreen

Never let someone  
else define you.  
– loosely based on  
Virginia Satir



### Malte

„We should all be  
feminists!“  
– Chimamanda Ngozi  
Adichie



### Miriam

Unity in Diversity



We would like to say  
special thanks to our  
volunteer models,  
also to Svenja Schlösser,  
Svenja Frenzel,  
Ronny Griepentrog,  
and Marc Pfizenmaier  
for your support.



Published by



AIDS-Hilfe Hamburg e.V.  
Lange Reihe 30 - 32  
20099 Hamburg

Managing director: Jörg Korrell

Phone: 040 235 199-0  
Fax: 040 235 199-99

E-Mail: [info@aidshilfe-hamburg.de](mailto:info@aidshilfe-hamburg.de)  
Web: [www.aidshilfe-hamburg.de](http://www.aidshilfe-hamburg.de)

**Written and edited by:**

Vivien Emser, Vivian Hoppe, Doreen Friebe,  
Malte Legenhäusen, Hannah Rosner,  
Lasse Thelen

**Copy-editing:** Sonja Lohmann, Svenja Schröder

**Layout & Photography:** I AM MIA and Igor Ayach

**Print:** WIRmachenDRUCK GmbH, Backnang

Copyright © AIDS-Hilfe Hamburg e.V.  
Hamburg, December 2017

Supported by



Hamburg Pride e.V.  
Ernst-Merk-Straße 12 - 14  
20099 Hamburg

Phone: 040 238 058 555  
Fax: 040 238 058 566

E-Mail: [info@hamburg-pride.de](mailto:info@hamburg-pride.de)  
Web: [www.hamburg-pride.de](http://www.hamburg-pride.de)



You liked our brochure?  
Then help support us with a donation!

AIDS-Hilfe Hamburg e.V.  
Hamburger Sparkasse  
IBAN: DE41 2005 0550 1282 1194 92  
BIC: HASPDEHHXXX