 PART 1: DECISIONS

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

Think about these questions
• Why am I thinking about having anal sex?
• Am I feeling pressured?
• Is this something I really want?

Think about what you know
• Learn more about the risks
• Be honest with yourself about your feelings

Think about how it affects you
• How will I feel about myself afterwards?
• How will I feel about my partner?
• Am I willing to risk getting an infection?

Make a decision
• It’s your right to say no
• Wait until you’re ready

 PART 2: RISKS

The risks of having anal sex can be divided into two parts; emotional and physical.

Emotional risks
Do not feel pressured to have anal sex. It is your choice.

Sexually Transmitted Infections
• Unprotected anal sex is a very risky sexual behaviour. The rectum is more likely to tear, leaving both partners at higher risk for STIs
• People having unprotected anal sex are at risk for STIs such as, Herpes, Genital Warts, Syphilis, Gonorrhea, Chlamydia, and HIV
• People may also experience stomach infections such as E-Coli, Salmonella, Giardia, and Amebiasis, and the liver infection, Hepatitis A, by coming in contact with infected fecal matter

 PART 3: SAFER ANAL SEX

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

• ALWAYS use a latex condom.
• Use plenty of water based lubricant, such as AstroGlide or KY, to prevent the condom from breaking
• Make sure the anal area is clean and that the bowels are empty
• Always wash the penis, sex toys, and hands between anal sex and vaginal sex
• A lot of people find that anal sex hurts. If it hurts, stop. You may be risking an injury, such as painful anal tears. Talk with your partner about stopping when either of you wants to

Sexual Health/Harm Reduction Program
For clinic times call 519-883-2267
All clinical and counselling services are free and confidential. No health card is required to receive services.
Questions?
Call the Region of Waterloo Public Health Sexual Health Program or your doctor.