

Anal Sex

What is anal sex?

Anal sex is when one person's penis is put in the other person's anus (the hole where the stool comes out).

How safe is anal sex?

- risk for STIs and HIV is generally higher than with other types of sex
- risk of pregnancy if sperm gets near the opening of the vagina

How can I make anal sex safer?

- Use a condom every time you have sex to lower your risk of STIs and HIV.
- Use a new condom or dental dam (a piece of latex, also called latex barrier, oral barrier and oral dam) for each act of anal, oral, or vaginal sex.
- Consider using water-based or silicone-based lubricants. This can help make sex more comfortable and lowers the chance of condoms breaking. Don't use oil-based lubricants (e.g., lotion, Vaseline®); they can make holes in the condom which increases the risk of it breaking.
- Don't use condoms that are lubricated with nonoxynol-9; it can increase the risk of HIV.
- Wash genitals and anus before and afterwards.
- Have your partner(s) move slowly and enter the anus when you are relaxed. This will make it more comfortable and can help lower the chance of tearing your anus.
- Latex condoms may provide better protection than non-latex condoms (e.g., polyurethane) because there's a higher chance of non-latex condoms breaking or slipping off. However, non-latex condoms are still a good option for people who have a latex allergy.
- If a condom breaks or sperm gets near the genitals of a person who could become pregnant, think about getting emergency contraception as soon as possible to help prevent pregnancy.

Did You Know

- You have the right to make the decision to have sex or not.
- You can plan ahead and talk to your partner(s) about how to lower your risk of pregnancy, STIs, and HIV.
- You can consider getting regular testing for STIs and HIV. Talk to your health care provider.
- Many clinics offer low or no cost birth control.

To find a clinic near you visit **ahs.ca/srh**

For 24/7 nurse advice and general health information, call Health Link at **811**.

Websites

- ahs.ca/srh
- ReadyOrNotAlberta.ca
- teachingsexualhealth.ca
- myhealth.alberta.ca
- sexandu.ca

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