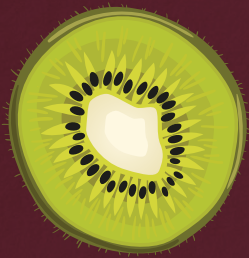




Oral Sex





Consent and Communication



Before you have oral sex, or any type of sex for that matter, you need to make sure that you and your partner are on the same page. It might feel awkward to talk about sex, but it is very important.

Talk to your partner about the kinds of sex that you both want to have. Agreeing to have sex is called consenting. Both you and your partner need to consent before having sex. Nobody should ever be pressured to have any type of sex if they don't want to, or if they are not ready.

While you're having sex, you can tell your partner what you enjoy and what you don't like. It's also a good idea to ask your partner what they like and don't like. Remember that at any time, either of you can decide to stop or to take a break.

Sexual health isn't just about preventing sexually transmitted infections (STIs) and pregnancy, it's also about healthy relationships.



What is oral sex?

Oral sex is when a person uses their mouth on another person's penis, vulva or anus.

People of all sexes, genders and sexual orientations have oral sex.

It's not possible to get pregnant from oral sex.

There is very little to no chance of passing HIV through oral sex, but some STIs can be passed easily this way.

Using a condom or dental dam for oral sex can lower the chance of passing STIs.



The words we use to talk about oral sex

Everyone has a right to choose the words that they want to use to talk about their bodies and genitals. In this booklet we use the words penis, vulva and anus.

Penis

Most guys have penises. A penis can be soft or hard (erect). A penis has a head and a shaft. Some penises have foreskins and some don't. A penis can also be called a dick or cock. Some trans and nonbinary people use other terms such as strapless or girl dick.

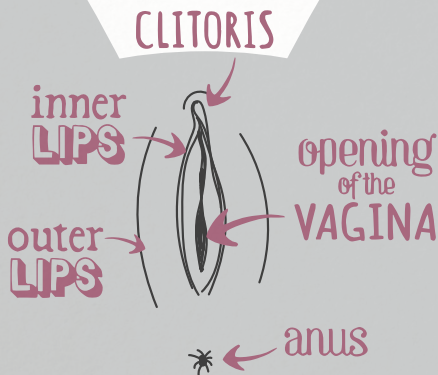
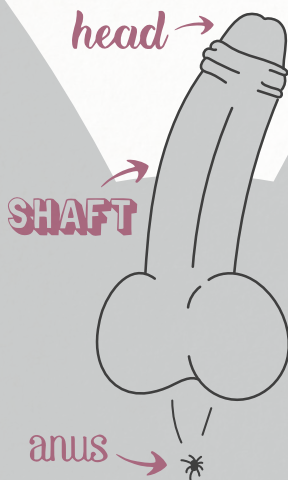
Vulva

Most women have vulvas. Many people call these genitals the vagina, but the vagina is actually just the inside part of the genitals. The vulva is the outside part, including the inner and outer lips (also called labia), the clitoris (clit) and the opening of the vagina. A vulva can also be called a pussy. Some trans and nonbinary people use other terms such as front hole or bonus hole.

Anus

Anus is the word for the opening of a person's butt. An anus can also be called a butthole, ass or bum.





Kinds of oral sex

Oral sex on a penis

Oral sex on someone's penis can be called a blow job, giving head, blowing or fellatio.

Some people produce a bit of clear natural lubricant that comes to the tip of the penis when they are getting excited. This is usually called pre-cum. When a person ejaculates (cums) a fluid called semen comes out of the penis.

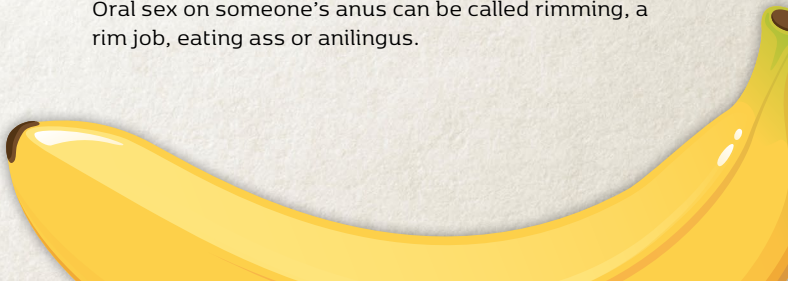
Oral sex on a vulva

Oral sex on someone's vulva can be called going down, eating out, eating pussy or cunnilingus.

When a person starts getting excited, the walls of the vagina may lubricate or "get wet" and produce a liquid called vaginal fluid. Some people also produce a fluid that comes out of the urethra when they have an orgasm. This is ejaculate or cum.

Oral sex on an anus

Oral sex on someone's anus can be called rimming, a rim job, eating ass or anilingus.



STIs and their symptoms



Oral sex can be a lot of fun, but it comes with a chance of passing STIs.



Chlamydia

Most people with chlamydia don't have any symptoms, but some will have a discharge from the vagina, urethra (pee hole) or anus, or it may hurt when they pee. A chlamydia infection in the throat can cause a sore throat. Chlamydia can damage the reproductive organs if left untreated. It can be cured with antibiotics.

Gonorrhea

Most people with gonorrhea don't have any symptoms, but some will have a discharge from the vagina, urethra or anus. A gonorrhea infection in the throat can cause a sore throat. Gonorrhea can damage the reproductive organs if left untreated. It can be cured with antibiotics.





Syphilis

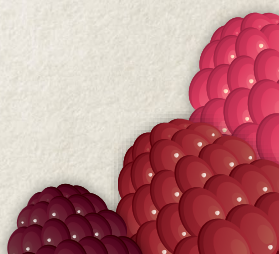
Many people do not notice any symptoms when they first get syphilis, but there is often a painless sore on their genitals, anus or mouth, and some people might get a rash. Syphilis can lead to serious health problems if it is not treated. It can be cured with antibiotics.

Herpes

Most people with herpes don't have symptoms, but some people experience a tingling or burning feeling on the skin or an outbreak of blisters or sores. A person can get herpes on their genitals or their mouth (cold sores). There is no cure for herpes but medication can help to reduce the number and severity of outbreaks.

HPV

People with HPV (human papillomavirus) usually have no symptoms. Some types of HPV can cause genital warts. Some types can eventually lead to cancers of the cervix, vagina, vulva, anus, penis or throat. Most cases of HPV clear on their own. Genital warts can be treated but they can come back. A safe and effective vaccine can prevent most cases of genital warts and HPV-related cancers. Many people in Canada have received this vaccine.





Hepatitis A

Most people with hepatitis A experience some symptoms such as feeling tired or losing their appetite. The infection usually clears up on its own, but while it lasts it can affect how well the liver works. A safe and effective vaccine can prevent hepatitis A.



Hepatitis B

People with hepatitis B often do not have symptoms. Most people's bodies are able to fight off the infection, but it can affect how well the liver works if it doesn't clear on its own. Treatments are available to help fight the virus and keep the liver healthy. A safe and effective vaccine can prevent hepatitis B. Many people in Canada have received this vaccine.

HIV

Many people have no symptoms when they first get HIV (human immunodeficiency virus), but some people feel like they have the flu. HIV can weaken the body's immune system if it is not treated. There is no cure for HIV but there are medications that help people with HIV to live long and healthy lives. These medications also help to prevent passing HIV to others.



If you are sexually active, it is a good idea to get tested regularly for STIs including HIV.

The chance of getting HIV and other STIs through oral sex

There is very little to no chance of passing HIV through oral sex, but some STIs are easily passed this way.

There is no chance of getting HIV from receiving oral sex or from giving oral sex on an anus. There is very little chance of getting HIV from giving oral sex on a vulva or a penis.

This chart shows how easily common STIs can be passed from different kinds of oral sex if a condom or dental dam is not used. The chart applies to both giving and receiving oral sex (unless otherwise noted).

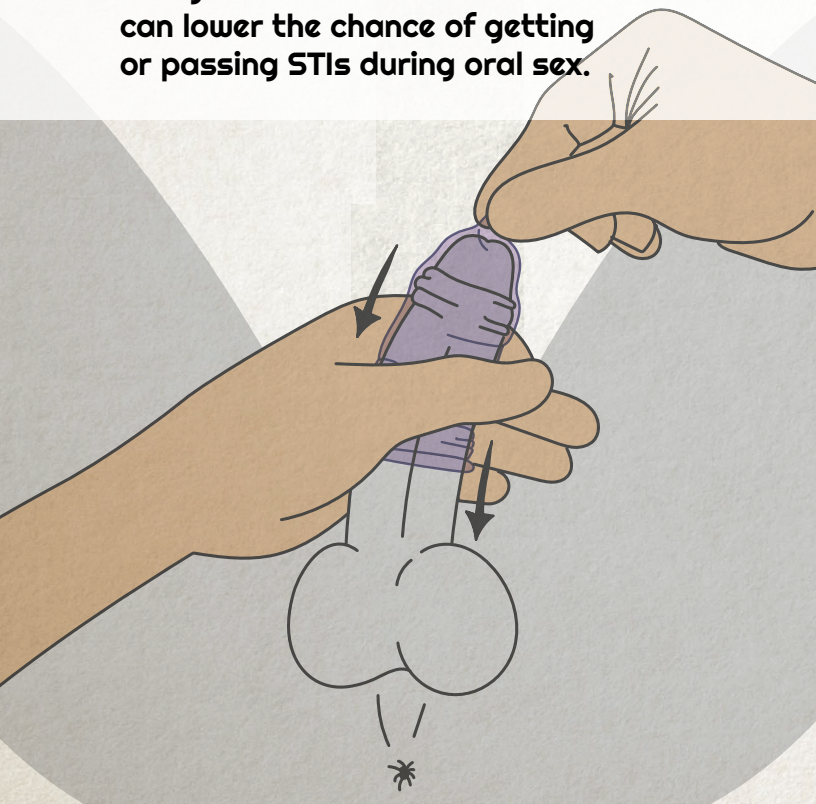
Oral sex on a...	Chlamydia	Gonorrhea	Syphilis	Herpes	HPV	Hepatitis A [☆]	Hepatitis B
Penis (blow jobs)							
Vulva (eating out)							
Anus (rimming)							

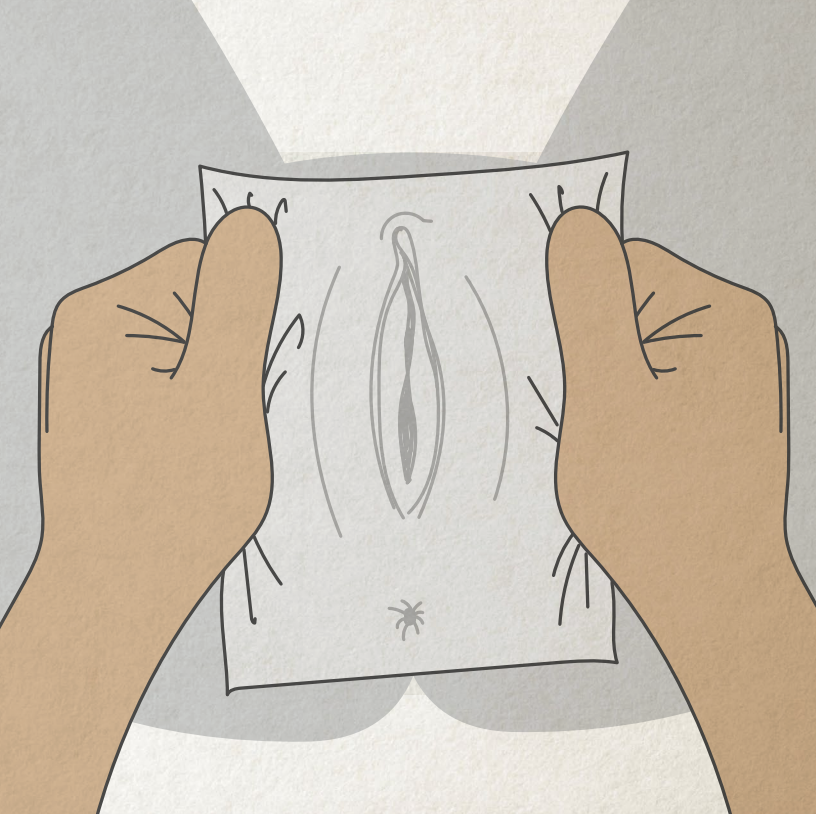
 = easily passed  = less easily passed  = cannot be passed

[☆] A person can get hepatitis A from *giving* oral sex on an anus, but not from *receiving* it.

Condoms and dental dams for safer oral sex

Using a condom or dental dam can lower the chance of getting or passing STIs during oral sex.





Visit a local public health unit, sexual health clinic or HIV organization to get free condoms! Some of these places also have free dental dams.

Other STI prevention methods

Condoms and dental dams can help make oral sex safer. If you also have vaginal or anal sex, here are some ways to prevent HIV and other STIs that you should know about:



Condoms can help to prevent HIV and STIs during all types of sex. Make sure to use them the right way every time you have sex. Don't forget the lube!



People who are HIV-negative can consider taking HIV PrEP (pre-exposure prophylaxis). PrEP involves taking medication to reduce the risk of getting HIV. A person takes PrEP starting before and continuing after they might come into contact with HIV.



HIV PEP (post-exposure prophylaxis) is medication that can be taken up to 72 hours after a person might have come into contact with HIV, to help prevent the person from getting HIV. PEP is taken for 28 days.



People living with HIV can take medications to keep their bodies healthy. When people with HIV are on effective treatment they cannot pass HIV through sex.

If you want to learn more about HIV and STI prevention options, talk to a healthcare provider.



Find services near you



Visit **wheretocatie.ca** or scan the QR code below to find sexual health services near you, like where you can get tested for HIV and other STIs, and where you can get free condoms and dental dams.



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