

Inclusive Safer Sex Options for 2SLGBTQIA+ Communities



WHAT IS SAFER SEX? ✨

Safer sex doesn't mean zero risk! It means reducing the chance of transmitting or acquiring sexually transmitted and blood-borne infections (STBBIs) by using tools and strategies that fit your body, identity, pleasure, and relationships.

Canadian sexual health guidelines recommend combining approaches like barriers, testing, communication, and other options to support sexual health.

ORAL SEX BARRIERS ✨

What: Thin latex or nitrile sheets placed between the mouth and another person's genitals or anus (also referred to as Dental Dams).

Why: Reduces direct contact with fluids and skin that can carry STBBIs during oral sex.

How to use safely:

- Use one per partner and switch when moving between different body areas (e.g., from vulva to anus).
- Add a bit of water-based lube on the skin side for comfort and better coverage.
- Use latex alternatives (e.g., nitrile) if you have a latex allergy.

Reminder: They don't block every type of contact but do lower risk when used correctly.

INTERNAL (INSERTABLE) CONDOMS ✨

What: Condoms designed to be worn inside the receiving partner (e.g., for vaginal/frontal-hole or anal sex).

Why: Provides a barrier inside the body where an external condom isn't used or preferred.

How to use:

- Insert before contact, and remove carefully after.
- Never use an internal and an external condom together. It can cause tearing.

LUBRICATION ✨

Lubrication doesn't stop STBBIs on its own, but it reduces friction and tearing, which lowers the chance of infection entering through small breaks in the skin.

- Water-based or silicone-based lubes are safe with condoms and barriers.
- Avoid oil-based lubricants with latex barriers as they can weaken the material.
- Canadian public health and community guides highlight lubrication as part of safer play.

BARRIER OPTIONS FOR INSERTIVE & TOY PLAY ✨

Insertive play of any kind, including fingers, toys, strap-ons, and harnessed toys, whether penetrative or non-penetrative, and across all bodies, genders, and identities.

Safer practices:

- Use condoms on toys and strap-ons, and change them between partners or types of play.
- Use latex or nitrile gloves for fingers/manual insertion.
- Use barrier wraps or toy covers (latex/nitrile/silicone) that can be swapped easily.
- Clean toys between uses with soap and water or a recommended toy cleaner.
- Use plenty of water-based or silicone-based lube to reduce friction and micro-tears

Why this matters: These practices create a protective surface that limits direct fluid and skin contact, reduce friction, and support safer, affirming sexual experiences, while respecting diverse bodies, identities, and ways people experience pleasure.



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BIOMEDICAL OPTIONS THAT SUPPORT SAFER SEX ✨

PrEP (Pre-Exposure Prophylaxis)

A daily medication that greatly lowers the risk of acquiring HIV when taken as prescribed. It is not protective against other STBBIs, so it's best used alongside barrier methods and regular testing.

PEP (Post-Exposure Prophylaxis)

An emergency HIV prevention treatment started within 72 hours after possible exposure. It's for urgent situations and not a regular prevention method.



REGULAR TESTING ✨

Many STBBIs don't show symptoms, so getting tested regularly helps you make informed decisions about your body and partners. Canadian public health encourages testing based on exposure and sexual activity.

COMMUNICATION & CONSENT ✨

Talking honestly with partners about boundaries, preferences, and safer sex choices is itself a safer sex practice. Some ways to have these conversations:

- "What kind of protection do you feel comfortable with?"
- "Would you like to use a barrier or lube for that?"
- "Let's check in about testing and safer sex before we continue."

Clear, respectful communication builds trust and safety for everyone involved.

WHERE CAN YOU GET HELP WITH PREP, PEP AND TESTING LOCALLY? ✨

Hive Health Services

77 Westmount Road Unit 110, Guelph
guelphchc.ca/hivehealthservices
HIV/AIDS treatment and management, PrEP (pre-exposure prophylaxis) services, Sexually Transmitted Infection (STI) testing and counseling (for our clients only)

Sexual Health Clinics with Wellington Dufferin Guelph Public Health

Various locations (by appointment only)
wdgpublichealth.ca/clinics-classes/immunization-and-sexual-health-clinics
Free condoms, Emergency contraceptive pill (morning-after pill), Confidential Sexually transmitted infection (STI) testing and treatment, Anonymous HIV tests

THRIVE HIV Prevention and Support

104-77 Westmount Road, Guelph and 5-1770 King Street East Kitchener
thrivehiv.ca
Free anonymous rapid HIV self-testing
Trained staff will answer questions you have and walk you through everything you need to begin taking PrEP.

REFERENCES AND RESOURCES ✨

- Public Health Agency of Canada - Sexual Health and STBI Guidelines: National guidance for safer sex practices and risk reduction.
- Sexual Health Ontario - Sexual health information and clinics .
- Action Canada for Sexual Health & Rights - Safer Sex Hub: Practical, inclusive safer sex information covering many barrier methods.
- SexFluent - PrEP and prevention resources in Canada: Information on PrEP, PEP, and HIV prevention tools.
- CATIE-Canada's source for HIV and hepatitis C information