



Transgender/Gender Diverse Safer Sex Education STI/STD Risk Awareness

Kind of sex you're having	<i>Chance of infection being passed to you, IF your partner has the infection at the identified site</i>			
	Not Passed <small>(or possible only in theory)</small>	Not Commonly Passed	Can Be Passed	Easily Passed
Penetrative Sex Categories				
Genital to Genital Penetration - WITHOUT a condom				<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV • HPV • Herpes • Syphilis
Genital to Genital Penetration - WITH a condom		<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 	
Anal Sex - WITHOUT a condom				<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV • HPV • Herpes • Syphilis
Anal Sex - WITH a condom		<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 	
Oral Sex Categories				
Deep Kissing <small>(with tongue)</small>	<ul style="list-style-type: none"> • Chlamydia • HIV 	<ul style="list-style-type: none"> • Gonorrhea • HPV • Syphilis 		<ul style="list-style-type: none"> • Herpes
Oral Sex - WITHOUT a condom <small>(mouth on external genitalia / penis)</small>	<ul style="list-style-type: none"> • HIV (Receiver) 	<ul style="list-style-type: none"> • HIV (Giver) 		<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HPV • Herpes • Syphilis
Oral Sex - WITH a condom <small>(mouth on external genitalia / penis)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 		
Oral Sex - WITHOUT a barrier (dental dam) <small>(mouth on front hole / bonus hole / vagina)</small>	<ul style="list-style-type: none"> • HIV (Receiver) 	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV (Giver) 		<ul style="list-style-type: none"> • HPV • Herpes • Syphilis
Oral Sex - WITH a barrier (dental dam) <small>(mouth on front hole / bonus hole / vagina)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 		
Rimming - WITHOUT a barrier (dental dam) <small>(mouth on anus)</small>	<ul style="list-style-type: none"> HIV 	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia 		<ul style="list-style-type: none"> • HPV • Herpes • Syphilis
Rimming - WITH a barrier (dental dam) <small>(mouth on anus)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 		
Other Sex Categories				
Masturbation	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV • HPV • Herpes • Syphilis 			
Hand Job <small>(hand to genital stimulation)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 		
Fingering <small>(fingers in anus or front hole/bonus hole/vagina)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 		
Genital to genital non-penetrative contact <small>(skin to skin, WITHOUT the sharing body fluids)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 		<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 	
Genital to genital non-penetrative contact <small>(skin to skin, WITH the sharing of body fluids)</small>		<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV 	<ul style="list-style-type: none"> • HPV • Herpes • Syphilis 	
Sharing sex toys <small>(WITHOUT condom / NOT cleaned between uses)</small>			<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV • HPV • Herpes • Syphilis 	
Sharing sex toys <small>(WITH condom / cleaned between uses)</small>	<ul style="list-style-type: none"> • Gonorrhea • Chlamydia • HIV • HPV • Herpes • Syphilis 			

****A note on language:** In this handout terms such as 'external genitalia/penis', 'front hole/bonus/vagina' and 'anus' are used to describe the different body parts. This is just so you know what is being discussed, as different communities can use similar words for quite different body parts - particularly in reference to genitals. When talking about yourself, or being referred to by others, we encourage you to use and request the language you feel most comfortable with instead! For more information about affirming language for bodies, go here: <https://bit.ly/2PWFU2E>

**** A note about lube:** Proper lubrication is essential. Not enough lubrication can cause micro tears and other irritations that can increase your STI/STD risk. The ingredients of your lubrication also matter. Many contain added salts, sugars, and chemicals like propylene glycol - all of which can cause additional microtears, irritations, and stop your mucosal cells from functioning properly. Look for lubes without these harmful ingredients. In addition, there are several products that cater to specific needs such as hormonal changes, aging, allergies, etc. Lubricant is as personal as your fingerprint! Don't be afraid to keep searching for your perfect fit. One of our favorites is **Aloe Cadabra** - a lube specifically designed to help hydrate and lubricate for people who are going through hormonal shifts/changes.

**** The chances with condoms** are based on the knowledge that sometimes condoms break, slip off, or are incorrectly used. If a condom is used perfectly, the chance will be lower. If the condom breaks or slips, the chances are the same as if the condom wasn't used. Also, condoms are less effective against infections that can be spread by skin to skin contact (syphilis, herpes, HPV).

**** The chances of HIV being passed can depend on viral load.** For example, the chances are lower if your partner is on treatment for HIV and has an undetectable viral load.