



Lesbian Health
Action Group



Kelly Humphries Photography

Burning Rubber

Latex for hot woman-on-woman sex

Condoms? What condoms?

While there is indeed some truth to the point that lesbians don't exactly need to use condoms (especially if there is no male genitalia involved), lesbians can however use them to prevent themselves from catching nasty STIs.

When we talk of condoms, we in truth talk about latex barriers, which are one of the most effective ways of stopping STI transmission amongst women who have sex with women.

Yes, perhaps to some, eating latex is indeed not as attractive as eating pussy, but there are ways to keep it super sexy and at the same time, super safe.

Using Condoms

Condoms can be used to protect you and your partner, as well as increase the life span of your sex toys if you use them for sexual activity. Don't know how to roll a condom down your toy properly? Let's use the age-old banana technique for some help.

- 1 Open the condom packet... gently. As simple as this sounds, if you rip the condom packet too hard (due to eagerness, sharp teeth or otherwise), you may risk damaging the condom inside as well.
- 2 Determine which direction the condom is rolled.
- 3 Place the reservoir (tip of the condom) on top of the toy and unroll it down the toy gently.
- 4 Lube up and enjoy!

Use water-based lubricant with your condoms to avoid them breaking and never use the same condom when penetrating more than one person. Change condoms when changing partners!

Note: Even though you use a condom in your sex toy use, it does not give you a reason not to wash your toys after every hot session. If your condom breaks by accident, it only takes a small tear in the latex for bacteria to travel from person to person. (Because bacteria don't need first class, they can ride economy and still reach their destination).



Dental Dams? What are they?

Dental dams are an A5 sheet of latex you place over your partner's genitals to avoid coming into contact with her vaginal fluids. Unlike condoms, you won't find them on the shelves of your local grocery store.

Dental dams are available from the Lesbian Health Action Group or through pick up anytime at Queensland Association for Healthy Communities. Don't worry, when you ask for one, nobody will bat an eyelash at you. There's no need to be embarrassed.

However, dental dams can be fashioned easily from a glove and a pair of scissors.

Follow these simple instructions:

- 1 Cut 4 fingers off the glove, leaving the thumb in place
- 2 Slit up the side opposite to the thumb
- 3 Rinse talcum off the glove
- 4 Put some water-based lubricant on the side with the thumb protruding
- 5 Place the lubricated side on your partner's vulva
- 6 Hold the glove in place with both hands, or have your partner hold it covering her labia
- 7 Use your tongue to stimulate your partner. Insert your tongue into the thumb for extra fun!
- 8 After sex, dispose of the glove safely and wash your hands.

Note that you should never share the same dam, ever.

If you experience sensitivity to latex, find non-latex gloves from your chemist or grocery store.

Lube is used for the extra sensation and that slippery feeling, reduces the risk of abrasions and cuts out the opportunity for bugs that cause infections to move into the blood system.

Using lube also reduces the risk of the latex breaking and avoids the awkwardness that comes with needing to make a new dam, because getting out a pair of scissors and fumbling with another glove is indeed very... "sexy".

If you're not too fond of the taste of glove, place some flavored lube or other sexy liquid like chocolate sauce (On your side only, never use them on the side against your partner's pussy).