**Have a ??? Email sextalk@u.arizona.edu**

**factoid**

54% of UA students are single or casually dating.  
(Wellness 2001, n=220)

Q. What is a “quief?” I don’t know and no one will tell me.

A. The term is “queaf” and simply put, it is a vaginal fart. Occasionally during intercourse, sexual play or in certain physical positions, excess air will get forced into the vagina. When that air is expelled, it may make a sound similar to that of a fart. This sound is called a “queaf.”

Q. Where can you get free testing for STD’s?

A. STD testing is available for $10 at the Pima County Health Department. This is the cheapest rate in Tucson, and they will not turn anyone away for lack of money. Testing is available Monday-Friday at the Theresa Lee Clinic, located west of downtown at 332 South Freeway (on the I-10 frontage road). Clinic hours vary. Call 624-8271 for testing times.

Q. I have never heard of dental dams. What are they? What do they do?

A. A dental dam is a 6-inch square sheet of thin latex commonly used in dental practice, and occasionally used as a protective device from STD transmission during oral-vaginal or oral-anal sex. Here are some basic steps for using a dental dam:

1. Rinse the powdery talc from the dam and pat or air dry.
2. Put water-based lubricant on the side that faces the female genital (vulva) or anus.
3. Place dam on the vulva or anus -- it should cover the entire area and should be held at both edges. Do not move the barrier back and forth between the vagina and anus as this can cause infection.

Although dental dams are recommended for safer sex, no documentation exists about how effective they are for HIV/STD prevention. Dental dams can be purchased at the Campus Health Pharmacy for $0.75 per sheet.