

# sextalk.

answers to your questions about sex and relationships

**factoid** Nearly 3 of 4 Americans between the ages of 15 and 49 has been infected with genital HPV in their lifetime. (American Social Health Association, 2006)

**Q.** I'm a woman and I'm pretty aware of all the risks associated with sex with guys, but I feel less sure about what I should worry about when having sex with a woman I don't know very well. Do you know of a good resource (maybe a web page) that discusses this?

**A.** You are smart to be aware of this all too infrequently discussed issue. Women who have sex with women *can* pass certain infections (bacterial vaginosis, hepatitis, herpes, HPV, trichomoniasis, and yeast infections, etc.) through sex play. The transmission of HIV from one woman to another is rare but certainly possible.

To reduce your risks, keep your partner's body fluids out of your body – vagina, anus, or mouth. The body fluids to be most careful about are blood, vaginal fluids, and the discharge from sores caused by sexually transmitted infections. Barriers – including dental dams, Glyde™ latex dams, or even household plastic wrap – can reduce the risk of transmitting an infection during oral sex. If you use sex toys such as vibrators or dildos be sure to clean them well if you are sharing them with your partner.

Below are two excellent websites with resources for women having sex with other women:

- [www.wingspan.org](http://www.wingspan.org) – a local center for lesbian, gay, bisexual, and transgender resource center
- [www.lesbianstd.com](http://www.lesbianstd.com) – just what the title says
- [www.goaskalice.columbia.edu](http://www.goaskalice.columbia.edu) – an online Q & A website designed for college students

**Q.** My roommate says that once she gave her boyfriend twenty blowjobs in two days and he came every time. I say that's impossible. Who's right?

**A.** While physically possible for a young man – an older man would be less likely to respond so quickly. During the sexual response cycle men have a refractory period (the period of time following orgasm in the male during which he cannot experience another orgasm). The time varies from person to person, depending on the strength of sexual stimulation, frequency of ejaculation, and age.

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)

SexTalk is written by Lee Ann Hamilton, M.A., CHES, Melissa McGee, Ph.D., MPH & David Salafsky, MPH, health educators at The University of Arizona Campus Health Service.

