

# sextalk.

answers to your questions about sex and relationships

**factoid** Alcohol disrupts nighttime sleep cycles & worsens the quality of sleep, even though it sometimes causes people to fall asleep faster.

## Q. If I jack off and then finger my girlfriend, could she get pregnant from the semen on my hand?

A. The chance of pregnancy from the situation you describe is highly unlikely – but not impossible. To put this in perspective, let's first describe the ideal situation for getting pregnant. Conception is best achieved when the penis is positioned inside the vagina during ejaculation, and when the woman is at the most fertile stage of her menstrual cycle (the days shortly before, during, or shortly after ovulation).

While finger sex has a very low risk of pregnancy, you can make sexual exploration much safer for your girlfriend by washing your hands after masturbating. Use soap and water or generous amounts of hand sanitizer. This will also help reduce the chance of spreading a sexually transmitted infection between partners.

## Q. Can semen penetrate clothing?

A. While this is a concern that many aroused college students have worried about, not many agencies fund this type of research. Semen penetration may depend on several factors such as, 1) how much fluid is ejaculated, 2) how thick is the clothing, 3) are all parties involved wearing clothing, or 4) does one person have bare skin? If semen soaks through clothing that is in very close contact with a partner's genitals (for example – thin underwear that presses tightly against the labia of a woman or the anus of a man) it is possible to transmit semen from one person to another.

The chances of getting pregnant with your clothes on are quite low. The odds are probably higher for transmitting a sexually transmitted infection (STI) while dry humping. The best way to reduce your chance of getting an STI is to avoid skin to skin contact.

## Q. How long do sperm live outside the body?

A. Not very long. While sperm can live up to five days in an ideal environment beyond the cervix with just the right temperature, moisture and pH, they can only survive a few hours inside the vagina, and even less outside the body exposed to air.

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

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