

## Giving Good Blow Jobs

Remember that every guy's erogenous zones are different. Try:

- stimulating the head of his penis (glans), the little strip of skin that links the glans to the shaft of his penis (frenulum), his balls, the area of skin between his anus and his balls (perineum), the inner thighs, and his anus (see our safer rimming pamphlet for information).
- a variety of long and short strokes with your tongue.
- blowing on him especially after you've moistened his dick with your tongue.
- touching him to heighten what you are already doing with your mouth, or simultaneously stimulating other areas of his body while you work over his dick and balls.

## Deep Throating?

Deep throating, or taking a cock deep in your mouth so that it touches the back of your throat, can cause tiny abrasions and inflammation, making you more susceptible to STIs and HIV. There are also more immune cells in the back of the throat, which HIV likes to target. Using a condom when deep throating can reduce your risk of infection for HIV, gonorrhea and chlamydia.

## Sensitive to Latex?

Try polyethylene or nitrile condoms (offered by most major condom manufacturers). They warm up with increased sensitivity when worn for 15 minutes or more.

For more information about safer oral sex and rimming, visit  
[www.actoronto.org/oralsex](http://www.actoronto.org/oralsex)

## Other ACT Online Resources

[actoronto.org/gaymen](http://actoronto.org/gaymen) (safer sex tips, what we do)  
[thesexyouwant.ca](http://thesexyouwant.ca) (safer sex beyond condoms)  
[handydandy.ca](http://handydandy.ca) (safer sex tips)  
[torontovibe.com](http://torontovibe.com) (safer party tips)  
[HiMyNameIsTina.com](http://HiMyNameIsTina.com) (crystal meth info)  
[actoronto.org/portugues](http://actoronto.org/portugues) (informação em português)  
Contact us for resources in other languages.

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Revised and reprinted, March 2013.



Nationalized and printed with assistance from CATIE.  
CATIE Ordering Centre Catalogue Number: ATI-26071.

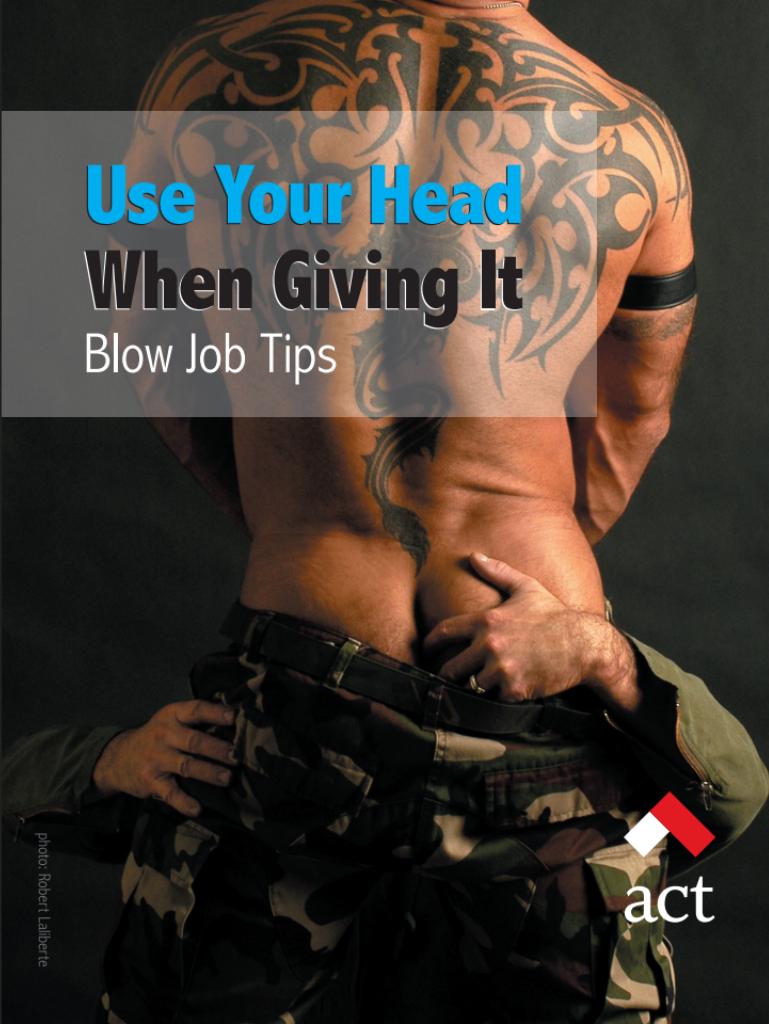


photo: Robert Laliberte

## **How Safe Is Oral Sex?**

(also known as giving head, giving a blow job, sucking cock)

Your risk of getting or passing on HIV during oral sex is low. However, you can get or pass on other sexually transmitted infections (STIs) during oral sex. Gonorrhea, herpes, syphilis and other STIs are still here and some are becoming resistant to treatment. Having an STI can increase your risk of getting or passing on HIV during unprotected anal and oral sex.

## **Why Should I Worry About Syphilis and Oral Sex?**

Over the past few years, we've seen an increase in syphilis among gay and bi men in major Canadian cities. Syphilis (which sometimes shows up as painless sores or a non-itchy rash) can be transmitted by skin to skin contact, and while it can be cured, syphilis does not always have noticeable symptoms. If you have syphilis, but don't know it, and the infection goes untreated, there's a 40-percent chance you will experience damage to your major organs in the late stages of this STI. If you're HIV-positive, untreated syphilis can make you very sick in a short time.

## **Safer Sucking Tips to Prevent Syphilis and Other Infections**

- Before giving a blow job, look at your partner's dick: open sores, lesions, warts, or oddly-coloured discharges can indicate an STI.
- Be aware of any cuts, abrasions or sores inside your mouth, or on your tongue. Rinsing with salty water is one way to check – stinging or soreness is a good indicator that you should take special care. Cuts and sores increase your risk for STIs during oral sex, and can increase your risk for HIV as well.
- If you've got an open sore in your mouth, it's recommended to protect yourself with a condom when giving a blow job.
- If you brush or floss your teeth, wait at least 30 minutes before sucking. If you smoke or have nutritional problems, your gums can take up to two hours to heal.
- Using a condom during oral sex reduces your risk for STIs.
- Unlubricated or flavoured condoms can make for a more enjoyable blow job.
- Don't share sex toys if you use them for oral sex. Put a condom on a dildo just as you would on a cock.

## **Other STIs and Their Symptoms**

- Chlamydia: clear or creamy discharge.
- Gonorrhea: white, yellow or green pus discharge.
- Hepatitis A: normally not a risk during oral sex, but if the cock you're sucking has even trace amounts of shit on it, you're at risk for hepatitis A.
- Hepatitis B: transmitted through pre-cum, cum, vaginal fluids and sometimes saliva.
- Herpes: cold sores on and around the mouth or genitals.
- Human papillomavirus (HPV): warts, mostly found on the genitals.
- Lymphogranuloma venereum (LGV): a rarer form of chlamydia that causes your glands to swell painfully.

Many STIs have no noticeable symptoms, so regular checkups are a good idea. Make sure you have a doctor you feel comfortable talking to about your sex life.