

Welcome to my new home at Agenda. My alter ego, Safety Girl is wet with excitement to be invited here with the objective of exploring sexuality with the Agenda readers.

Being a sex-positive advocate going on ten years, it seems the more I learn about sex and eroticizing safer sex, the more there is to learn. It is my mission to explore the many aspects of sexuality and to expose them in a nonthreatening, friendly and sexy manner. I'm not into preaching, being a bully expert on the subject, or condemning certain sexual acts. My main objective is to get people talking about sex. Talking about it is the first step to becoming educated, expressive and more receptive to enjoying it.

Sometimes people call me a "sex-pert" or expert, but this title is not my choice. I prefer to be called a "sex-learner" someone not ashamed or embarrassed to share with the public what I'm learning. I'm in the same boat as many of you, someone that loves sex, pleasure, and human contact. I am curious about the kinky side to sex and want to learn more. I'm also an exhibitionist who is extremely comfortable in expressing my sexual side publicly. For me, this is an exhilarating opportunity to be able to do what I love to do with all of you!

People write me with many different kinds of questions regarding sex and safer sex, and I'll share them with you each month in this column. This month we welcome our "Anonymous Amy".

How safe is oral sex?

Hi Safety Girl,

I love giving men oral sex and have been doing it since my early teens. I remember that when I was young and just started giving blow jobs I asked a relative of mine who is a nurse about condoms but she told me that there is little risk with oral sex.

So I started sucking guys off regularly without worrying about protection. I have always made sure the guy climaxes inside my mouth and I then swallow the semen. Since I started college, I have been doing it even more often. I have to admit that I have always found it an incredible turn on when I get a guy to ejaculate in my mouth<blush> Luckily I have never had any problems but now I am interested in protection. What can you tell me about cock sucking with a condom? I still want to be able to bring guys to satisfying orgasms in my mouth. I have been told many times that I am very good at it :)

Thanks for your help!

Love,
Anonymous Amy :)

My Sweet, Anonymous Amy,

I can relate to your loving to give oral sex. I like to think of it as a sensuous mouth dance; the objective is to create your own space to move around in, trying out new moves, getting into it, feeling free to express yourself with out words. You're smart in wanting to know the risks to oral sex. Many people disregard oral sex as potentially harmful because HIV and The AIDS virus have stolen the spotlight. The fact is that oral sex is "low risk".

When I say "low risk" don't mistake it for "no risk". When "receiving" oral sex the risk is low for HIV and other Sexually Transmitted Infections. Infections that are more common would be Herpes. People often confuse cold sores with Herpes. So lets get it out in the open right now, if someone has a "cold sore" on their lips they actually have the herpes virus. If they have oral herpes and they give you oral sex, you could get genital herpes this way. I understand that you want to know the risks of being the giver. In order to answer you I have to explain the risks in general.

The "cold sores" are actually Herpes I; they are transmitted by direct physical contact with the blister that the virus causes. The virus can be transmitted at any given time, but is more infectious when the symptoms are there. The tingling sensation on the area of infection is the first symptom. The blister usually surfaces next, and can be painful and ugly. If you or sweetie has symptoms due to a "cold sore" (oral herpes), you would both be at risk of getting genital herpes through oral sex.

However, Herpes is not the only Sexually Transmitted Infection you should be concerned about. When being the "giver" of oral sex, your risks of infection with HIV and other STD's is higher. HIV, Gonorrhea, Herpes, Hepatitis B, are just a few of the Sexually Transmitted Infections possible. Coming into direct contact with pre-cum, seminal fluid, vaginal secretions, menstrual blood etc will greatly effect your chances of contracting something, so I would most definitely recommend a latex barrier to help protect you. I would also recommend that you refrain from brushing your teeth or flossing within an hour of contact. Lastly, don't hold the cum in your mouth, either spit or swallow directly afterwards.

I know that a lot of guys complain about how condoms interfere with the sensitive pleasure derived from oral sex. That's just too damn bad. Frankly, I have yet to hear of someone refusing oral sex because of condoms, especially since there are an array of different kinds. Experimenting with different kinds of condoms is the best way to find the perfect one. Besides that, I have gotten very good at putting a condom on using my mouth. (Practice girl) It's very erotic. For a more intense blow-job, try using the silver bullet vibrator on your cheek. No condom can insulate the intense vibrations of this little baby.

For oral sex on women, I highly recommend the above with the exception of cutting the condom to make a square, using dental dams or preparing a saran wrap panty. Don't forget that "rimming" or "ass play" needs the same precautions.

The amino acid called L-lysine works wonder to conceal "cold sores" for herpes I and II. The idea is to take it before they appear, at the first sign of tingling. For additional information contact your local health department and/or Planned Parenthood.

Sensually,
Safety Girl

Editors' Note:

We welcome Safety Girl to our pages, and invite readers to email letters to her at curious@safety.com, or to write her via Agenda—we will pass along letters unopened.

For more information see her website at www.safetygirl.com, or her Community Television Network show "Get Curious With Safety Girl" which airs the first Tuesday of the month at 9pm on channel 9 or 17, and replays the following Thursday at 10pm and Monday at 11:30pm.

Here is an essay abridged from her website that conveys the story of Safety Girl:

OUTERCOURSE: AN ALTERNATIVE TO INTERCOURSE AND THE EXCHANGE OF BODILY FLUIDS

As a sexually active woman I am concerned about all the sexually transmitted diseases, including HIV—the virus that causes AIDS and the risk of pregnancy. I am concerned because of a personal experience. Due to my concerns and fears I developed a character "SAFETY GIRL" to help me learn more and possibly help others.

Early on, I was invited to give a presentation at Eastern Michigan University's women's center, on alternatives to intercourse with the use of

"sex recipes" and sex toys. Forty women and a few teenage daughters listened and interacted with me for approximately two hours. The presentation was a success ... two African American 17-year-old girls came up to me and said, "This presentation was cool and you're cool too!" It was at this presentation that I told my story about how I became SAFETY GIRL. I was a single mom at the age of seventeen, I contracted chlamydia (a curable sexually transmitted disease), lost my son's twin and became fifty percent sterile due to the infection of my cervical canal caused by the disease.

For several years now, I have been giving presentations (which are more like parties) that relate risks but focus

on the positive aspects of intimacy instead of on the negative side of sex. I hear over and over again from young adults, "Thank you, your program has opened me up to new forms of pleasuring." Or "My boyfriend and I were thinking about having intercourse, but with your help we've decided to wait and to try "Outercourse"! And many responses such as, "I now have a way of bringing up the topic of Safer Sex by using your program as an opener." What I am hearing from these people is that they want to be intimate, they just don't know how because all we've been taught is penetration, contraception and the internal plumbing.

One of the first things I say at my programs is that I guarantee everyone

will be turned on before it's over. This is much more real than thinking they want to abstain or want to learn what a condom is. I truly believe in educating about abstinence and condoms especially, but I feel it should definitely go farther than that. I feel that if we are up front with our audience's about the mysteries and taboos of sex, we will eventually evolve into educated, well-informed and self-assured individuals who are able to accept our sexuality and communicate with significant others about it without fearing rejection or unwanted stress.

I try to be up front and give people what they really want: ways to give and receive pleasure, while feeling confident and safer!

THIS MODERN WORLD

by TOM TOMORROW

