

What is Sex?

Sex means different things to different people. Sex can include:

- Vaginal sex (penis in vagina)
- Oral sex (mouth to genitals)
- Anal sex (penis in anus)
- Dry humping or genital rubbing
- Fingering or hand jobs (hand to genitals)
- Masturbation (touching your own genitals for pleasurable feelings)
- Mutual masturbation (two or more people touching their own genitals for pleasurable feelings, together)

Before you have any kind of sex you need to make sure you and your partner are comfortable with having sex. You also need to consider using condoms or dams to protect yourself from sexually transmissible diseases, blood borne viruses and unplanned pregnancy.