

**ONE OF THE BEST WAYS TO STAY
EMOTIONALLY AND SEXUALLY HEALTHY
IS TO TALK TO A PROFESSIONAL.
FOR MORE INFORMATION.....**

Come visit the Sexual Health Centre!

We offer free confidential services.
Our services include:

- **Free Condoms**
- **STI testing and counselling**
- **Birth control counselling and clinics**
- **Pregnancy testing & options**
- **Emergency contraception**
- **Anonymous HIV testing**
- **Counselling for females and males**
- **Free**
- **Confidential**

THE SEXUAL HEALTH CENTRES ARE LOCATED AT:

Fort Erie Sexual Health Centre

43 Hagey Avenue
Fort Erie, ON L2A 1W4
Phone: 905-871-5320
Fax: 905-871-3333

Hours of Service

Tuesday - Friday
9am - 12pm

Niagara Falls Sexual Health Centre

5710 Kitchener Street
Niagara Falls, ON L2G 1C1
Phone: 905-358-3636
Fax: 905-358-2717

Hours of Service

Monday - Friday
1pm - 4:30pm

St. Catharines Sexual Health Centre

277 Welland Avenue
St. Catharines, ON L2R 2P7
Phone: 905-688-3817
Toll Free: 1-800-263-5757
Fax: 905-688-6063

Hours of Service

Monday - Friday
8:30am - 12pm
1pm - 4:30pm

Welland Sexual Health Centre

540 King Street
Welland, ON L3B 3L1
Phone: 905-734-1014
Fax: 905-734-1770

Hours of Service

Monday - Friday
1pm - 4:30pm

*** Clinic/Doctor services available by appointment only**

Mediklik - STI Clinic

St. Catharines General Hospital
142 Queenston Street, St. Catharines, ON
Tuesday & Thursdays - 6:00-8:00 p.m.
Walk-in Clinic - no appointment required

**AIDS & SEXUAL INFORMATION LINE TOLL FREE
1-800-668-2437**

www.regional.niagara.on.ca



ANAL SEX

This pamphlet is designed to help you make a decision about anal sex.

Part 1: gives you steps for decision making.

Part 2: explains the risks of anal sex.

Part 3: explains how to have safer anal sex.

What is anal sex?

Anal sex is a type of sexual activity in which a penis, sex toy, or finger goes into the anus or rectum. Both men and women can participate in anal sex.



Niagara Region
PUBLIC HEALTH

Part 1: Decisions

It is only your choice whether you want to have anal sex. Use these steps to help you make your decision.

1. Take a step back from the situation. Think about these questions.

- Why am I thinking about having anal sex?
- Am I feeling pressured?
- Is this something I really want?

2. Think about what you know:

- Learn more about the risks.
- Be honest with yourself about your feelings.

3. Think about the effects to you personally.

- How will I feel about myself afterwards?
- How will I feel about my partner?
- Am I willing to risk getting an infection?

4. What's my decision?

- It's your right to say no.
- Wait until you're ready.
- Do not feel pressured to do it.

Part 2: Risks

- Unprotected anal sex is a very risky sexual behaviour. The rectum is more likely to tear, making both partners at higher risk for STIs.
- People having unprotected anal sex are at risk for STIs such as, Herpes, Genital Warts, Syphilis, Gonorrhea, Chlamydia, and HIV.
- People may also become infected with stomach infections such as E-Coli, Salmonella, Giardia, and Amebiasis, and the liver infection Hepatitis A, by coming in contact with infected fecal matter.

Part 3: Safer Anal Sex

Here are some ways to reduce your risk of getting a Sexually Transmitted Infection:

- **ALWAYS** use a latex condom.
- Use plenty of water based lubricant, such as AstroGlide or KY, to prevent the condom from breaking.
- Make sure the area is clean and that the bowels are empty
- Always wash the penis, sex toys, or hands between anal sex and vaginal sex.
- A lot of people find that anal sex hurts. If it hurts, stop. You may be risking an injury, such as painful anal tears. Talk with your partner about stopping when either of you say so.