

**SEXPERTERNA**



**ABOUT SEX**

## ***WHAT IS GOOD SEX TO YOU?***

Our sexuality gives us the opportunity to have amazing experiences. We can have sex and seek out sexual pleasure for a lot of different reasons: because it feels good, because we want to feel intimacy, because we feel turned on and excited, with feelings of love, passion, tenderness, excitement, and curiosity. Having sex with yourself is a good way of finding out what you like and what you don't like – trying different things on your own to discover what you enjoy. That helps you to be able to show others what you want, so you can explore all the wonderful possibilities of sex together. Give yourself time to really explore your body and your pussy. Get to know yourself!

Sex between women is a form of safer sex. The risk of transmitting HIV between women is very low. So, you can have lots of great sex with women without having to worry about HIV or unwanted pregnancies. But there are still some things you may want to think about in order to minimise the risk of transmitting infections, and in order for you to feel well and stay healthy. That's what this brochure is about.

### ***DESIRE AND SEXUAL PLEASURE***

There are a lot of different ways to achieve sexual pleasure, and a lot of different reasons for doing so, as we mentioned above. There are so many ways of having sex – your imagination is the only limit. Imagination can play an important role both before, during and after sex, and you're the only one who gets to decide where your imagination



goes. You are also the only one who gets to make decisions about your sexual desire. People's levels of sex drive and sexual desire can change throughout life, regardless of gender. Some people want to have sex often, some want it more seldom. Also, there are different kinds of sexual desire. Sometimes desire comes out of nowhere and you feel turned on for no specific reason. Other times, desire can come as a response to stimuli, such as touch, physical closeness, sexual contact. That is called responsive desire. It is not the same thing as having sex without really wanting to, just because someone else wants it – responsive desire means that you want to have sex but need sexy things to start happening in order to get your desire going.

Your levels of desire can also vary over time when it comes to what you like doing

sexually, or you may desire different things depending on who you are having sex with. It is also common to feel like you get stuck in a routine where you do the same things or take the same roles in sex. Changing things up and trying new things can help change your sex drive and desire and give you a better sex life.

All sex that feels good and is wanted by everyone involved is good sex, no matter how often or how seldom you have it. Three common terms used around sex are vaginal, oral, and anal sex, but these categories include a lot of different ways of having sex. Oral sex means using your mouth and tongue to stimulate someone's pussy. Vaginal sex can involve fingers and hands, or rubbing your pussy against someone else's pussy, thigh, or other body parts. You can use dildos, sex toys and strap-ons in and



around someone's pussy and/or ass. Some other things that can be sexually pleasurable are masturbating together or sending each other sexy texts or pictures. Find the things you enjoy doing, on your own or together with others.

## ***SEXUALLY TRANSMITTED INFECTIONS (STIs) AND HIV***

It is uncommon for serious infections such as HIV to be transmitted between women. In the few cases where this has happened, blood has probably been involved – menstrual blood or blood from a sore, and probably from someone who is not receiving appropriate medical treatment. But there are other STIs that can be transmitted between women: chlamydia, gonorrhea and herpes. Chlamydia is the most common STI in Sweden. It is a bacterial infection that can be treated with



antibiotics. Herpes is a virus that is easily transmitted and difficult to protect yourself from. It does not usually cause any serious health problems, but it can be uncomfortable and painful at times. There are medicines that can help relieve the symptoms. Some other sexually transmitted infections are gonorrhea, syphilis, HPV, and genital warts. Vaginal infections in general can also be transmitted through sex, as well as bacterial vaginosis. Good hygiene is important in order to prevent transmission of things like yeast infections between sex partners.

The risk of transmission varies depending on what the infections are and what kinds of sex you are having. This is true for people of all genders. Some examples of sexual activities that can transmit STIs are rubbing pussies against each other, vaginal or anal sex using fingers, hands or sex toys, fisting, sharing sex

toys, and oral sex. The infections can be transmitted whenever mucous membranes (the surfaces in the vagina, the anus, the mouth and throat and the urethra) touch other mucous membranes or body fluids such as vaginal fluid, blood, or semen.

It's good to keep in mind that some women who have sex with women also have – or have had – sex with men. This means that many have run the same risk as a heterosexual woman of getting an STI, which can then be transmitted to another woman. In order to avoid this, we encourage regular testing for STIs.

### ***WHAT IS SAFER SEX FOR WOMEN WHO HAVE SEX WITH WOMEN?***

Sex between women is a form of safer sex, and the risk of transmitting HIV is almost

non-existent. However, there are some simple things you can do to minimise the risk of STIs and stay healthy:

- Avoid oral sex if someone has sores around or in their pussy, their mouth, or their lips.
- If you use sex toys, use condoms on the toys.
- Change condoms between each person if you take turns using the toys.
- Also change condoms between using a sex toy in someone's pussy and in their ass.
- Clean your sex toys with soap and water, or with special cleaning fluid for sex toys.



- If you do vaginal or anal fisting, it's a good idea to use latex gloves and a lot of lube.
- Some STIs can be transmitted through rubbing pussies against each other, or via fingers and hands.
- Go to your appointments for cervical screening tests when you are invited to, even if you only have sex with women.
- Regular testing for STIs is a good way to make sure you stay healthy, and that you can get treatment for any infections at an early stage.

If you want to learn more about safer sex, there is a lot of information online. If you are 20 or younger, we recommend [youmo.se/en](http://youmo.se/en).

If you are older, there's great information at [en.sexperterna.org](http://en.sexperterna.org).

## **TESTING**

Getting tested for STIs can provide safety and comfort, both for you and for the person or people you are having sex with. Regular testing means less worry and more chance of getting treatment quickly for any infections. This is extra important for women, because some STIs can lead to serious complications faster for women than for men. Chlamydia, for example, can lead to inflammation of the fallopian tubes, which can cause sterility in rare cases. The earlier chlamydia is discovered, the quicker you can get antibiotics to treat it.



## **THINGS TO KEEP IN MIND WHEN GETTING TESTED**

- You are entitled to free testing and treatment for HIV, chlamydia, gonorrhoea and syphilis.
- Depending on the STI you wish to be tested for, the healthcare provider may take a blood sample, a urine sample, or a Q-tip swab of relevant body parts. Therefore, it is important that you tell them what kind of sex you have had, so you can receive the correct type of test.

## **A LIST OF PLACES WHERE YOU CAN GET TESTED IN STOCKHOLM**

For contact details, how to book an appointment and more information about each tes-

ting facility, go to [1177.se](http://1177.se) and search for the clinic, or google the clinic you wish to visit.

### **Gynekologiska HBT-mottagningen (LBT Gynecology Clinic)**

This clinic at Södersjukhuset hospital has expertise regarding women who have sex with women. The clinic offers gynecological examinations, STI and HIV testing and cervical smear tests, as well as advice about hormone-related problems, pre-transition advice, advice relating to pain problems and problems with sex.

### **Mama Mia Mottagning för sexuell hälsa (Mama Mia Clinic for Sexual Health)**

This clinic is in Östermalm and can help with gynecologist visits, testing for STIs, menopause counselling, contraception counselling, sexual health advice, cervical smears, and pregnancy care. There is also

a child healthcare centre and midwife clinic adjacent to this clinic.

### **Stockholms mottagning för sexuell hälsa (Stockholm Clinic for Sexual Health)**

Those who are at least 18 years old are welcome to this clinic located in Vasastan. The clinic offers sexual counselling, advice about sexual health, testing for STIs and HIV, as well as contraception counselling.

### **HBTQ-ung (LGBTQ Youth Clinic)**

This is a clinic located in Södersjukhuset hospital, open to anyone who is LGBTQ and between 13–29 years of age. The clinic offers gynecological examinations, STI and HIV testing, contraception counselling and cervical smears. They also offer counselling in matters concerning identity, relationships or other issues that are connected to being LGBTQ.

### **Ungdomsmottagningar.sll.se (Youth Clinic Website)**

På denna hemsida kan du söka efter vilken mottagning som ligger närmast där du bor eller erbjuder det du behöver hjälp med. På en ungdomsmottagning kan du testa dig för STI och hiv, få preventivmedelsrådgivning, gynekologbesök samt få svar på frågor gällande sex, hälsa och relationer. Gäller för dig som är upp till 23 år.

### **HPV AND CERVICAL SMEARS**

HPV (Human papillomavirus) is a virus that can cause various problems, including genital warts, abnormal cell changes and cervical cancer. HPV is very common, and it's easily transmitted during vaginal or anal sex via fingers, sex toys or rubbing pussies. There is no way to completely protect yourself from HPV, but there is a vaccine that

provides some protection. All fifth graders in Sweden have been offered this vaccine since August 2020, but the vaccine can also be taken later in life. Prices and recommendations vary around the country. Everyone over the age of 23 with the legal gender of female is given an appointment from the health service every three years to get tested for cervical cell changes. It is important that you take these cervical smear tests even if you only have sex with women.

Here's a tip! Take the opportunity to book an appointment for a gynecological examination right after your smear test, so you can get a full overview of your genital health in one visit.



## ***BECOMING A PARENT***

There are different ways to become a parent. In Sweden, women in relationships with women have the legal right to assisted reproduction with donated sperm/eggs. This is also the case for women who want to have children on their own. You can do this at low cost through public healthcare system at affiliated clinics. The number of fertilisation attempts varies around the country, and so does the waiting time, but the queues are usually quite long. At a clinic, you can choose insemination or IVF. Sometimes a combination of the two methods will be used. With insemination, sperm is inserted into the uterus just before ovulation. IVF means that eggs are taken out and fertilised outside the body, and an embryo is then returned to the uterus. The first step in the process is a fertility assessment for the person who wants to carry the child – a gynecological

examination, flushing of the fallopian tubes, blood tests, a health survey, and a review of their medical history. The next step is an individual assessment, which is an interview with a counsellor or behaviourist. Everyone who wants to receive donated sperm or eggs must have this interview – it has nothing to do with your sexuality, it is a way of making sure that the child will grow up in a good environment. When you have gone through this process and been approved, you can start the insemination or IVF. It is also possible to do this through private clinics in Sweden or in another country, but then you will have to pay for the treatment yourself. Another possibility is inseminating at home, but then the partner who is not carrying the child will have to apply to adopt their child in order to legally be the child's parent. Some people choose to become parents together with one or more people in different kinds of constel-



lations. Whichever method you choose, it's a good idea to check with your region what the rules and regulations are and how to handle things legally.

## ***MENTAL WELLBEING***

Many women who are homosexual, bisexual, or queer and have sex with other women are happy with their life and their relationships. But society comes with a lot of norms and expectations that can have a negative impact. Norms around how to fall in love, how to have sex, how to have relationships. Being outside those norms can have negative consequences and impact your mental and physical health in different ways. Depression, low self-esteem, and the stress of being in a minority are some examples. Studies show that bisexual women are extra vulnerable for several reasons, and this is one of the

groups in our society that suffers from worse health than others. Many bisexual women don't feel like they belong anywhere, they feel pressured to "choose a side", not feeling proud of their sexuality or feeling invisible. Lesbian trans women is another group that is often met with a lack of acceptance, even in LGBTQI spaces. Some use alcohol or drugs to cope with their emotions. This can temporarily numb feelings of discomfort and depression, but it is not a good long-term solution to feeling better.

Good health is more than not being sick. But actually feeling good both mentally and physically. One way to start feeling better is talking to others who have similar experiences. That can help with feeling less alone and vulnerable. Sometimes, you may also need professional counselling.

## **MEETING OTHERS AND FINDING SUPPORT**

You can find other LGBTQI people through your local branch of RFSL (The Swedish Federation for Lesbian, Gay, Bisexual, Transgender, Queer and Intersex Rights). For example, RFSL Stockholm has a group for homo- and bisexual women over 35 called Golden Ladies. They have café nights on Tuesdays and sometimes organise parties or dances. You can read more about them at [goldenladies.nu](http://goldenladies.nu)

If you want to find professional counselling, you can contact a primary healthcare centre (vårdcentral) to see a counsellor or psychologist. [1177.se/en/other-languages/other-languages/soka-var/soka-var-om-du-ar-asy/sokande-eller-papperslos---andra-sprak](http://1177.se/en/other-languages/other-languages/soka-var/soka-var-om-du-ar-asy/sokande-eller-papperslos---andra-sprak)

There are also clinics and counsellors who have many years of experience in helping LGBTQI people:

**HBT-hälsan Samtalsmottagning,  
Södersjukhuset (LGBTI Health Clinic  
at Södersjukhuset hospital)**

*sodersjukhuset.se/avdelningar-och-mottagningar/hbt-halsan-samtalsmottagning*

**Suzann Larsdotter:** *www.suzannlarsdotter.se*  
*info@suzannlarsdotter.se*

**Eva Hansson:**

*hbt-mottagningen@evahansson.com*

**OTHER LINKS**

**lesbiskmakt.nu** – a website and a non-profit project whose purpose is to make lesbians and lesbian history visible, organise

events and create safe meeting places. Activities are located all over the country.

**Lesbisk bokklubb Stockholm (Lesbisk bokklubb Stockholm)** – a book club that can be reached via Facebook. The members are women and non-binary people whose sexual orientation is outside the hetero norm. They read lesbian literature and meet up to talk about it.

**5flator.blogspot.com** – a blog about lesbian literature!

**anniesfilmblogg.blogspot.com** – a blog that is only about lesbian movies!

**umo.se** – A website that is primarily aimed at young people/young adults. There is information available about love, sex, the body,

identity, STIs and contraception. English version of the website at [youmo.se/en](http://youmo.se/en)

**clubwish.se** – a separatist association for ciswomen, transgender people and/or intersex people with an interest in BDSM and fetishes.

For those who have children or want to have children and would like to read more information about this, you can visit the following websites:

**[rfsl.se/verksamhet/regnbagsfamiljer-i-vantan](http://rfsl.se/verksamhet/regnbagsfamiljer-i-vantan)**

**[rfsl.se/verksamhet/foralder](http://rfsl.se/verksamhet/foralder)**

**[rfsl.se/verksamhet/foralder/att-bli-och-vara-foralder/tips-och-lankar-for-blivande-och-nyblivna-foraldrar](http://rfsl.se/verksamhet/foralder/att-bli-och-vara-foralder/tips-och-lankar-for-blivande-och-nyblivna-foraldrar)**

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