

**SEXPERTERNA**



**ABOUT SEX**

## ***ENJOY THE MOMENT!***

Our sexuality gives us the opportunity to have amazing experiences. We can seek out sexual pleasure for a lot of different reasons and in a lot of different ways the only limit is your imagination. Having sex with yourself is something many people enjoy. It is also a good way of exploring what you like. When you are with others you can show them what you enjoy, so you can explore all the wonderful possibilities of sex together.

Sex between cis women and people who have a pussy is a form of safer sex, since it can't result in unwanted pregnancies and the

risk of transmitting HIV is very low. But other STIs (sexually transmitted infections) can be transmitted. Safer sex is about minimising the risks of transmitting STIs. It also gives you the opportunity to worry less, so you can focus on what feels good and pleasurable in the moment. Having safer sex is easier if you're prepared and if you have thought about how you want to take care of yourself and the person or people you have sex with. This brochure gives you some advice to take with you on the way.

In this brochure, you can find information for women and people who have a pussy. You can find more information for people with transgender experiences in the brochure "About sex for transgender people", and more information for men and people who have a cock can be found in the brochure "About sex".



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

There are a lot of different ways to achieve sexual pleasure, and a lot of different reasons for doing so. 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 perhaps 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 can mean using your mouth and tongue to stimulate someone's pussy, ass or other parts of the body. Licking or penetrating the ass can also be called anal sex. Vaginal sex can involve fingers and hands, dildos, sex toys or other objects. You can also rub your pussies against each other, or rub your pussy against someone's thigh or other body parts. You can use dildos, sex toys and strap-ons in and around someone's pussy, ass or other body parts where it feels good. 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 and people who have pussies. 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 and people with pussies, such as chlamydia, 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. Mycoplasma and hepatitis B and C can also be transmitted, but it is relatively uncommon. However, vaginal infections in general can also be transmitted through sex between women and people with pussies, such as bacterial vaginosis or yeast infections. 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. Sexually transmitted 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 STIs. These can then be transmitted when having sex with another woman or person with a pussy. In order to avoid this, we encourage regular testing for STIs.

## ***SAFER SEX BETWEEN WOMEN AND PEOPLE WITH PUSSIES***

Sex between women and people with pussies is a form of safer sex, since it can't lead to unwanted pregnancies, and the risk of transmitting HIV is very small. But other





STIs can be transmitted. In order to take care of yourself and the person or people you have sex with, here are some things to think about to minimise the risk of sexually transmitted infections.

- 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 if you switch between different orifices, such as pussy and 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 or people with pussies.
- 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, for example at [en.sexperterna.org](http://en.sexperterna.org), [1177.se](http://1177.se) and [RFSU.se](http://RFSU.se). If you are younger, we recommend [umo.se](http://umo.se).

## **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 and people with pussies, because some STIs can lead to serious complications faster for women than for men and people with cocks. 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.

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 and in which body openings so you can receive the correct type of test. You are entitled to free testing and treatment for HIV, chlamydia, gonorrhea, and syphilis. Get tested if you feel worried, you have everything to gain from an early diagnosis.

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

Search for the clinic you want to visit on [1177.se](http://1177.se) or Google, and you will find more

information about booking, contact details, and the services offered at each reception.

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

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

### **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.

### **RFSU Kliniken (RFSU Clinic)**

This clinic offers STI and HIV testing, contraception counselling, sexual counselling, advice about sexual health, and family/relationship counselling.

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

This clinic, located in Södersjukhuset hospital, is 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 matters that are connected to being LGBTQ.

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

On this website, you can search for the clinic closest to where you live or one that offers the assistance you need. Youth clinics offer gynecological examinations, STI and HIV testing, contraception counselling, and advice on questions about sex, health, and relationships. The youth clinic is open to individuals up to 23 years of age.

### **1177.se**

At 1177.se, you can order free home tests for chlamydia and gonorrhea. Under the 'find



care' tab, you can also search for, for example, 'gynecologist' or 'sexual health clinic' to locate your nearest healthcare facility.

## ***HPV AND CERVICAL SMEARS***

HPV (Human papillomavirus) is a virus that can cause various problems. Amongst other things, it can cause genital warts, abnormal cell changes and cervical cancer. HPV is very common, and it's easily transmitted during, for example, vaginal or anal sex via fingers, sex toys or rubbing pussies. There is no way to completely protect yourself from HPV, but the best way to protect yourself is to get vaccinated against HPV.

All fifth graders in Sweden have been offered vaccine against HPV 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. If you have legally changed your gender to male and still have a cervix, it's good if you book regular checks for cell changes every three years.

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.

## ***TO BE IN GOOD HEALTH***

Many homosexual, bisexual, or queer women who 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 impact your wellbeing. Norms can regard identity, how to fall in love, how to have sex, or 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 minority stress are some examples.

Bisexual women are, according to research, particularly vulnerable and one of the groups that fare the worst in our society. This is due to a variety of reasons. Some bisexual women do not feel at home in either LGBTQI+ or straight contexts, and many may feel the need to “choose a side”. Lesbian transgender women are also a group that may encounter misunderstanding, even within LGBTQI+ contexts. This can in turn,

for example, lead to a lack of pride in one's sexuality or a feeling of invisibility.

Good health is more than not being sick, but to feel good both mentally and physically. One way to start feeling better is talking to others who have similar experiences, which can help with feelings of loneliness or vulnerability. Sometimes, you may also need professional counselling. Contact your healthcare provider and get help to feel better.

## **MEETING OTHERS AND FINDING SUPPORT**

You can meet others by contacting your local RFSL chapter. At RFSL Stockholm, there are several different meeting groups. You can find what suits you at [rfslstockholm.se](https://rfslstockholm.se) under the “activities” tab. If you want to seek professional counseling you can, for example,

turn to a primary healthcare center to meet with a counselor or psychologist. There is help available at clinics and counselors with many years of experience in meeting LGBTQI individuals. In Stockholm, you can for example contact HBT-hälsan counseling services via [sodersjukhuset.se](https://sodersjukhuset.se) and RFSU's counseling services via [rfsu.se/familjerad-givning](https://rfsu.se/familjerad-givning).

## **OTHER LINKS**

### **[Rfslstockholm.se/kvinnor-i-fokus-2](https://rfslstockholm.se/kvinnor-i-fokus-2)**

Information and links for those who identify with the target group lesbian, bisexual and queer women who have sex with women, including cis, trans and non-binary people.

### **[Rfslstockholm.se](https://rfslstockholm.se)**

Find member groups and meeting places.



## **RFSL.se**

Here you can find lots of information related to LGBTQIA+, ranging from elderly issues, becoming and being a parent, to health, sex and HIV, and migration experiences.

## **RFSL.se/verksamhet/stod/rfsls-stodverksamheter/**

Here you can find RFSL's various national support programmes.

## **Umo.se**

UMO is mainly aimed at young people and young adults. It provides information on love, sex, the body, identity, STDs and contraception.

## **Clubwish.se**

A separatist organisation for women, transgender and/or intersex people with an interest in BDSM and fetishes.



## **Lesbiskmakt.nu**

Non-profit organisation that aims to broaden the understanding and meaning of the term 'lesbian'. Creates, share, and sustain lesbian culture and history throughout the country. Organises meeting places, activities, events and networks for women, non-binary and trans people.

Third revised edition, 2023

