
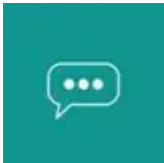
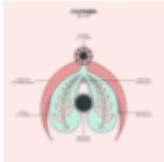


This topic has 7 replies, 6 voices, and was last updated 2 weeks, 2 days ago by  roshnikhanna.

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Author	Posts
November 12, 2019 at 7:05 am	#123156
 eeva235 <i>Participant</i>	<div><div>Like</div><div>0</div></div> <p>Side effects and risks-</p> <p>A few other side effects are possible with anal sex. These include:</p> <p>Spreading STIs. Infections and diseases that are shared during sexual intercourse — such as HIV, gonorrhea, chlamydia, and herpes — can be shared through anal sex. In fact, anal sex is the riskiestTrusted Source sexual behavior for transmitting and getting HIV for both men and women. People on the receiving end (or “the bottom”) of anal sex are 13 timesTrusted Source more likely to become infected with HIV than the inserting partner (or “the top”).</p> <p>Hemorrhoids. Stretching and pushing from anal sex can irritate existing hemorrhoids, but it’s unlikely to cause the dilated and stretched blood vessels inside the rectum and anus.</p> <p>Colon perforation. This is very uncommon, but it’s possible that anal penetration can puncture a hole in your colon. Surgical repair is necessary, so if you experience heavy rectal bleeding and abdominal pain following anal sex, see your doctor.</p> <p>Thanks to all</p> <div><div>Like</div><div>0</div></div>
November 12, 2019 at 12:58 pm	#123162
 sextronaut	<div><div>Like</div><div>0</div></div> <p>Hi @eeva235! It’s true, there’s risks involved when participating in anal sex, but there’s also ways to prevent these risks and keep you safe – so you might not need to say goodbye to anal!</p>

Moderator

There's some great posts here on Playsafe that can help you out.

[How do you have anal sex for the first time?](#) | [All about anal sex](#) | [What is anal sex?](#)

Essentially, the key things you need to stay safe are condoms and lots of lube! These will prevent the transmission of STIs. The anus isn't self-lubricating, and the skin is thin so there is a likelihood of small tears occurring. So, stay relaxed, your anal muscles are strong. Lots of communication is necessary with your partner to keep everyone comfortable.

Like

0

November 13, 2019 at 10:49 am

#123172

[Nurse Nettie](#)*Keymaster***Like**

0

Thanks [@sextronaut](#), those are great points & useful links!

There is absolutely no reason people need to fear anal sex. It's not for everyone, but it can be perfectly safe. STIs aren't a spontaneous result of sex. One person has to have the infection first in order to pass it on to someone else. If both people [get tested](#) first, you can rule that out as a risk. [Condoms](#) & [PrEP](#) or both are also effective strategies to avoid STIs & HIV.

Damage to the anus & rectum are also avoidable. [Lube](#) is a MUST for safe anal penetration. Go gently & be guided by your or your partners body. If something doesn't feel good, that's your body's message to slow down or stop. The most common reason for anal bleeding is haemorrhoids, which can happen to anyone! But yes, if you ever experience bleeding, that is a sign to check in with a doctor.

Anal sex is not new & it's an important part of millions of people's sex life. It's normal & healthy for those who enjoy it. If it's not for you, that's normal & healthy too. We all get to decide what kind of sex is right for us 😊

Like

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March 6, 2020 at 6:10 am

#123850

Like

0

You are definitely right but the thing is there are communities of gays and bisexual men who rely on anal sex. We cannot say that it should be stopped but we can take steps to prevent diseases caused by anal. E.g. we can use condoms to prevent infectious diseases, and by taking a [PrEP](#) pill every day can prevent HIV.

[ericjohnpw](#)

*Participant***Like**

0

March 17, 2020 at 10:11 am

#123882

Like

0

[Nurse Nettie](#)*Keymaster*

@tim2020 its great that you're thinking of safe sex! It's not only gay & bisexual men at risk through condomless [anal sex](#), it's all sexual orientations too. The anus is full of nerves that provide sexual pleasure & people may want anal sex as there is no pregnancy risk. Whilst sex toys reduce the risk (particularly when changing condoms between partners) there is no need to avoid anal sex if [condoms](#) are used correctly.

Like

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March 25, 2020 at 2:40 am

#123960

Like

0

OMG I'm scared after reading this.

[nasty67](#)*Participant***Like**

0

March 25, 2020 at 12:40 pm

#123962

Like

0

Hey @nasty67 as other people have said here, having safe anal sex by using condoms will help protect you from STIs so there is no need to feel scared. You can read more about safe anal sex or beginner anal sex here. <https://playsafe.health.nsw.gov.au/2018/03/19/anal-sex/>

[Raincoat](#)*Moderator*

Like

0

March 25, 2020 at 2:40 pm

[#123963](#)

Like

0

[Nurse Nettie](#)
Keymaster

Hi [@nasty67](#), your resident Sexual Health Specialist here. Make sure to read the replies to the original post before you worry too much about what the OP said. Safe anal sex is pretty simple 😊

Like

0

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When should we start educating on consent? Started by: YogiGirl in: Sex & Relationships	0	1	22 hours, 37 minutes ago YogiGirl
Talking during sex Started by: MintMilano in: Sex & Relationships	6	9	1 day, 22 hours ago YogiGirl
Have you ever felt something's wrong? Started by: MoniYaMi in: Sex & Relationships	4	6	1 day, 22 hours ago YogiGirl
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Exercising on your period Started by: tea in: Sexual Health	2	4	1 day, 22 hours ago YogiGirl
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Get rid of ED by small changes in your daily routine Started by: RyanMason in: Sexual Health	2	5	1 week ago RyanMason
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Started by: Butterfly01 in: Sexual Health			tea
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