



# CoSHI

Colorado Sexual Health Initiative

## Sample Anonymous Questions and Answers (Facts)

### 1. What happens if you swallow sperm?

Facts: It's important to know that unprotected oral sex, and swallowing sperm, has some level of risk for a sexually transmitted disease (STD). Using a barrier method such as a condom during oral sex and getting tested regularly can help reduce the risk.

### 2. Why do I feel like I have to poop when I have sex?

Facts: Sometimes when people engage in penetrative sex, a person with a vulva might feel a bit of pressure during certain positions. It is important that the person is not in pain, and to consult with a doctor if they are concerned.

### 3. What does an orgasm feel like?

Facts: An orgasm is a contraction of muscles, generally but not always as a culmination of sexual stimulus. For a person with a vagina, the vaginal wall muscles are the ones contracting. For a person with a penis, the contractions are what causes ejaculation. Orgasms are accompanied by the release of endorphins, which inevitably feels different for every person. Most people describe orgasms as being pleasurable and remark that they vary by sexual encounter and partner. Orgasms generally occur after a build-up of sexual tension, so some people describe them as feeling like a release – physiologically similar to a sneeze. People also use words like “waves” or “sparks” to describe the feeling.

### 4. What is transgender?

Facts: The term transgender refers to a person whose sex assigned at birth does not align with their gender identity.

### 5. How do they check for HIV?

Facts: There are a few different testing methods for HIV. There is a nucleic acid test (NAT), antigen/antibody test, and an antibody test. All three are performed on blood or an oral sample. Occasionally, HIV can be tested on urine, however that is not as common as the oral swab or blood test.

### 6. How long does it take for your vagina to close back up after sex?

Facts: The vagina is a muscle, like other muscles in the body, it can expand and contract. During penetrative sex, the vaginal canal will expand to comfortably accommodate whatever is inserted (penis, sex toy, etc). Quickly afterwards, it will contract back.



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**7. What counts as sex or “going all the way?”**

Facts: People might define sex in different ways (penetrative intercourse, oral sex, etc). It is important to understand what kind of risk is associated with different behaviors and having a conversation with your partner.

**8. Is friends with benefits viewed as a healthy relationship?**

Facts: A healthy relationship may look different for everyone. Some common traits of a healthy relationship might include trust, support, happiness, consent, kindness, etc. If those traits are present in a friend with benefits dynamic, that is great! It is important for both people involved to feel comfortable and communicate their needs.

**9. What is lubricant for?**

Facts: Lubricant is used to help minimize friction during sexual activity. It can be used with barrier methods (condoms), sex toys, or during penetrative sex. There are different types of lubrication (oil-based, water-based, and silicone). Some lubricant types can affect the efficacy of the condoms, so only use water or silicone-based lubricants with condoms to avoid breakage.