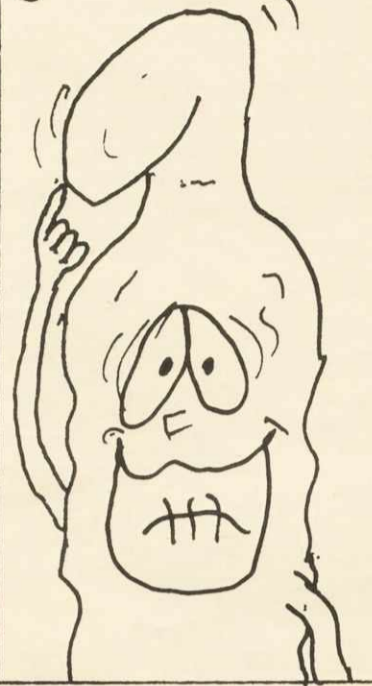


Like anything that serves you well, always leave your condom a generous tip...



## Safe sex is smart *and* hot sex

Condoms, Lubricants, Foams, Diaphragms, IUD's, "The Pill"—what is all this? Are we talking about sex or preparing for war?

Well, the truth is that in today's world, there's not much difference. It's all about protection.

It's really a pain in the ass. Once you've finally got your shit together enough to decide whether or not you want to be sexually active, you've got to work through the maze of conflicting information about "Safe Sex".

Before you go off to battle, there are a few basic rules of war you must know and never forget. First off, "the pill", the IUD, and the diaphragm will not protect you from anything but pregnancy (and even then not 100%). They will not stop you from getting herpes, chlamydia, gonorrhoea, or syphilis. *They most certainly will not protect you from contracting HIV/AIDS.*

The only offer of protection we have from these not so sexy diseases come in the form of the latex con-

dom. Even though they are not 100% without risk, they are your only option other than abstinence.

Now after that really heavy intro, we can get down to the sex.

**Masturbation (Solo and Mutual):** If you're doin' it by yourself, you've got no worries and if you're doin' it with someone else, unless you have major warts on your hands or serious gaping cuts and wounds, you can relax. This is generally considered in the "No Risk Category". So lay back and let your fingers do the walkin'. It's great for migraines too!

**Oral Sex:** Once again, if you can do it by yourself, you have no worries (you should also be on our Gym Team). On the other hand, if you're like most people and you're not alone

while engaging in this, here are our tips. This is still in the "Mid to Low risk Category", but some people recommend that you still use a latex condom or dental dam. It's up to you, but if you really want to be safe, go with the condom. The flavoured ones are fun and banana seems most appropriate.

**Intercourse:** Well, here it is, the big finale. Our advice here is ALWAYS USE A CONDOM!! It might also be wise to use a water-based lubricant to increase the sensitivity (never use an oil based lubricant like hand cream or massage oil; they break down the latex). Many condoms come with a spermicidal lubricant, but there are also a whole new range of water-based lubricants

that also include the spermicide Nonoxyl-9. These are fun products that can add to the sense of closeness and intimacy; and sex doesn't always have to be serious, but it should always be safe.

In closing, we'd like to say that there is nothing wrong with sex. Sex is great as long as the people involved are consenting and informed. If you're unsure about whether you're ready for it, you can always afford to wait a while until you've made up your mind. There's no point in doing it if you're not going to enjoy it.

So prepare for battle kids (wear your armour) and remember, SAFE SEX IS HOT SEX!!

Jo Mirsky and Joe Tratnik

### Dalhousie Women's Centre



6143 South St. (between Seymour & LeMarchant)  
Halifax, N.S. B3H 2J7  
(902) 494-2432

September 23 Friday, 7:30 p.m.

Take Back The Night March. Annual event for women and children, at the Grand Parade Square. There is an Open Mike before the March, and a Reception to follow.

September 26, 4:00 p.m.

The Avalon Centre for Sexual Assault Education, Support & Advocacy will be at the Dalhousie Women's Centre for an info session.

September 27, Noon

Intimate Relationship. Working it out as a couple. Sheriff Hall Study Lounge.

September 28 Wednesday

- Beginning of Public Legal Education Society Series at the Dalhousie Women's Centre, Noon.

- Activism Workshop, 7:00 p.m. at Rooms 224/226. FREE for everyone and anyone interested in becoming involved. The Facilitator is Binh Tr'u'ong.

Every WEDNESDAY, 6:30 p.m. at the Dalhousie Women's Centre -- Eating Disorders Support Group.



### International Students

Coffee hour at the International Student Centre, Room 120 SUB, on September 30, 1994 from 3:00 to 5:00 p.m. and thereafter every last Friday of the month.

Come and discuss future social activities. What would you like to have? Would you like to volunteer?

See you then.

494-7077

## ARTS SOCIETY ANNUAL GENERAL MEETING October 6th, 6:30 p.m. at Council Chambers

### Elections for the following Positions:

Treasurer  
Secretary  
Arts Representative

### Appointments to the following Committees:

Finance  
Promotions and Entertainment  
Constitution  
Environment

### Election for the First Year Representative

will be held on October 20th.

Nominations are available at the SUB Enquiry Desk from September 22 to October 4.