

What is Oral Sex?

Oral sex refers to sexual activities involving the stimulation of a partner's genitalia using the mouth, lips, or tongue. It can be performed on a person of any gender and is a common form of sexual expression for many couples.

Types of Oral Sex

- **Fellatio:** Oral stimulation of a penis.
- **Cunnilingus:** Oral stimulation of the vulva, including the clitoris.
- **Anilingus:** Oral stimulation of the anus.

How to Practice Oral Sex Safely

Like all sexual activity, oral sex carries some risk of sexually transmitted infections (STIs). To reduce risks and have a healthier experience, consider the following:

- **Communication and Consent:** Ensure all partners enthusiastically consent to the activity.
- **Use Protection:** Dental dams and condoms can reduce STI transmission risks during oral sex.
- **Maintain Good Hygiene:** Washing before and after can help prevent infections.
- **Avoid Oral Sex if There Are Open Sores or Cuts:** These can increase the risk of infection.
- **Regular Testing:** Knowing your and your partner's STI status helps maintain sexual health.

Important Considerations

- Oral sex can be a pleasurable and intimate experience when based on mutual respect and safety.
- It's important to communicate openly about boundaries, preferences, and safety.
- If you have specific concerns or questions about sexual health, consult a healthcare professional.

Summary

Oral sex is the use of the mouth to stimulate a partner's genitals and can enhance intimacy between partners. Practicing it safely and consensually is important for protecting sexual health.