



# OUTERCOURSE!!

**WHAT IS outercourse?** Usually refers to types of sexual intimacy which do not involve the penis entering the vagina or anus.

- \* holding hands
- \*hugs
- \*kisses
- \* petting above the belt
- \*oral genital contact
- \*petting below the belt
- \* mutual masturbation

Outercourse does take some discipline! Both the man and the woman must be committed to this method, or else these exciting forms of sexual intimacy can lead to traditional intercourse. It is not an extremist position to practice outercourse in this age of viral infections. It works better if there has been communication in advance. Decide in advance what sexual activities you will say "yes" to and discuss these with your partner. Tell your partner, very clearly and in advance, not at the last minute, what activities you will not do. At the same time learn more about the methods of birth control and safer sex so that you will be ready if you change your mind.

## ADVANTAGES

- Outercourse is always an option...no supplies and it is free!
- It's fun, and there is no worry about pregnancy. For some it's more fun than traditional intercourse.
- No fluid is deposited in the woman's vagina. Some but perhaps not total protection against infection.
- No medical complications.
- Can increase emotional closeness between individuals

## DISADVANTAGES

- Oral sex can transmit some infections.
- The man or the woman may really want to have intercourse. This can cause stress.
- This method may get either partner thinking: "Is this going to go farther than I want?" This concern may decrease their enjoyment.

## WHAT IF I HAVE SEX AND DON'T USE BIRTH CONTROL?

*Did you know that....* for 72 hours.... *after* sex, you can take emergency pills to avoid becoming pregnant? AND for 5 days.... *after* sex, you can have an IUD put in, so you won't become pregnant. Not all clinicians know about this. If you need to know more or would like the phone numbers of clinicians or clinics near you that have emergency birth control, **Call: (800) 584-9911**. Some of these are free.

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Hysterectomy • Masturbation • Menstrual Cycle • Contraceptive Implants • Progesterin-Only Pills • Tubal Sterilization • Vasectomy • Withdrawal • Abortion • Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera

# CHOICES

Abstinence • Breastfeeding • Cervical Cap • Condoms • Abortion • Depo-Provera Injections • The Diaphragm • Emergency Contraceptive Pills • The Intrauterine Device (IUD) • Fertility Awareness Method (FAM) • Film • Foam