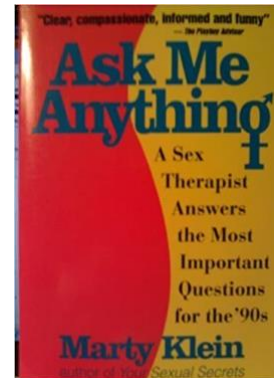


**"Ask Me Anything:  
A Sex Therapist Answers  
the Most Important  
Questions for the '90s."**

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**Question #106 from "Ask Me Anything," page 66**

**106. For a monogamous couple, are there any rules for making anal sex safe?**

Yes, several. The first is, use tons of lubrication. The second is, use subtle motions instead of long, hard thrusting. The third is, don't go from anal to vaginal intercourse without washing the penis, finger, or vibrator (or whatever) *thoroughly*.

Anal sex does have drawbacks, including discomfort. It's probably the easiest sexual way of transmitting HIV (the AIDS virus); couples who aren't strictly monogamous should simply not do it. On the other hand, anal sex can be intensely pleasurable for one or both partners and can also be extremely intimate.

Anal sex is practiced by a substantial minority of Americans. If it doesn't particularly appeal to you, just forget it. If you aren't monogamous and still do it, use a condom.