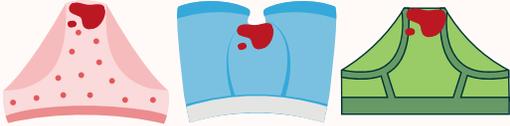




sex!

An inclusive guide to all things period



SEX

PERIOD

*Sex with a tampon is not recommended!



SSIS stocks salt menstrual cups - but these are not recommended for period sex as they sit low in the vaginal canal, and sex with them inserted can be uncomfortable or painful

You can have period sex with a softdisc in! Softdiscs are inserted behind the cervix and can be used comfortably during sex!



SSIS period products

If you don't want a barrier, but are worried about what it might taste like, try out some flavored lube!
Finger cots or gloves can be used to stimulate and avoid touching blood
Oral dams can be used during oral sex while someone is on their period to create a barrier between the receiver and giver. You can also cut a condom in half the long way to create a makeshift one!
here are some helpful tidbits!
Oral dams can be used during oral sex while someone is on their period to create a barrier between the receiver and giver. You can also cut a condom in half the long way to create a makeshift one!
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If you feel uncertain about period sex but want to try...

safety & hygiene

Safety and hygiene concerns are normal and valid! Here are some good things to know:

- STIs can still be transmitted while having period sex- take any precautions you normally would if you are concerned about either of these!
- While it's less likely, pregnancy while someone is on their period is also possible!
- Period sex is not dirty or unsanitary - period blood is a bodily fluid, just like vaginal discharge or lubrication

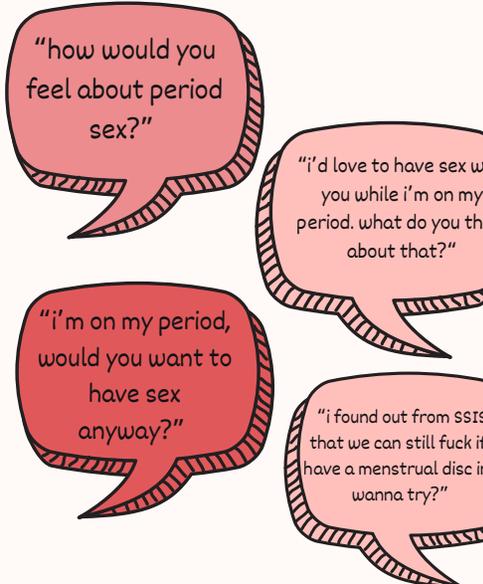
Your feelings regarding period sex are valid, whatever they may be!

Feeling uncomfortable with the idea of period sex or not being interested is also valid!
Enjoying or being interested in period sex is not shameful nor gross
SSIS strives to destigmatize conversations surrounding period sex (or lack thereof)

stigma

i'm worried my partner doesn't want to

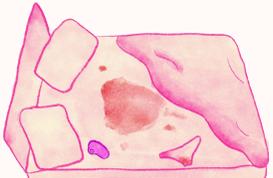
Here are some ways to approach talking about period sex with your partner:



why is this a zine?

While period sex is not for everyone, it can be really pleasurable and enjoyable for others!
Lots of folks who have periods experience increased libidos (higher sex drives) while on their period- which can make it even more enjoyable! Also, period sex can help alleviate cramps for those that experience them, and sensitivity can be higher!

Whether you menstruate, your partner does, or you're just curious- check out this zine! It may have something to offer you.



the basics:

how you have period sex is up to you, but here are some common tips:

1. Put down a towel or waterproof blanket- this can make cleanup much easier!
2. Experiment with location: shower sex can be convenient for quick and easy cleanup
3. Try external stimulation if penetration while menstruating isn't your thing! You can use a vibrator, or even have oral sex with a period product inside the vagina
4. It's okay to laugh! Period sex can be funny and laughing is a valid response!