

Rainbow Centre Policies

The following basic principles that apply to every event, discussion or gathering hosted by the Rainbow Centre:

Respect

Each and every person is entitled to respect. This means respecting their comments, ideas, and opinions that they share with the group. That doesn't mean you have to agree with what someone said, it simply means you must allow them to share their opinion, and if you wish to disagree, please do so politely, without attacking or insulting the other person.

Privacy

Any comments, opinions, feelings (etc.) shared at a Rainbow Centre event, discussion, or other gathering are to be kept within the group. The Rainbow Centre is a safe space where each individual is valued; as such their privacy should also be respected.

Confidentiality

The Rainbow Centre is a safe environment, where all individuals are welcome regardless of sexual orientation or gender identity. Everyone has a different experience with coming out, and as such their presence at a Rainbow Centre event, discussion, or other gathering should be left to their own disclosure.

No Assumptions

No assumptions are to be made regarding the sexual orientation of gender identity or anyone who attends a Rainbow Centre event, discussion, or other gathering. Just as with any other campus organization, there is a diverse group of individuals who access the Rainbow Centre for various reasons.

How to find us:

The Rainbow Centre can be found in Room 104 on the first floor of Macdonald House Residence. Enter into the front doors of MacDonal House from the Mac House Quad (across from the Dining Hall). Turn left and the Rainbow Centre is the first door on the left just past the recycling bins!



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Safer Sex Survival Guide

The Basics For Everyone



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Making informed decisions about becoming sexually active is incredibly important.

Regardless of your sexual orientation, there are risks involved with having sex. HIV/AIDS, Sexually Transmitted Infections (STI's) and pregnancy are potential risks.

Knowledge and safer sex practices can reduce these risks.

Don't forget: You have the right to decide what you do, or do not want to do. If you feel pressured or uncomfortable...
it is your right to say no.

Sexual assault is any unwanted sexual contact, ranging from verbal comments to physical assault or rape.

There are many resources and support available to anyone in these situations. These resources can be located in the Rainbow Centre and WLU's Counseling Services.

Individuals can engage in sexual activities in a variety of ways:

Anal Sex

- Sexual intercourse via the anus, when a penis, dildo, etc. is inserted into the anus.
- ✓ It is very important to use a condom during anal sex, as there is a high risk of being infected with HIV/AIDS or other STI's.
- As well, the tissues in the anus are very delicate.
- ✓ Using lube will decrease the risk of tearing or damaging the anus, as well as the risk of breaking the condom.

Vaginal Intercourse

- Sexual intercourse via the vagina, when a penis, dildo, etc. is inserted into the vagina.
- ✓ It is very important to use a condom during vaginal intercourse, as there is a high risk of being infected with HIV/ AIDS or other STI's or becoming pregnant.
- ✓ Birth control decreases the risk of pregnancy, but not STI's.
- ✓ Using lube will decrease the risk of breaking the condom.

Mutual Masturbation (or Petting)

- When partners engage in touching or rubbing without vaginal or anal penetration.
- Also often used to refer to partners watching each other masturbate.
- If either individual has cuts or sores on their fingers there is a risk of being infected with HIV/ AIDS or other STI's.
- ✓ Using latex gloves or finger condoms would reduce the risk of infection.

Fisting and Fingering

- Stimulating the vagina or anus with the fingers or entire hand/ fist.
- Fingers and/or the hand/ fist are inserted in the vagina or anus.
- If either individual has cuts or sores on their fingers there is a risk of being infected with HIV/ AIDS or other STI's.
- ✓ Using latex gloves or condom would reduce the risk of infection.
- ✓ As well, there is a risk of damaging the vagina or anus, so using plenty of lube reduces this risk.

Oral Sex

- Stimulation of the vagina or penis with the mouth and tongue.
- Brushing or flossing your teeth before sex, recent dental work and cuts or sores in the mouth increase the risk of HIV/ AIDS and other STI's.
- ✓ Using a condom on a penis or a barrier like a dental dam (or piece of non-microwavable plastic wrap) to cover the vagina reduces the risk of potential infections.

Rimming

- Stimulation of the anus with the mouth and/or tongue.
- Sexual activity involving contact between the anus or perineum-anal areas of one person and the mouth of another.
- There is a risk of being infected with HIV/ AIDS or other STI's during rimming.
- ✓ Using a barrier like a dental dam (or piece of non-microwavable plastic wrap) to cover these areas reduces the risk of potential infections.

Sex Toys

- Dildos, vibrators and butt-plugs are a few examples of sex toys.
- Sex toys can be used in a variety of ways; it is very important to keep sex toys clean.
- ✓ If the toy is to be shared, a different condom or barrier should be placed on the toy each time it is used to reduce the risk of HIV/ AIDS and other STI's.
- ✓ As well, there is a potential risk of damaging the vagina or anus, so using plenty of lube reduces this risk.

Some sexual practices will be more or less of a risk for HIV/ AIDS, other Sexually Transmitted Infections (STI's) and pregnancy...

Remember to be safe!