

# sextalk.

answers to your questions about sex and relationships

**factoid**

**Sexual Responsibility Week on the Mall: Wednesday, Feb. 13 from 10am-1:30pm. Free prizes, condoms, lube, and fun! Meet Mr. Condom!**

**Q. Is it possible to get pregnant from dry humping with me wearing underwear and him wearing nothing? I also gave him a hand job until he ejaculated. He then began to finger me with my assistance. By then the semen was totally dry. This was my first time doing anything of this sort so I am kind of in regret and will think twice next time.**

**A.** What you and your guy were doing (sometimes called “outercourse” or the French word for body rubbing: frottage) is fairly safe. And it can feel really good! For many young people, outercourse is a very pleasurable sexual activity that can easily lead to orgasm, and can serve as a way to learn about your body’s sexual response without the risks of intercourse. As long as you keep semen or pre-ejaculate away from the labia of the vagina, outercourse (fingering, rubbing, dry humping, etc) is very low risk for pregnancy.

The key word in dry humping is “dry.” Since he had ejaculated during the hand job, and you wrote that the semen was totally dry, it is unlikely there would be active sperm present during the time you rubbed against each other. However, keep in mind that if moist ejaculate soaks through thin underwear pressed tightly against the vagina of a woman it is possible for semen to pass through the fabric. Sperm have one goal in their short (3-5 days) lives: find an egg and fertilize it! Your encounter, however, did not meet ideal conditions for conception.

Conception is best achieved when the penis is positioned inside the vagina during ejaculation, and when the woman is at the most fertile stage of her menstrual cycle (the days shortly before, during, or shortly after ovulation). It does take some control and communication with your partner to keep outercourse from leading to intercourse.

Since you did have some skin to skin contact, it is possible to transmit or acquire a sexually transmitted infection (STI) such as molluscum contagiosum, genital herpes, or crabs. You are wise to be concerned and be prepared for the next time. Before you get heated up, talk with your partner about what you are willing to do and how far you are willing to go. What feels good? What do you like or dislike? Ask your partner how he feels about outercourse and intercourse. Discuss birth control options. Honesty and openness will make your relationship much more fulfilling... and fun!

Have a question? Send it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



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