

sextalk.

answers to your questions about sex and relationships

factoid 88% UA students refuse to ride with a driver who has been drinking. (2008 Health & Wellness Survey, n=1,250)

Q. So, me and my boyfriend have been together for almost 3 years and we have recently been masturbating each other and he usually cums on the side of my stomach. I want to know if it is possible to get pregnant from him doing that. I'm not sure if any has gotten on my vagina. Should I take a pregnancy test just in case? I have been really worried about it and I have hardly been eating at all. I'm really freaked out about it and scared. Please help me. I'm still a virgin (he's not) and we do this instead of going all the way.

A. Perhaps the only thing that will put your mind at ease is to take a pregnancy test (Campus Health Pharmacy sells them for \$4.99). While stimulating each other to orgasm with your hands is very low risk for pregnancy (with intercourse obviously being the highest risk) the key is to make sure your boyfriend ejaculates away from your vagina. As long as the semen doesn't get near your vulva (the folds covering your vagina) the chance of pregnancy is almost zero.

You are both exhibiting admirable self-control to gain pleasure from what some would call "outercourse." True outercourse is sex without penetration of the vagina, mouth, or anus and without the exchange of bodily fluids such as semen, blood, or vaginal fluids. Technically, a woman would not get pregnant from having semen on her skin, although the risk of sexually transmitted diseases (STDs) is still possible (e.g. herpes). This type of sex can be mutually satisfying and provide a way to be intimate while removing the concern about pregnancy and most STDs.

Masturbation might lead you and your boyfriend to intercourse, eventually, so you might consider starting a reliable method of birth control before you need it. Taking control of the situation and planning on how to reduce your risks can help alleviate your concerns about pregnancy. If you still feel extremely worried, consider speaking with a health professional at Campus Health. You can talk with a counselor in person at Counseling and Psychological Services in the Highland Commons Building. Hours for first time visits are Monday through Friday, from 9:00 a.m. to 3:30 p.m. during the academic year. If you have more questions about contraception or sexual health contact a health educator at Campus Health by phone: 621-4967.



Have a question? Send it to sextalk@email.arizona.edu

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