

# SAFER SEX DURING LOCKDOWN

Over the next few months we need to think of different ways to maintain our close relationships, ways that don't include close physical contact. If you and your partner don't live together what can you do to keep the spark alive? Here are a few suggestions:

## Virtual Date Night

Before lockdown it was so easy to go out together, hold hands, kiss, hug and have sex if that's what we wanted to do. So how can we recreate the excitement of seeing our special someone when we can't be together?

- \* **ARRANGE A SPECIAL DATE NIGHT VIA ZOOM, WHATSAPP, HOUSEPARTY, SNAPCHAT.**
- \* **SET A DATE AND TIME AND GET DRESSED UP SO YOU FEEL FUN AND FLIRTY.**
- \* **ASK THEM TO TELL YOU SOMETHING THEY'VE NEVER TOLD ANYONE BEFORE—SHARE SOMETHING NEW ABOUT YOURSELF TOO**
- \* **WATCH A FILM TOGETHER (BUT SEPARATELY!)**
- \* **WRITE A QUIZ FOR EACH OTHER**
- \* **SHARE 5 FAVOURITE SONGS AND TELL EACH OTHER WHY THEY'RE SPECIAL**
- \* **TELL THEM WHAT YOU'RE MISSING ABOUT THEM AND WHAT YOU'D LIKE TO DO WHEN YOU'RE BACK TOGETHER**



## Phone and Cyber Sex

This is the safest way to have sex with your special someone when you can't actually meet in person but it does have risks.



**IT'S ILLEGAL TO TAKE, SHARE OR RECEIVE PICTURES OR VIDEOS OF A SEXUAL NATURE IF YOU OR THEY ARE UNDER 18.**

**THE PERSON YOU ARE SHARING PICTURES OR VIDEOS WITH COULD BE RECORDING YOU WITHOUT YOUR KNOWLEDGE AND SHARE WHAT YOU SEND THEM WITHOUT YOUR PERMISSION, EVEN YOUR WORDS. ONLY SHARE WITH SOMEONE YOU HAVE A HIGH LEVEL OF TRUST WITH.**

If sexting or having phone sex make sure you have the consent of the person you're talking to. It can be amazing to masturbate together over the phone if you're both happy with it and has the added bonus of not carrying the risks of STIs or unwanted pregnancies. If you're not sure where to start have a look here: <https://www.bishuk.com/porn/how-to-be-good-at-sexting/>