

Tips for Great Rim Jobs:

- Try fucking his ass with your tongue, and switch up tongue with wet fingers/thumb;
- Talk dirty to him, tell him how nice, tight, hairy/smooth, or pretty his hole is;
- Play with his cock, balls or nipples while you rim him;
- Get vaccinated against Hepatitis A & B, which are commonly passed through rimming.

Erotic Rimming Hot Spot:

- The opening of someone's ass.
- Smearing some lube on his ass may increase sensitivity if you're using a barrier.



Sensitive to Latex?

Try non-latex dental dams (available from medical supply stores and some pharmacies) or polyethylene or nitrile condoms cut in half. Insertive (“female”) condoms – made of polyethylene or nitrile – may be cut in half for a larger surface. Non-microwaveable plastic wrap is a practical, but scientifically-untested, alternative.

Other ACT Online Resources

actoronto.org/gaymen (safer sex tips, what we do)

thesexyouwant.ca (safer sex beyond condoms)

hivnow.ca (PrEP and undetectable viral load)

HiMyNameIsTina.com (crystal meth info)

torontovibe.com (safer party tips)

Contact us for resources in other languages.



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Reading This
Can Save Your Ass.
Safer Rimming Tips



How Safe Is Rimming?

(also known as giving a rim job, or ass-licking)

While giving a rim job you can pick up intestinal parasites or sexually transmitted infections (STIs) such as chlamydia, gonorrhea, hepatitis (A and B), human papillomavirus (HPV) and syphilis. When receiving a rim job, it's possible for you to get herpes and syphilis.

STIs can increase your risk for getting or passing HIV during anal sex, and they can cause you added health problems if you are living with HIV. You cannot transmit or get HIV from rimming.



Safer Rimming and Ass Play Tips:

- Dental dams or non-lubricated condoms split lengthwise down the middle make for good protection during rimming. Be sure to mark one side of the barrier so that if you drop it, you'll know which side was yours;
- It's possible to pass on STIs and parasites from sex toys or your fingers and hands when you insert them into your partner's ass. If you share sex toys, wash and cover them with a fresh barrier like a condom or a glove;
- Getting vaccinated against hepatitis A and B is a good idea;
- Ask your local public health unit for the cost of vaccines.

How Can I Protect Myself from Herpes?

- Don't rim someone without a barrier if you've got active or recently-healed cold sores (herpes). Infections for herpes can also happen four or five days prior to the appearance of sores.
- If there are sores on your partner's ass, be sure to use a barrier when rimming him.
- Get tested regularly for STIs if rimming is part of your sex play.

How Can I Protect Myself from Parasites?

If you rim without a barrier:

- Rim before other ass play.
- Wash around and just inside the asshole (anus) before rimming. Don't use soap when washing inside your asshole – it's an irritant.



- If you're going to douche (flush the inside of your ass with water), do it before ass play. Do it gently and don't rush. Douching can damage the anal canal and drive infections farther in.
- Get checked for parasites during your regular STI checkup. If you experience diarrhea, cramping, bloating, changes in appetite, weight loss, fatigue or other possible symptoms of a parasitic infection, get tested sooner.