

How to have sex

Are you thinking about having sex for the first time? Or just want some tips on how to protect yourself from HIV and sexually transmitted infections (STIs) while having great sex? Then this section is for you.

Here you can read what to expect when having different kinds of sex - whether you're straight, gay or anything in between - and get the facts about risks such as sexually transmitted infections (STIs), unwanted pregnancy and how you can protect yourself and those around you.

For top tips on oral, anal and vaginal sex click on the pages below. Our '[safer sex](#)' section has detailed information on how to use condoms and PrEP.



[How to have oral sex](#)

[How to have anal sex](#)

[How to have vaginal sex](#)

Oral sex is a great way to get closer to someone and learn what turns each other on.

Lots of people enjoy anal sex. Make sure you know how to stay safe and enjoy it.

Vaginal sex carries a risk of HIV, STIs, and pregnancy so always use a condom.

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