

**YOU
CAN
NEVER
HAVE
TOO
MUCH
LUBE.**



SEXFLUENT

Lube makes it easier to slide a penis, strap-on, fingers, a butt plug and toys into a hole. If it hurts, try adding more lube!

Using lube with condoms adds an extra layer of protection to prevent HIV and other sexually transmitted infections (STIs) from being passed on during sex. This is because lube reduces tearing or roughing up the delicate skin inside a person's anal, vaginal or frontal hole. It also makes a condom less likely to break.

Water-based lubricants and silicone-based lubricants are safe to use with condoms. Oil-based lubes (like Vaseline) can break latex condoms and put you at risk for HIV and other STIs.

Spit is not a good substitute for lube. It dries up quickly and stops the fun! Always use water-based or silicone-based lube.



CATIE x **SEXFLUENT**

To find where you can access sexual health supplies, visit wheretocatie.ca.

Visit Sexfluent.ca and follow [@sexfluent.ca](https://www.instagram.com/sexfluent.ca) on Instagram and TikTok.

