

# Acknowledgements

- The content from these slides comes directly from the training series “Smarter Sex is the New Safer Sex: Anal Pleasure and Health” developed by Bryan Kutner and piloted at the Harm Reduction Coalition’s Training Institute in New York City ([www.harmreduction.org](http://www.harmreduction.org)). GMHC has permission to reproduce and present these materials at the Iris House HIV Summit.
- If you would like to reproduce this content yourself or request a face-to-face training on the topic of “Smarter Sex: Anal Pleasure & Health,” please contact:

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# **Smarter Sex is the New Safer sex**

## **Anal Pleasure and Health 101**

# **WARNING !**

- **This presentation contains some very explicit sexual material.**
- **We are not here to promote or denounce anal sex, we are here to share facts that has been researched.**

# **Purpose: What We'll Do Today**

- **In this workshop we see how value shape information about anal pleasure and health**
- **Describe basic anal physiology with a focus on pleasure**
- **Identify further resources for your education**
- **We will Practice communication about anal health**

# **Group Agreement**

- 1. Don't knock some else's yum.**
- 2. Let's be frank about the subject**

# Objectives:

**As a result of this workshop, as evidenced by a brief evaluation survey:**

**Participants will have a better understanding about anal pleasure and Health**

**Increase their knowledge on the Anatomy of the Anus**

**Increase their knowledge on the Anatomy of the Rectum**

**Made aware of the effect of drugs and alcohol and other depressants on anal pleasure health**

**“A women without her man is nothing.”**

**“A women, without her man, is nothing.”**

**“A women: without her, man is nothing”**

## **Listening**



# **Prevalence of Anal Sex Among Heterosexuals**

**30%-40% of heterosexuals experimenting**

**20% occasionally, with differences**

**25% of heterosexuals tried Rimming**





## Prevalence of Anal Sex Among MSM

- **Majority of MSM and have tried anal intercourse**
- **<50% say they love it**
- **50% love being rimmed**
- **1/3 love rimming**



# Prevalence of Anal Sex Amongst Teens

- **11% of 15 – 19 year olds try anal intercourse**
- **Jumps to 21% among teens who have had vaginal intercourse**



# **Anal Sex Among NYC Women**

**100,000 engage in anal sex with men each year**

**23% are likely to use condoms  
61% of MSM are likely to use  
Condoms for anal sex**

**Anal exposure to HIV poses 30 time greatest  
risk of transmission  
than vaginal sex**

**90% of HIV +women in NYC contracted HIV via  
heterosexual sex**

# **The Anal Taboo**

**A taboo is a prohibition, often lacking justification and of unknown origin**

**Eating the meat of cats and dogs**

**Incest**

## Recent Report from DOHMH

**“For both men and women, the overall message is clear:**

- **Never engage in unprotected anal sex.**
- **Use a condom every time.”**



**Thomas Farley, NYC Health Commissioner**

## **The Anal Taboo:” Anal Sex is it Dangerous”**

**If it were simply a bad idea, objections could be  
freely discussed**

**People more readily talk about murder and rape than  
anal sexuality**

**Clinician’s bias reinforces the taboo; by virtue of  
being healthcare gatekeepers, we are more likely to  
see problematic cases**

# Anatomy of the Anus

## Large intestine

**Let's look at the whole  
before we look at parts**



# Anatomy of the Anus

**The colon is about 6 feet long  
part of the digestive system**

**Moves waste material from the small intestine to  
the rectum**



## Colon



# Anatomy of the Anus

**The rectum is about 5-9 inches long**

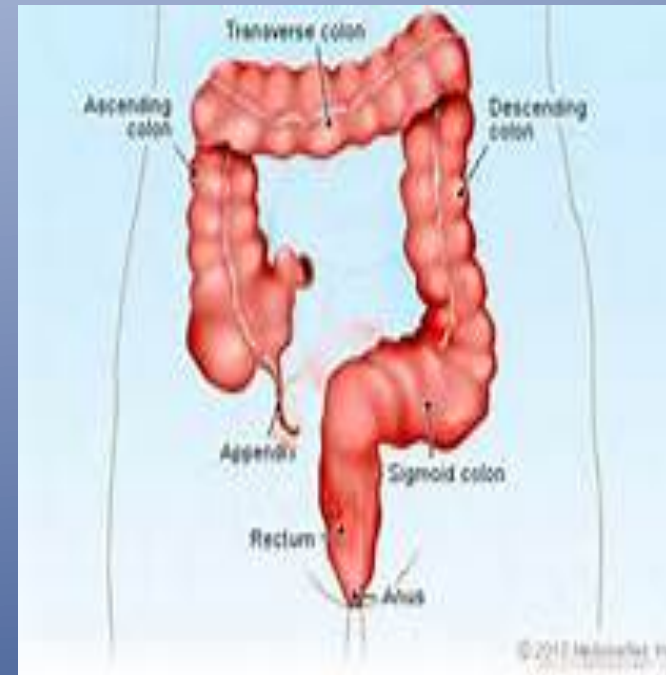
**Serves as a warehouse for poop right before shitting**



# Anatomy of the Anus

**End of the digestive track**

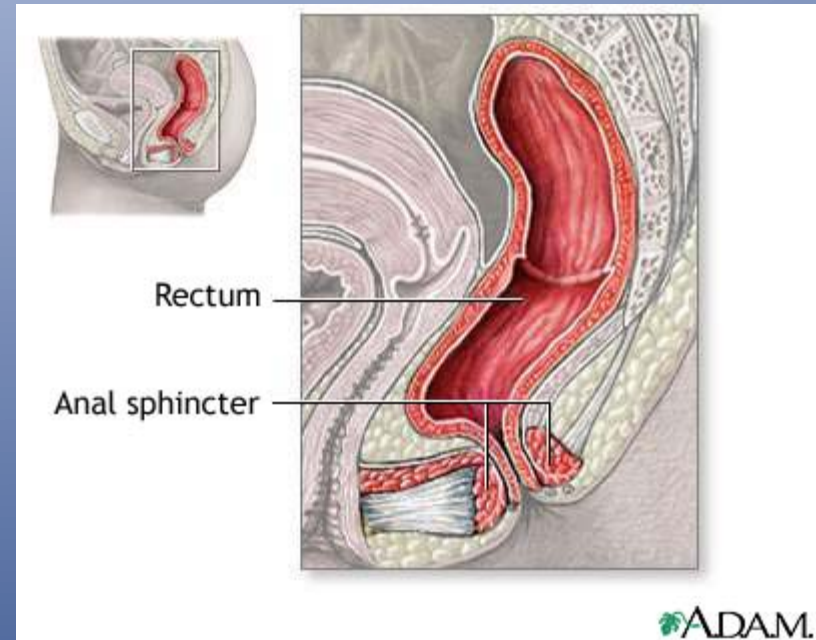
**Two rings of muscle that  
close  
and open the anal canal**



# Anatomy of the Anus

**The anus is sphincter at the end of the rectum. A sphincter is a strong ring of muscle that contracts and expands.**

**Mechanism for control of both fecal continence & anal sex.**



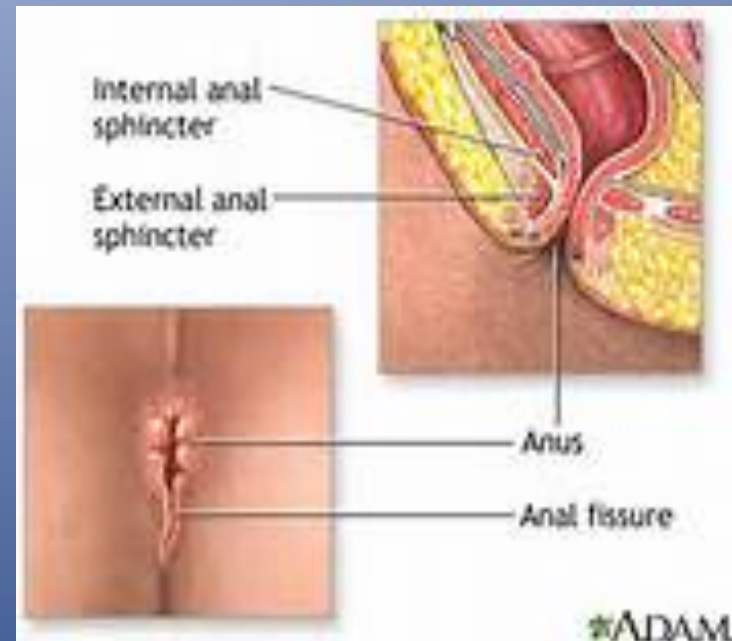
# Anatomy of the Anus

**The anus is comprised of two Sphincters an inner sphincter and an outer Sphincter.**

**The outer sphincter is a voluntary muscle.**

**You control it at will.**

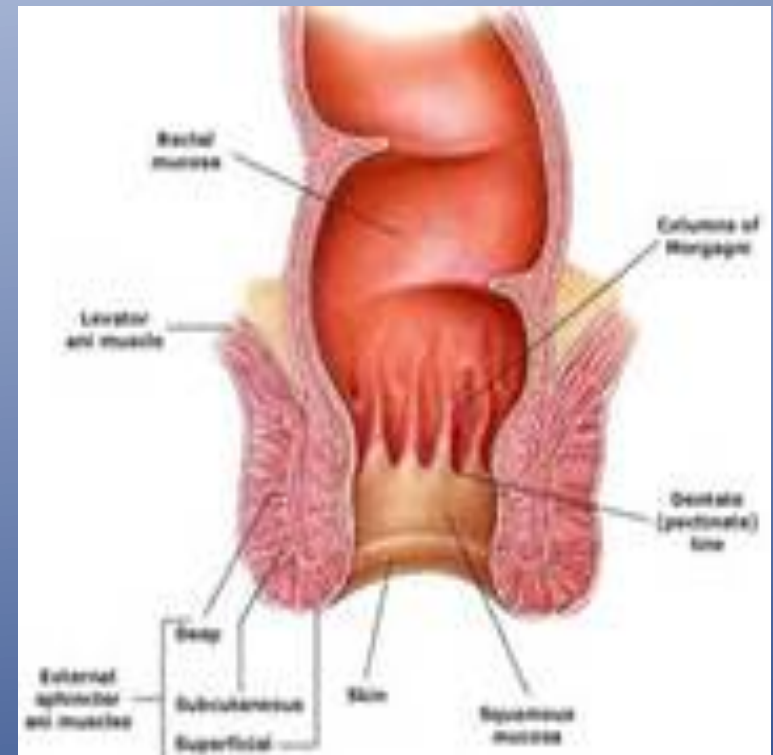
**The inner sphincter is an involuntary muscle. You have to relax to open it.**



# The Rectum

**The rectum runs from the end of the colon to the anal canal (anus). Or anus).**

**The rectum is 5-9 inches long and 1 ½ inches wide.**



# The Rectum



# **Rectal Reflex**

## **Three factors Disrupt the Rectal Reflex**

**Ignoring the urge to defecate**

**Resisting the passage of gases**

**Absence of adequate fiber**

**The key to voluntary control of the sphincters is a steady, accurate stream of information about what the muscle is doing**

# Lubrication

**Not all lubes act the same in cells and tissues in the anus**

**“Ultimately, the use of condoms is the best way to prevent transmission, and using lubricant will prevent condom breakage,” Fernandez-Romero explains. “Lubricate may be important, but they have to be safe. We need assays, models or methods to tell us how safe a lubricant is “.**



# **Anal Pleasure, Health, and Drug Use**

**Alcohol and other depressants**

**Marijuana.**

**Cocaine, methamphetamine and other  
stimulants**

**Poopers**

**Numbing agents.**

# **Alcohol and Other Depressant**

**Ability to reduce inhibitions at low doses**

**Higher doses sedate, reduce sensitivity to touch, disrupt sexual functioning, judgment**

**Can deprive user of messages necessary to guard against anal damage**

# **Marijuana**

**Unlike alcohol, higher doses don't necessarily produce greater negative side effects**

**Less likely to deprive user of sensitivity needed for anal self-protection**

# Cocaine

**Stimulates sympathetic nervous system that activates the body's reactions to danger and stress**

**Anal muscles may contract involuntarily**

**As a local anesthetic, numbs the body to pain signals**

# **Methamphetamine**

**Counterproductive for anal relaxation, but increases subjective sense of anal eroticism**

**Diverts attention away from worries about sexual performance**

**Stimulants usually followed by crashes, loss of sex drive or ability to become aroused**

# **Poppers (volatile Nitrites)**

**Cause blood vessels to dilate, rapid drop in blood pressure, hearts pumps dramatically to stabilize pressure**

**Rush may enhance orgasm and sense of abandon**

**Reportedly helps anal muscles relax, antispasmodic, flushed sensation**

**Headaches, scared/panicky side effects, impurities.**

# **Numbing Agents**

**Not helpful, and may be damaging, to deaden anal pain chemically**

**Never apply local anesthetics of any other sensation reducing agent to the anus for the purpose of anal sex.**

# **Communicable Diseases**

**HIV**

**Gonorrhea and Chlamydia (LGV)  
Syphilis**

**Hepatitis A,B,C...**

**HPV(anal cancer)**

**Enteric diseases(giardia, shigella,  
amoeba, etc.**



# **Diseases of the Anus and Rectum**

**Hemorrhoids**

**Fissures**

**Fistula**

**Constipation**

**Diarrhea**

**IBS**

**Don't push when you shit. And eat lots of fiber or add a fiber supplement.**