

SEX

DURING

COVID-19

COLORING BOOK

 **Planned Parenthood®**



Stay safe. Have fun.

Get tips and ideas for maintaining a healthy and active sex life during the COVID-19 pandemic with coloring pages and information about **MASTURBATION, SEX TOYS, DIGITAL CONSENT, SEXTING, HOOKUPS**, and common **STDs/STIs**. Sex can still be fun during this time of physical distancing!



Some (light) fine print:

Original illustrations by Jesus Morales Sanchez, artist and Planned Parenthood of Southern New England educator.

Information has been adapted from educational resources available at [plannedparenthood.org](https://www.plannedparenthood.org). This information is not meant to be used as medical advice or diagnosis – please speak to a health care provider if you have questions about your health, your body, or safer sex.

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Questions? Contact education@ppsne.org.

Discovers



Pleasure

MASTURBATION

Q: What is masturbation?

A: Masturbation involves sexually arousing yourself by touching your genitals. Anyone can masturbate, and you can masturbate alone or with someone else. Masturbation is totally normal.

Q: Can I masturbate too much?

A: A lot of people worry about masturbating “too much,” but it’s totally okay to masturbate a lot – even more than once a day.

Masturbating is only a problem if it gets in the way of school, work, seeing friends and family, and doing other activities you like. But as long as masturbation doesn’t get in the way of your everyday life, regular masturbation is totally ok.

Q: What are some of the benefits to masturbation?

A: Exploring your body and learning how to give yourself sexual pleasure can be empowering and help improve your body image.

Masturbation can help you learn what you like and don’t like sexually – so you know what to do (or not to do!) if you have sex with a partner.

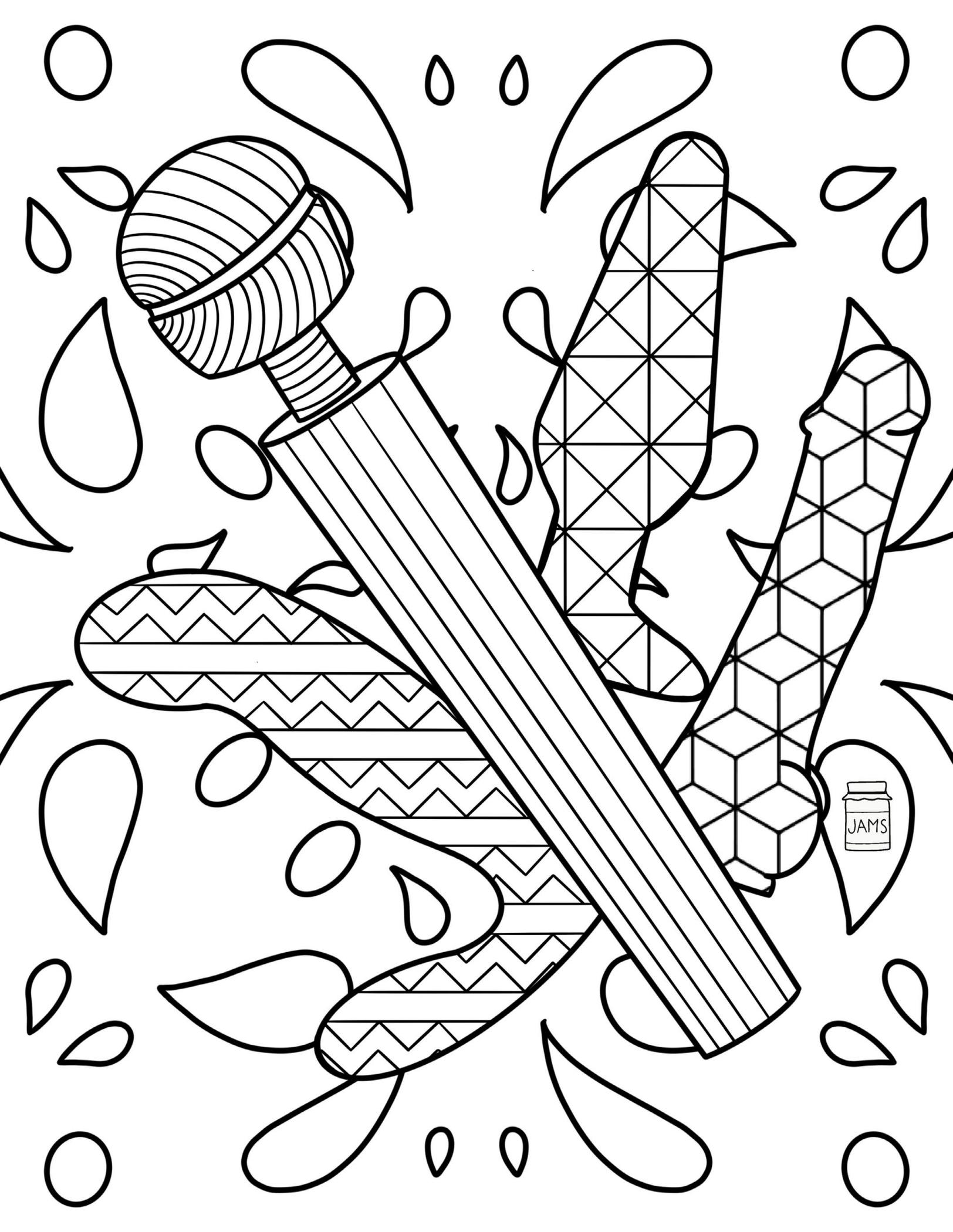
Having an orgasm releases endorphins (feel good chemicals) in your brain. Orgasms can be a natural painkiller and can even help with period cramps.

Masturbation can lower stress and help you relax. It even helps some people fall asleep. During this pandemic, stress release is a great thing!

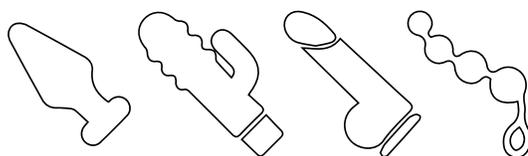
Q: Is masturbation safe?

A: Yes – masturbation is safe and healthy. During the COVID-19 pandemic, you are your safest sex partner! When masturbating by yourself, you can’t get pregnant or contract an STD/STI (although this can be a risk when masturbating with a partner).

Have questions? Get more information at [plannedparenthood.org/learn](https://www.plannedparenthood.org/learn)



SEX TOYS



You can use **sex toys** alone or with partners to have more pleasure or enjoy different sensations during sex or masturbation. It's important to keep sex toys clean to keep yourself healthy and to prevent the spread of STDs/STIs. It's easy! Follow these tips:

1

Clean your sex toys before and after use with a mild soap and warm water. Some are even dishwasher safe – just pay attention to specific care instructions!

2

Use condoms on your sex toys to help them stay clean and to keep germs out of your body.

3

Consider using lube to increase pleasure – but make sure to use the right lube! Silicone-based lube can damage some silicone sex toys. Water-based lube is generally safe for most sex toys.

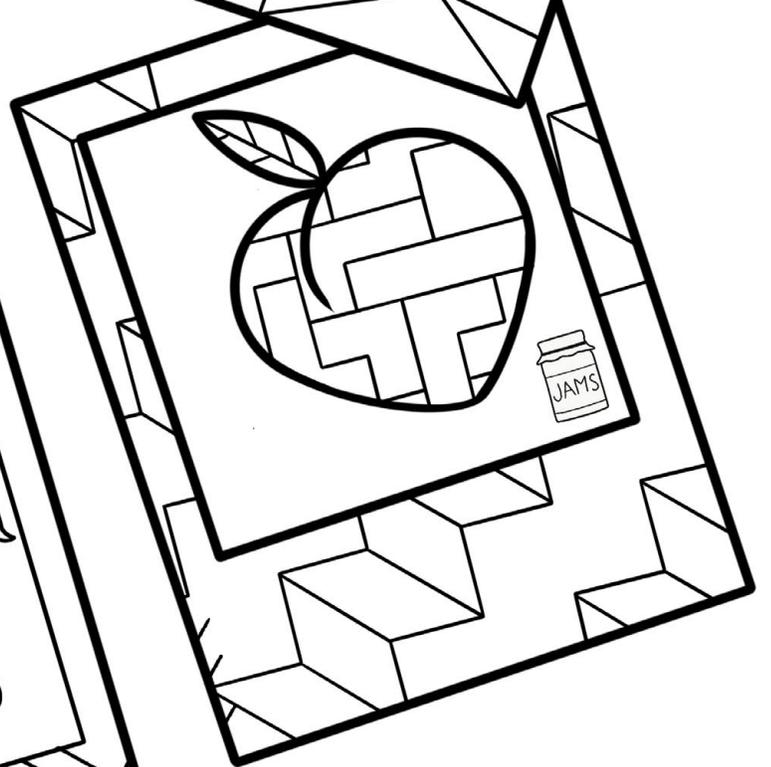
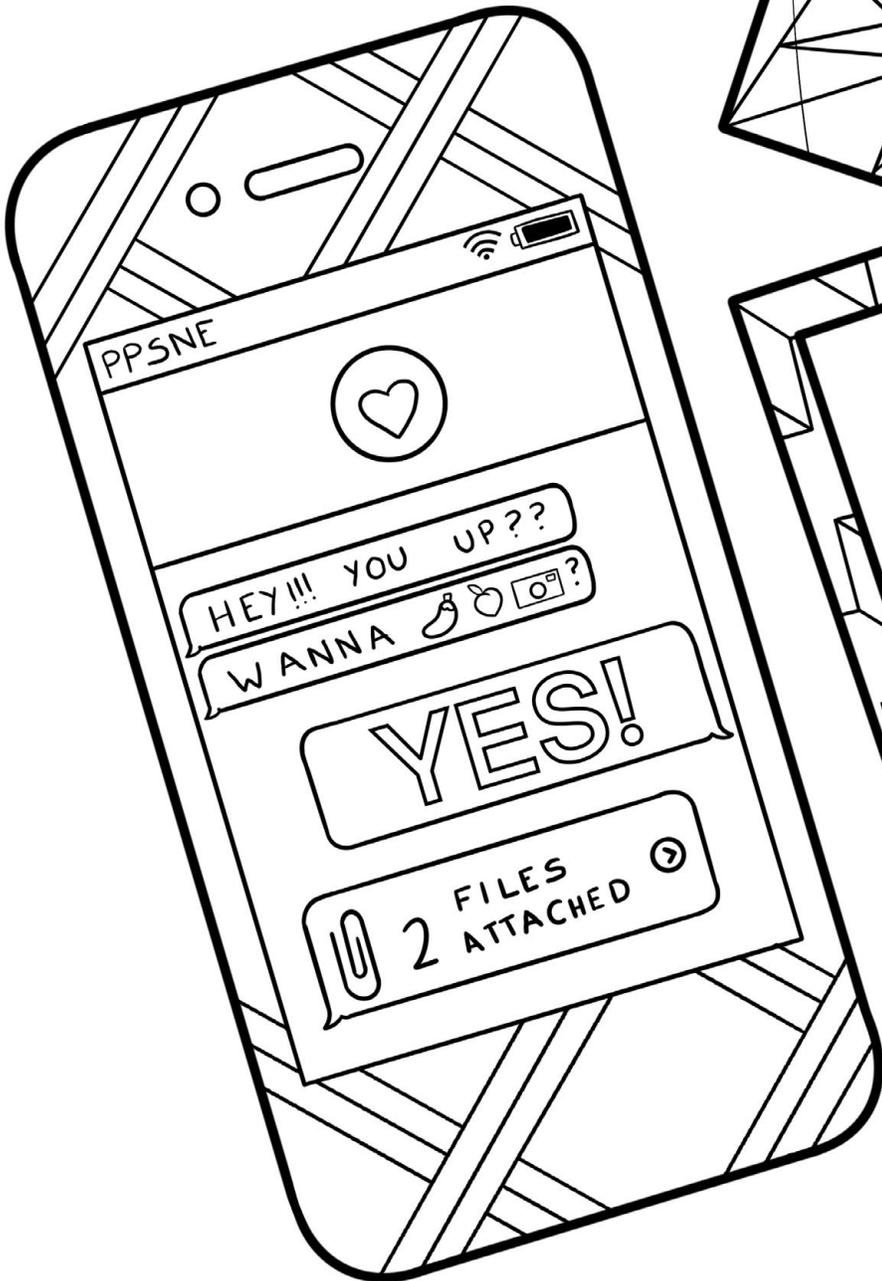
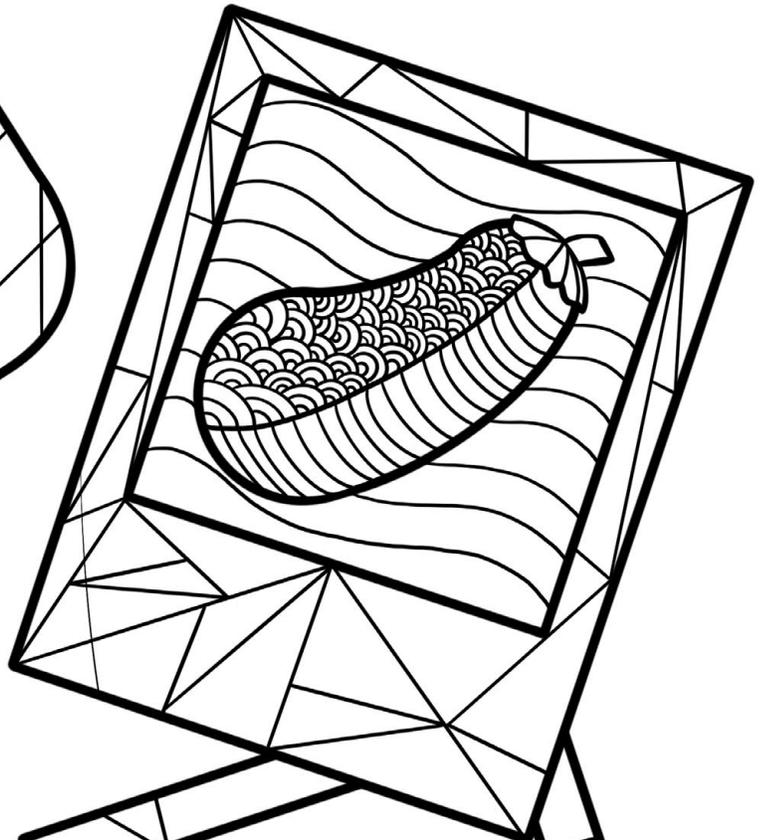
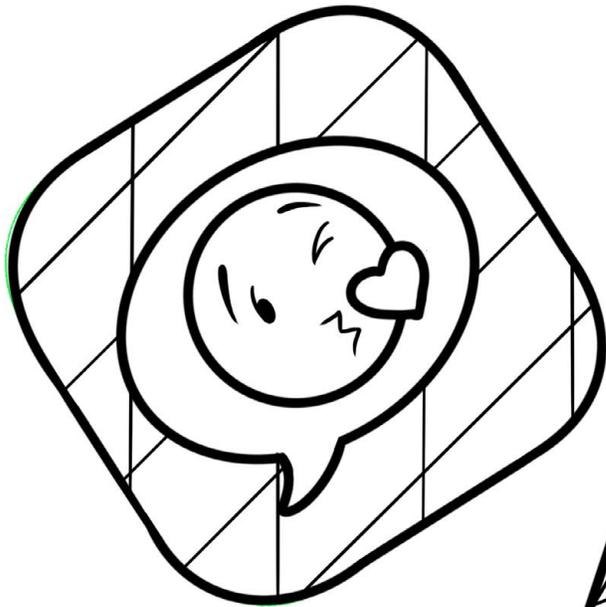
4

If you're putting toys inside your body, consider a non-porous material that won't absorb germs like hard plastic, 100% silicone, stainless steel, or glass. "DIY" sex toys can break or cause reactions, so it's best to use sex toys made for that purpose. If you're using a toy for anal play, make sure to select one with a flared base.

5

Store your sex toys in a case or storage bag between use to keep them clear of dust and germs.

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DIGITAL CONSENT

Sexual consent is an agreement to participate in a sexual activity. Before being sexual with someone, you need to know if they want to be sexual with you too. Consent is crucial to any sexual activity, including “digital” and “virtual” sex like sexting and phone sex.

Consent is not implied from past behavior – and silence is not consent. Communication is key to any healthy sexual relationship. Make sure to ask before engaging in any digital sexual activity. For example, you can type “is it ok to send a sexy pic?” or “are you in the mood for phone sex later?” and remember it’s always ok to say “no.”

It’s simple. Consent is as easy as FRIES:

Freely Given

Reversible

Informed

Enthusiastic

Specific

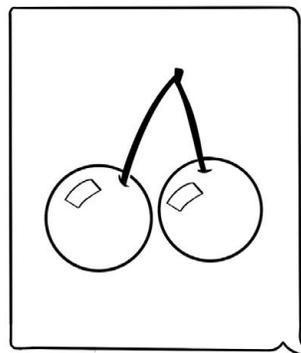
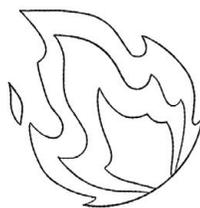
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Looking forward to seeing you 😊❤️

We'll have to wait ...
Until then, can I send you something? 🍷🍓

Wonder what could it be?? 😊



NSFW



SEXTING

Using your phone to exchange erotic pictures, messages and videos is called **sexting**. Between consenting adults who trust each other, sexting can be lots of fun! But it's important to remember that often your sexual messages can last longer than the relationship – or a moment of infatuation. Sexting can also have consequences. Before pressing "send," make sure you consider:

Is it legal?

Sending or owning sexual pictures of anyone under 18 is generally illegal, even if you both say it's "ok."



Will this person respect my privacy?



Do I know if anything I send will be shared?

Is it what I want?

Sexting, like all sexual activity, requires consent. No one should pressure you to send anything you don't want to.



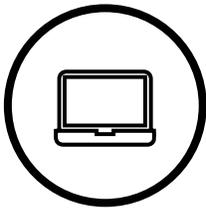
Remember that sexting requires consent, and you can always say "no." You should never share the naked pictures or private messages someone sends you – it's a major violation of trust and a form of harassment.

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HOOKUPS

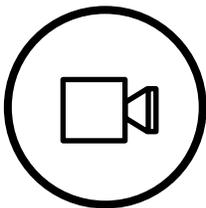
“Hookups” or casual sex can be fun – but during the COVID-19 pandemic, public health officials recommend limiting physical contact with people outside your household. The coronavirus that causes COVID-19 is contagious and can spread easily. Avoid the risks of “hooking up” with one of these fun activities:



VIRTUAL DATES. Try meeting and connecting with new people on a virtual conference platform like Skype, Zoom, or Google Hangout. Many dating apps also offer video chatting to get to know someone.



PHONE / VIDEO SEX. Use your phone or device to enjoy virtual sex and mutual masturbation. With consent, try dirty talk, explore each other’s fantasies, and talk about what turns you on.



WATCH PORNOGRAPHY. Solo or together, pornography can be part of a fun, healthy sex life. Just remember that porn sex isn’t always like sex in real life!

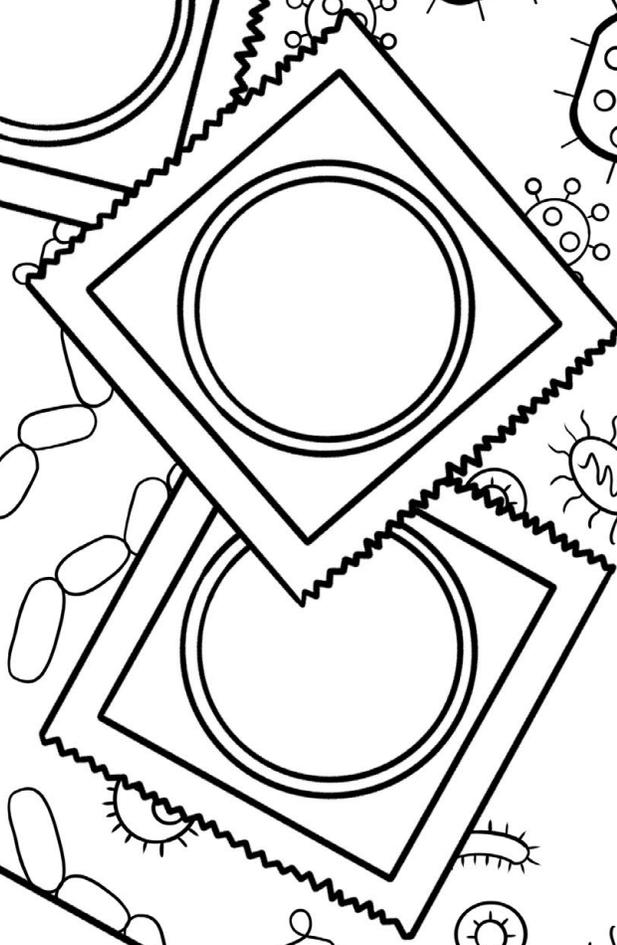
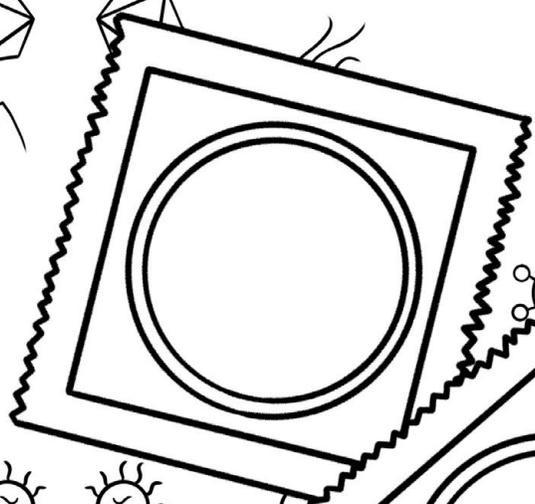


READ EROTICA. Find a sexy story and read it in private (or out loud!). Erotica helps stimulate arousal and allows you to discover new sexual interests and fantasies.

Have questions? Get more information at [plannedparenthood.org/learn](https://www.plannedparenthood.org/learn)



PREP



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STI Test Results

JAMS

STDs / STIs

How well do you know some of the most common **sexually transmitted diseases (STDs) or infections (STIs)**? Match the letter of each STD / STI with its corresponding definition.

A Chlamydia

B Gonorrhea

C HIV & AIDS

D Herpes

E HPV

F Pubic Lice

G Syphilis

H Trichomoniasis

___ Infestation of small parasites that attach to the hair near your genitals.

___ Common STD that causes blistery sores on your mouth / genitals.

___ A very common bacterial infection, easily cured with antibiotics.

___ If left untreated, this infection can lead to long-term brain damage.

___ Viral infection that breaks down and attacks your immune system.

___ Cured with antibiotics, this STD can cause vaginitis.

___ Some types of this very common STD can lead to cancer.

___ This common bacterial infection is sometimes called "the clap."

Remember, the most common symptom of an STD/STI is no symptom – the only way to know for sure is to get tested.

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Resources & More Information

Planned Parenthood is the nation's largest provider of medically accurate, evidence-based sex education. For tools, resources, videos and more information about a range of topics, visit **plannedparenthood.org/learn**.

Need answers now? Use Roo, the Planned Parenthood chatbot. Roo can answer questions about your body, your health, sex, relationships, and more. Start chatting at **roo.plannedparenthood.org**.

Get care at a Planned Parenthood health center. Visit **plannedparenthood.org/care** to find a nearby health center and book your appointment.



This coloring book was designed and created by Planned Parenthood of Southern New England, proudly serving Connecticut and Rhode Island. To learn more, visit **ppsne.org** or email **education@ppsne.org**.

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