**LeGaBiBo**

Stands for Lesbians, Gays an Bisexuals of Botswana

**History**

LeGaBiBo was formed by a group of Gays and Lesbians of Botswana in the late 1990s under Ditswanelo. Due to lack of resources it slowly drifted into failure to function.

In mid 2004 some concerned members of legabibo grouped themselves with the help, support and assistance of BONELA.

**Why LeGaBiBO was formed**

To advocate for the establishment of a legal framework to reach those in society that are legally and socially marginalized such as Lesbians, gay bisexual transgender and intersexed.

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**PLAY IT SAFE**

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**LUBRICATES**

- lubricates can protect barriers against friction that might otherwise tear them.
- Lubricants can increase the pleasure and comfort of anally or vaginally penetrative sex and masturbation.
- Putting a small drop of lubricant inside a condom at the tip or on the genital/anal side of an oral barriers can increase sensitivity and pleasure.

**TASTE**

Plain latex, nitrile, polyurethane etc have no taste of their own. Others taste bad because they have been coated with products such as non-oxynol-9 (some condoms) and powder (some gloves).
SEX: any activity that involves vaginal penetration, anal penetration or oral intercourse and manual manipulation of the anus or genitals that results in erotic pleasure or reproduction.

Safe Sex: sex with NO risk of transmission of disease. This may be sexual fantasy, masturbating, non sexual massages on healthy skin and kissing.

Safer Sex: this is sex with ALMOST NO risk for transmission of disease, this being vaginal/anal intercourse, cunnilingus/analingus, fellatio, and manual penetration using effective barriers.

Unsafe Sex: sex with a HIGH risk for infection. This will involve anal or vaginal penetration without any disease transmission barriers.

SEXUALLY TRANSMITTED INFECTIONS

Signs and Symptoms

Men:
• Genital/anal ulcers (painful or not)
• Urethral discharge (with or without burning sensation)
• Swollen glands in the pubic area.
• Skin proliferative lesions progressively increasing in size and number in the genital/anal area.
• Skin lesions with itching sensation in the genital/anal area.
• Pain/burning sensation when urinating.

Women:
• Genital/anal ulcers (painful or not)
• Vaginal discharge (whitish/transparent/greenish, foul smelling).
• Swollen glands in the pubic area.
• Skin proliferative lesions progressively increasing in size and number in the genital/anal area.
• Skin lesions with itching sensation in the genital/anal area.
• Pain/burning sensation when urinating.

Attention

Some sexually transmitted infections (HIV, HBV, HPV etc) show no symptoms for a long time, and the people carrying them may not know they are infected or show any noticeable signs for months/years, but they can still transmit the disease to you.

That’s why you should always protect yourself when having sex!

Treatment of STIs

• Most STDs are easily curable with antibiotics.
• Go to your nearest clinic, or STD center to be assisted.
• Don’t feel uncomfortable and wait too long to seek help!

STIs are common.

• YOU CAN BE CURED PROMPTLY
• And you will avoid spreading STIs around.
• Don’t feel stigmatized! But learn...next time protect yourself and your partner and choose SAFER Sex practices

Barriers that can be used

• Dental Dams
• Glyde Dams
• Saran Wrap
• Surgical Gloves

Pleasure

The use of any barrier can become more pleasant over time as it becomes associated with pleasurable sensations and becomes more skilled with its use.

ORAL BARRIERS

Oral barriers are usually made out of flat virus-impermeable material, which may be used to protect both partners when engaging in analingus and cunnilingus.

Saran Wrap

The saran wrap can be made out of clear plastic for STIs prevention.

Glyde Dams

These portable rectangular barriers are thinner than dental dams and have a mild vanilla taste. They are a favorite with many people and are the only oral sex barriers approved by the USA’s Food and Drugs Administration for their protective abilities.

Surgical Glove

One may snip the finger off of a glove (leave the thumb in place) and slit it up the pinkie side. You will then have a barrier with a depression (where the Thumb used to be) and where your tongue may go. Some people like to snip off the base as well. Because it is difficult to remove any powder from the inside of the glove, unpowdered glove are preferable for this technique.

LATEX