

# Don't screw the planet

➤ Have environmentally-friendly sex

**You already know not to floor it at the lights.**

But thinking "green" when your other engine's running? That's a different story. Short of reusing condoms (eww), there are other things you can do to show the planet some love. For instance: "If you go on a romantic getaway, offset the carbon you use to get there," says Greens' Senator Sarah Hanson-Young, WH's eco expert. "And date on foot: walk to the restaurant." At home, use these tips:

## Love latex

Condoms are a bit of a conundrum: while they – and their packaging – add to landfill, they help control the world's population, which in turn keeps greenhouse gases in check (eg, each Australian will produce 2116 tonnes of greenhouse gases in their lifetime). Opt for latex – it's biodegradable (except when under water), and although other plasticky ingredients that are sometimes added to latex rubbers aren't, they're a better bet than completely non-biodegradable polyurethane ones. Just a reminder: never flush condoms. During Ocean Conservancy's international coastal clean up in 2006, they found more than 30,000 condoms along 56000km of coastline. That's a lot of love gone to sea. Bin 'em instead.

## Play nicely

Not all sex toys are created equal. Many are made from PVC, plastics softened with toxic chemicals called phthalates. A 2000 German study found that some widely available sex toys release up to 10 dangerous chemicals, and studies have linked phthalates to cancer and damage to the sex organs, liver, kidneys and lungs. Plus, during manufacture, nasty chemicals can be released into the atmosphere – bad for us and the environment – says biochemist and sex coach Jacqueline Hellyer. While Greenpeace has called for a ban on phthalates in sex toys, and the US, Japan, Canada and the EU

have restricted the use of phthalates in kids' toys, no such mandates have been placed on sex toys. "The vaginal walls are extremely permeable, so you have to be careful what you put up there!" warns Hellyer. "To be on the safe side, buy silicone, glass, metal and elastomer rubber aids, and slip a (latex) condom on your existing PVC toys." PS: rechargeable toys (like those at [lelo.com.au](http://lelo.com.au)) cut out the landfill created by tossed batteries.

## Do it on holy sheets

Conventional bed linen is often coated with poisonous formaldehyde (which is also used to preserve dead bodies) to provide wrinkle resistance. Go for hemp or bamboo sheets: both fibres grow rapidly, without pesticides, and they require less water than most crops; they're also kind to asthma and allergy sufferers. Buy bamboo bed sheets at [sheethouse.com.au](http://sheethouse.com.au) and hemp at [ecoathome.com.au](http://ecoathome.com.au). You can also wrap your bits in organic lingerie (find some at [ecogirl.com.au](http://ecogirl.com.au)). And Mitch Dowd has

launched eco-friendly, carbon-neutral underwear and pyjamas (check out [mitchdowd.com.au](http://mitchdowd.com.au)).

## Watch porn

As in, the new breed of adult entertainment – eco-porn. At the moment there's only one "eco-porn" site (that we could find, anyway): [fuckforforest.com](http://fuckforforest.com), a German site (it also has English, French and Spanish versions) dedicated to sex and conservation. To become a member, you pay a donation and get access to the porn on the site; all proceeds go to forest conservation projects. In the past three years, the site has raised more than \$AU280,000 on reforestation and ecology projects in Costa Rica and Ecuador. Watch this space for copypat sites.

## DANCING IN THE DARK

By turning off the lights every time you leave a room or have sex (imagine you're blindfolded), you'll save 3700 balloons worth of greenhouse gas each year.\*\*

Got a minute? Been giving oily massages in bed? Immediately dab your oil-stained sheets with flour