

Safer Sex



Can Be Fun!





SAFER SEX

SAFER SEX CAN BE FUN.
WITH A LITTLE HUMOR AND IMAGINATION,
TALKING ABOUT IT CAN BE, TOO.

HE SAYS: You can't feel anything through a condom.

YOU REPLY: It sure feels better than sleeping alone. It'll feel great when I put it on you.

HE SAYS: Sex without a condom is really hot.

YOU REPLY: I can think of things to do with a condom that would turn you on.

HE SAYS: Trust me. I'm safe.

YOU REPLY: Good. Let's keep it that way. I want to be safe because I care about you.

1

IS ORAL SEX SAFE?
THAT'S A QUESTION WITH NO EASY ANSWER.

Oral sex isn't the riskiest activity. But there is some risk. It's up to you to decide what your limits are and what's safe enough for you.

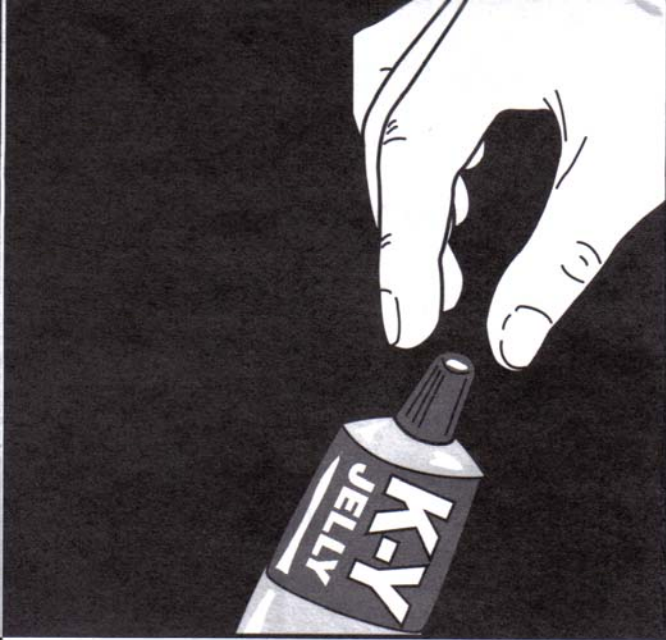
Using a barrier such as a condom, latex dam or plastic foodwrap for oral sex is the safest. A little flavored lubricant or honey (or any food without oils) can spice things up.

Oral sex is safer without ejaculation. But pre-cum contains HIV, too.

Be aware of the state of your mouth. Bleeding gums or cuts can increase the risk of infection.

In the absence of blood and open sores, rimming (oral-anal contact) is not very risky for HIV. But you can get hepatitis, gonorrhea or other sexually transmitted diseases.

2



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CONDOMS ARE RELIABLE, IF TREATED RIGHT.
BUT BE SURE TO WATCH OUT FOR:

OILS: Use only water-based lubricants like K-Y. Oils in hand lotions, massage oils, Vaseline, etc., can weaken condoms.

FINGERNAILS: Watch out for fingernails when opening the condom package and unrolling the condom. Fingernails or teeth can weaken the condom.

NATURAL SKIN CONDOMS: Use latex (rubber) condoms. Only latex condoms have been shown to stop HIV. Natural skin condoms are not good protection from HIV.

ALLERGIC TO LATEX: If you are allergic to latex, you can use plastic (polyurethane) condoms. These come in both male and female styles.

3

YOU CAN'T TELL BY LOOKING
WHETHER YOUR PARTNER HAS **HIV**.
AND LOVE IS NO GUARANTEE.

Whether you are gay, bisexual, straight, or unsure — young or old, single or in a relationship — deciding how to be safe is important.

If you and your partner are thinking about sex without condoms, answer the following questions together:

- Have we both been tested for HIV at least 6 months after any risky activity?
- Have we talked about sex outside the relationship?
- Do we trust each other enough to talk about whether we have had unsafe sex with someone else?

If any of your answers are "no," condoms are good protection.

4

Getting drunk or high before sex increases the chance you'll do something risky. Drugs and alcohol make it harder to stick to your limits.

If you think you have a drug or alcohol problem, counseling can help. Some communities have treatment programs especially for gay and bisexual men.

Sharing needles can transmit HIV. Needles pass infected blood from one person to another. Protect yourself.

- Don't share needles for speed, steroids or other drugs, or for piercing or tattooing.
- If you do use needles, fill the syringe with water, shake it and squirt it out. Do this 3 times. Then fill the syringe with bleach, shake 30 seconds and squirt it out. Do this 3 times. Then fill, shake and squirt with water 3 times again.

CDC-INFO: 1-800-232-4636

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This brochure is not intended as a substitute for your health professional's opinion or care.

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There is a lot more to safer sex than just condoms. Many sexual activities are totally safe.

KISSING

Saliva has never been shown to transmit HIV. So kissing is safe, whether it's a peck on the cheek or "high impact aerobic French kissing."

TALKING

You can talk about safer sex as a way to suggest your choices or fantasies. Or watch porn together and talk about what turns you on.

MASTURBATION

Masturbating yourself and your partner is safe if no cuts or sores on your skin come in contact with your partner's semen. Try different lubricants for a different feeling.

FANTASIES

Dress up. Try chocolate or your favorite flavors. Use dildos or other toys. (Make sure you use a condom on them or wash them with soapy water.)

WHAT IS RISKY?

Anal sex without a condom—"barebacking" or "raw" sex—is very risky for both partners, top and bottom.

Some people with HIV believe they are not at risk from unprotected sex. But getting another STD may make HIV more serious.

Some people who don't know their HIV status are taking risks. It can be hard to talk about condoms with someone new. It can be tempting to be unsafe if other people are. But staying uninfected is the best way to be around when a vaccine or cure is found.

HOW TO USE A CONDOM

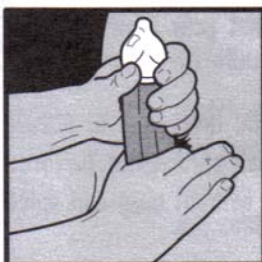
Become a condom expert. Practice with a few different brands, colors, and flavors (be sure the condom says "for disease protection"). Learn to put them on in the dark. Then you'll be ready for safer sex!



Put a drop of lubricant inside the tip. Remember, water-based lubes only.



Pinch a half inch space at the tip to leave room for semen before rolling the condom on the hard penis.



Hold the tip and unroll the condom all the way down to the base. Add plenty of lubricant on the outside of the condom.

After coming (ejaculation) hold on to the condom when you pull out. Use a new condom each time.

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