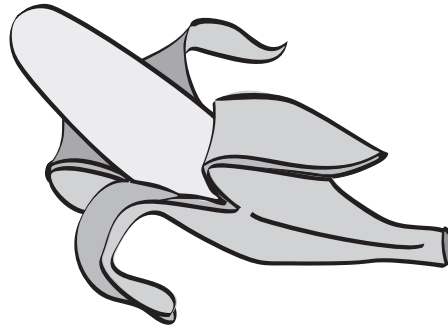


Sexual risks vary, from activities that have absolutely no risk for HIV/STIs, to activities that are very risky for HIV/STI transmission.

Sex can mean many things, including:

- Activities with no possibility for HIV/STI transmission (SAFE SEX) such as fantasy, sex talk, and masturbation. What all these activities have in common is that no body fluids (blood, semen, vaginal-cervical secretions) are exchanged between partners.
- Activities that may include some possibility of body fluid exchange (SAFER SEX), vaginal or anal sex using a condom. Oral sex without a condom is low risk depending on the health of your mouth. When condoms are used correctly all the time, the risk of transmission can be very low.
Note: some STIs, like Herpes and Genital Warts, can be transmitted by skin to skin contact.
- Activities that are very risky (UNSAFE SEX) such as anal and vaginal sex without a condom.

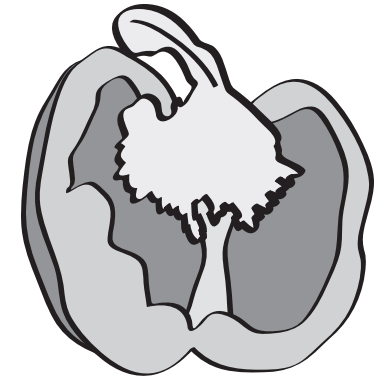
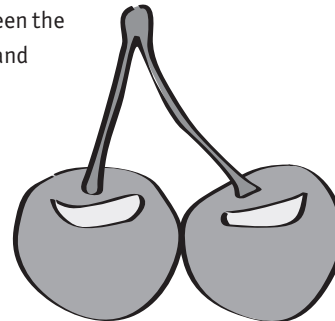


Condoms

- Condoms may not provide 100% protection against transmitting or acquiring HIV/STIs but they are highly effective if used properly each time you have vaginal, anal, and oral sex with men. For oral sex with women see the following section.
- Condoms come in a variety of brands, flavors, shapes and sizes—choose the one you like best.
- Use only water-based lubricants.
- Do not use oil-based lubricants because they may cause condoms to leak or break.

Latex Dams/Saran Wrap

- Small pieces of latex rubber sheets or saran wrap that provide protection against HIV/STI transmission during cunnilingus (oral sex on women) or rimming (oral-anal contact).
- Used as a barrier between the mouth of one partner and the body of the other.
- You can also cut open a condom if latex dam or plastic wrap is not available.



Lubricants

- Reduce the chance that a condom will break during intercourse.
- Can increase pleasure and reduce discomfort.
- Use water-based lubricant.
- You can never use too much.
- **Non-Oxynol 9 is no longer recommended** and may increase the risks of HIV/STI transmission.

The more you know yourself, what you like and feel comfortable with, and the more you are able to communicate this with your partners, the more successful you will be in creating a healthy and satisfying sexual life.

Deciding how you want to be sexual with a partner may be based on many things. The situation itself, your relationship with your partner, your feelings, your own desires and boundaries, and the judgments and expectations of others, all of these influence how you decide to be sexual. Sex can be wonderful, passionate, intimate, and connecting. It can also be complicated by risks like unplanned pregnancy and transmission of sexually transmitted diseases (STIs), including HIV. There are 15 million new STI infections each year in the United States.

The good news is that STIs and HIV can be prevented

There are two questions you might find useful to ask yourself when trying to make decisions about sexuality and your health;

- How do you know what you know? (about STIs and HIV, about your partner)
- How much risk are you really willing to live with?

For Further Information:

Project SAFE

Ocean Campus Cloud 405
Information, Referrals & Safer Sex Supplies

San Francisco AIDS Foundation Hotline

415.487.3000 or 1.800.FOR.AIDS, www.sfaf.org

Center For Disease Control & Prevention

CDC HIV & STI Info: 1.800.232.4636 or 1.800.CDC.INFO
www.cdc.gov

California AIDS Hotline

1.800.367.2437

San Francisco Sex Information Hotline

415.989.7374

Needle Exchange

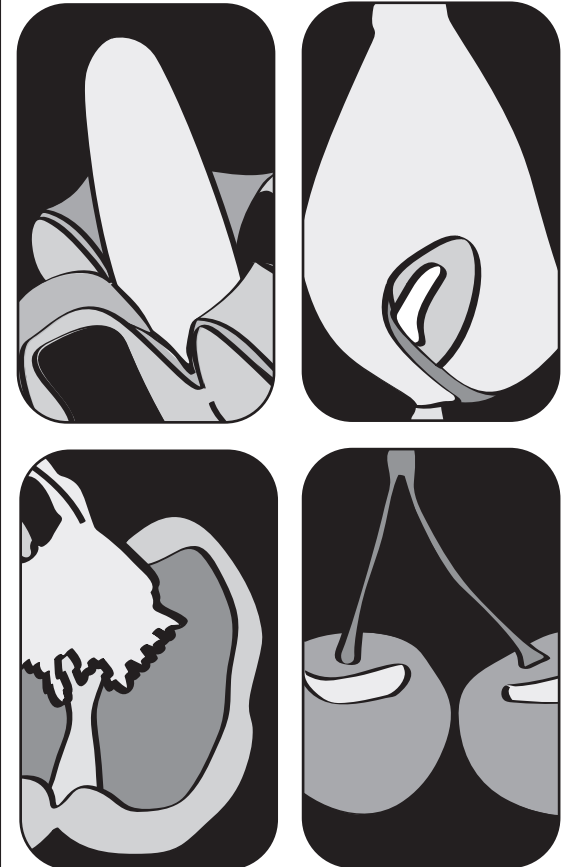
HIV Prevention Project

415.241.1500, www.sfaf.org



HIV/STI Education Office
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415.452.5202

Safer Sex



The Good News