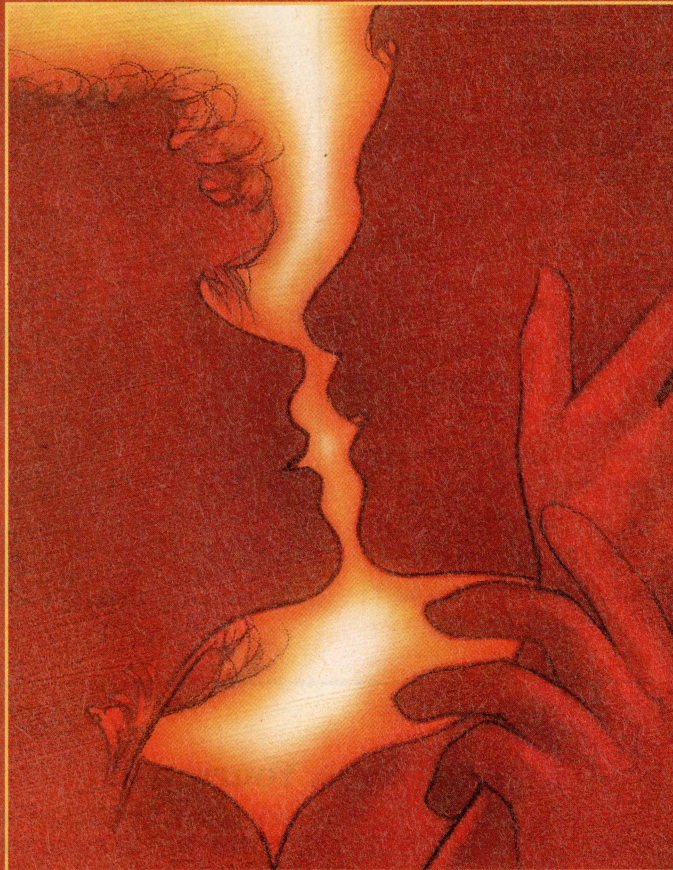


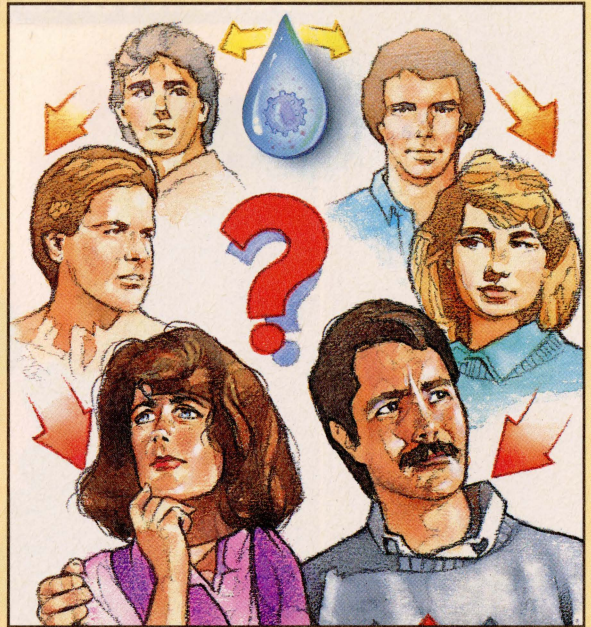
Prevent AIDS and Other STDs



UNDERSTANDING
**SAFER
SEX**

Your Partner's Partners May Put You At Risk

AIDS and other STDs (sexually transmitted diseases) such as venereal warts, chlamydia, and herpes are no longer someone else's problem. STDs are now everyone's problem, including teenagers. Many infected people are symptom-free and may unknowingly pass infections on to others. Even if you think your partner is not the kind of person who would have an STD, you can't be sure, because when you sleep with someone, in a way you're sleeping with all their past partners. Anyone who is sexually active may be at risk for a sexually transmitted disease.



Ask Yourself . . .

You're not at risk for STDs if you're not sexually active. Nor are you at risk if you've been in a long-term relationship since the late 1970s and neither you nor your partner has had other partners, used

Are You at Risk?

- Have I been sexually active with more than one partner since the late 1970s?
- How sure can I or my partner be that neither one of us is infected with AIDS or another STD?
- How sure can I or my partner be that our past partners were not infected?
- Could the "nice" people I meet be exposed to STDs?
- Might my partner have used IV drugs, or received a transfusion or blood products since 1978?
- Might I become infected by sleeping with an infected person only once?

This booklet is not intended as a substitute for professional health care or thoughtful consideration of the personal issues and medical risks involved in sexual expression today.

©1988 by Krames Communications, 312 90th Street, Daly City, CA 94015-1898. (415) 994-8800. All rights reserved. 8806/8901



You Can Be Safer —And Sexier, Too

Safer sex does more than prevent the spread of STDs—it shows you care. Sharing new, sensual ways of lovemaking can deepen your feelings of intimacy and make sex more exciting and fulfilling. Putting on condoms can become part of the erotic play you share with your partner. You really can prevent the spread of STDs and still enjoy sex. **Ask yourself** some key questions, learn why and how you and your partner can **protect each other** from AIDS and other STDs, and **plan ahead for safer sex** so you feel more comfortable and at ease.

IV drugs, or received a blood transfusion or blood products. But if you have any doubts about whether this is the case, you may be at risk. Ask yourself the questions on this checklist:

Do You Practice Safer Sex?

- Do I know what makes sex safer and what makes it risky or unsafe?
- Do I know how to use safer sex techniques to make sex more enjoyable?
- Do my partner and I use condoms correctly to prevent tears and leaks?
- Do my partner and I ever take chances after using alcohol or other drugs?
- Do my partner and I use a latex condom **every time** we have intercourse?
- How comfortable do I feel talking about safer sex with my partner?

Because You May Never Be Sure ...

Most people can never be sure about the answers to all these questions and need to know more about protecting themselves with safer sex.

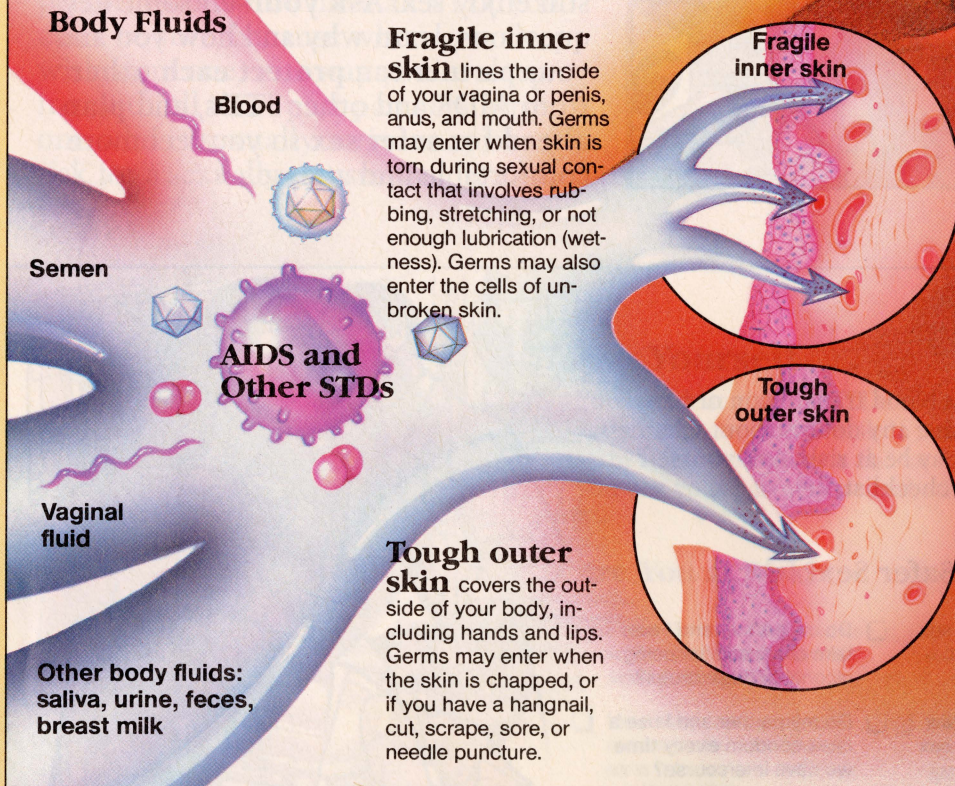


PROTECT EACH OTHER FROM AIDS AND OTHER STDs

There are dozens of diseases spread through sexual contact, including AIDS, herpes, venereal warts, chlamydia, gonorrhea, syphilis, hepatitis B, and vaginal infections. Although some of these infections are treatable, others are not. AIDS is incurable, deadly—and could be transmitted during a single exposure. **But STDs are preventable.** People who carry STDs don't always show obvious

How AIDS and Other STDs Are Spread

STDs are spread by germs (viruses or bacteria) carried in certain fluids of the body. Your body may be exposed to these fluids during sexual contact, allowing germs to get in. Exposure can occur through skin that is torn or broken. These "breaks" in the skin may be too small for you to see or feel, but large enough for microscopic germs to pass through.



Choose Safer Sex

If you're going to have sex, always use a latex condom—it's your best protection. Try exploring the many other forms of safer sexual expression and sharing books and other materials with your partner. It's up to you to decide how much risk you want to take—allowing body fluids to contact skin is riskiest of all.



CAUTION

Alcohol and other drugs lower inhibitions and affect your judgment, leaving you vulnerable to unsafe sex.

Safer Sex

- Kissing with your lips closed
- Caressing, sensual massage
- Hugging and rubbing bodies together
- Masturbating your partner using a latex condom
- Fantasy, phone sex, using (not sharing) sex toys

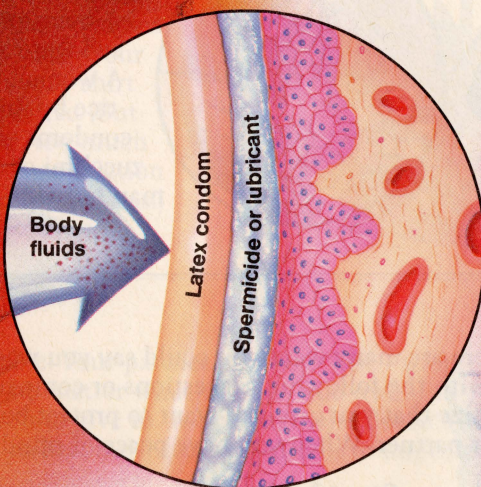
Possibly Safer Sex

- Oral sex on a man using a latex condom
- Vaginal intercourse using a latex condom plus spermicide containing nonoxonyl-9
- Masturbating your partner without using a condom

symptoms, so you can't always be sure your partner is infection-free (or that you are). It's better to be safe and protect each other from infection. By learning how STDs are spread, you'll better understand why using a barrier such as a latex condom with spermicide containing nonoxynol-9 and choosing safer sex practices helps prevent the spread of sexually transmitted diseases.

Use a Barrier to Help Prevent the Spread

Barriers made out of latex (a form of rubber) help prevent body fluids from entering your body. Latex **condoms** are recommended for intercourse. Some experts suggest using barriers on your hands or mouth for other types of sexual contact. For extra protection, use a **spermicide** or **lubricant** containing nonoxynol-9, which kills germs, along with condoms.



Spermicides or water-based lubricants containing nonoxynol-9 may provide extra protection because this chemical helps kill many STD germs. They also reduce friction so latex condoms are less likely to break. Avoid oil-based lubricants such as baby oil, petroleum jelly, or skin lotions, because oil weakens latex.

How to Use a Condom



1. Remove condom from packet and press air out of the tip. If uncircumcised, pull back the foreskin.

2. Cover the head of the penis with the condom. Unroll gently to cover entire erect penis, leaving extra space at the tip.

3. Apply water-based lubricant or spermicide. Avoid oil-based lubricants, which damage condoms.

4. Leave condom on throughout intercourse. After sex, hold condom around base; withdraw gently to avoid spilling semen.

Risky Sex

- Wet kissing with your lips open
- Oral sex on a woman
- Anal intercourse using a condom with or without lubricant
- Urine contacting skin ("watersports" or "golden showers")

Unsafe Sex

- Vaginal intercourse without a condom
- Anal intercourse without a condom
- Oral sex on a man without a condom
- Inserting fingers, hand, or fist into anus or vagina
- Oral/anal contact ("rimming")

Sharing intravenous drug needles is very unsafe, because it spreads STDs directly.

PLAN AHEAD FOR SAFER SEX

For most of us, it's not easy to talk about something as personal as sex. Your partner may be just as concerned about preventing disease as you are and may bring up the subject first. But this may not be the case, so it's up to you to make a commitment to have only safer sex, and then plan ahead for it. You'll be more comfortable, relaxed, confident, and able to enjoy each other if you're prepared.



Practice What You'll Say and Do

You'll feel less nervous talking about safer sex if you practice first. Decide ahead of time what you'll say and how you'll say it. Try rehearsing in front of a mirror, or ask a friend to play the role of your partner so you can figure out the right words to

say. Practice actually using condoms, too, so you're less likely to tear them or interrupt sex at an awkward moment.

A woman can practice by unrolling condoms onto a zucchini or carrot; a man onto his penis.

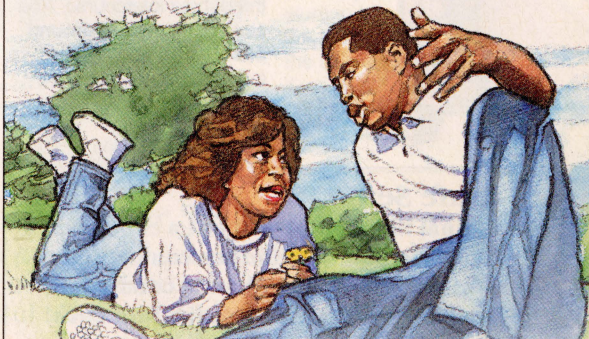


Say You Want to Play Safe

Every situation and person is unique and there are many ways you could say you want to play safe by using condoms. Whether you begin with the following suggestions or come up with your own, be honest about your concerns. Emphasize that you care and want to protect both of you. You deserve to be protected, and so does your partner. When you have peace of mind, sex is

Start by Saying...

"I've been thinking a lot lately about all the diseases you can get. But if we use condoms, we can prevent them."



If Your Partner Resists...

"No way. Condoms destroy the spontaneity—they're no fun."

You Could Say...

"I'll keep them by the bed. If we put one on together, a condom could be fun."

Start by Saying...

"A lot of people are using condoms now to be careful. I think it's a good idea; how about you?"



If Your Partner Resists...

"I hate condoms. Forget it."

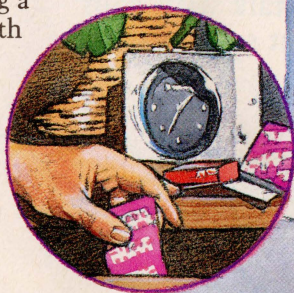
You Could Say...

"Why do you hate condoms? Let's give them a try—please, do it for us."

Set aside some time to practice what you'll say and do. Then, set the stage for safer sex and let your partner know you want to play it safe. Remember, it's best if you and your partner talk about and agree to have safer sex before you begin a sexual relationship. But even if you've been having an unsafe sexual relationship, it's still worth making the effort to start now.

Set the Stage

The middle of a passionate moment is not the best time to bring up safer sex. Find out what your partner thinks before you become sexually involved. You could begin by mentioning a news story about AIDS or condoms, either when the two of you are alone together, or during a general conversation with a group of friends. It helps to keep condoms handy—beside your bed, or in your shirt pocket or purse. (But remember: too much heat, cold, or friction can weaken condoms.)



more enjoyable. Your partner may say "Yes, I want to use condoms, too." But if your partner won't agree no matter what you say, you owe it to yourself to say "no" to sex. There's no good reason for you to give in to a partner who doesn't love you enough to use a condom. Remember, it's possible to become infected if you have unprotected sex just once.

Start by Saying...

"I'm not going to give up sex, but AIDS has me scared. I'm going to use condoms whenever I have sex."



If Your Partner Resists...

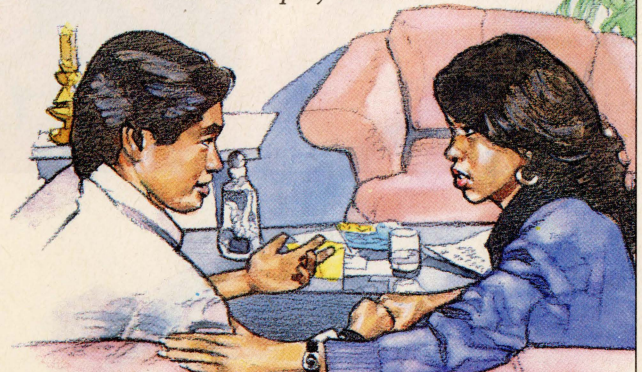
"What? A condom? Don't you trust me? Do you think I have a disease?"

You Could Say...

"I do trust you—but how can I be sure of your former partners—or of mine?"

Start by Saying...

"I'd love to make love with you, but I always use condoms to play it safe."



If Your Partner Resists...

"Sex just doesn't feel as good with a condom—it ruins the feeling for me."

You Could Say...

"It might feel different, but let's try. Sex won't feel good at all if we never have it."

SAFER SEX IS THE BEST PROTECTION

If you're sexually active, you may be at risk for a variety of sexually transmitted diseases (STDs). You could even be exposed to AIDS, the deadliest STD of them all. You don't have to give up sex to prevent the spread of infection, but you may need to change some of your sexual habits. Take these four steps to enjoying sex while still protecting yourself and your partner:

- Know whether you're at risk for AIDS and other STDs.
- Learn how AIDS and other STDs are spread.
- Choose safer sex techniques such as using latex condoms and spermicide.
- Learn how to talk with your partner about safer sex.



KRAMES
COMMUNICATIONS

MORE THAN INFORMATION...

Consultant:

Katherine A. Forrest, MD, MPH,
Reproductive Health and
Family Planning

With contributions by:

Kathleen Jones, RN,
Occupational Health Nurse
Helen K. Linardakis,
Infection Control Practitioner
David C. Locke, MD, Family Practice

If you have any questions
about your health, STDs,
or the AIDS antibody test,
call:

- Your doctor or local
health department
- VD Hotline
(1-800-227-8922)
- AIDS Hotline
(1-800-342-AIDS)

Lithographed in Canada