

SAFER SEX TIPS

- Talk about safer sex with your partner(s).
- Practice using latex condoms yourself, and find out which kind works best for you.
- Recycling latex is out: never reuse a condom.
- Do not brush or floss your teeth before or after oral sex since this can cut your gums.
- Give a lot more attention to foreplay (kissing, touching, caressing, etc.) because a lot of foreplay = safe play.
- Make sex more than just fucking and sucking. Make it fun, sensual, and SAFE.



— MORE INFORMATION —

If you have more questions about safer sex and HIV/AIDS, try calling these numbers:

Maryland AIDS Hotline
(410) 945-AIDS

Chase-Brexton Clinic
(410) 837-2050

Planned Parenthood, Baltimore
(410) 576-1400

Teens TAP (Teaching AIDS Prevention)
A national AIDS hotline staffed by trained teens
Hours: 5:00 p.m. to 9:00 p.m.
1-800-234-TEEN

Indianapolis Youth Group
A national hotline for gay and lesbian youth
Hours: Thursday through Sunday
7:00 p.m. to 11:45 p.m. EST
1-800-347-TEEN

For free and anonymous HIV testing, call
The American Red Cross
(410) 764-4610

ACT UP BALTIMORE

ACT UP (AIDS Coalition to Unleash Power) is a diverse coalition of men and women, without regard to race, religion, age, disability, or sexual orientation, united in anger to end the AIDS crisis.

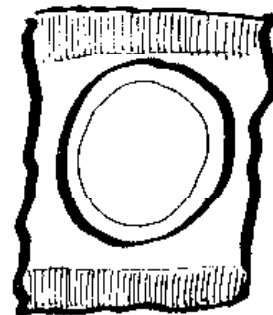
ACT UP/Baltimore meets every Wednesday at 8:00 p.m. at 241 West Chase Street, Second Floor. All are encouraged to attend our meetings.

FOR MORE INFORMATION CALL (410) 637-5203



SAFER SEX IN THE 90'S

WHAT THEY DON'T TELL YOU
COULD KILL YOU!



ACT UP/Baltimore

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LET'S TALK ABOUT SEX

Living in the 1990's means thinking about AIDS and HIV infection. HIV (Human Immunodeficiency Virus) is believed to cause AIDS by

weakening the body's natural defenses to the point where a person can develop many different infections. HIV is passed from one person to another when HIV-infected blood, vaginal fluids, or cum goes from one person's body into another person's body during unprotected sex or when sharing needles. In other words, it's not who you are, but what you do that puts you at risk for HIV infection. We owe it to ourselves and to our partner(s) to talk about WHEN we have sex, HOW we have sex, and what SAFER SEX means.

WHAT THEY WON'T TELL YOU:

Many of you may have already decided to have sex. After all, if you masturbate, that's SEX. Some of you may have decided that you are not ready for sex, and that's OK. It's a personal choice that you make for yourself. Whether you are having sex or not, though, it's important to realize that SAFER SEX can be turned into an incredibly hot and healthy experience. This pamphlet is meant to give you some ideas about all the safe and sexy you can do with your body besides just fucking and sucking.

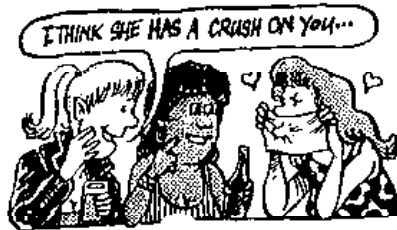
For safer sex to work, you must talk with your partner(s) BEFORE you have

SAFER SEX MEANS NEGOTIATE

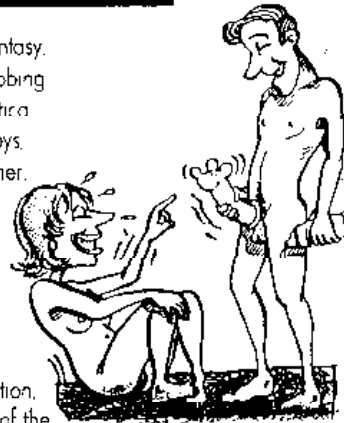
sex. Not just "who's got the condom?" but also "what kind of safe and sexy things can we do together?" and "what does each of us feel comfortable doing?" If there is something that either you or your partner(s) does not want to do, DON'T DO IT! No one should EVER be made to do something that he or she is unwilling to do, especially when that something is unwanted or safe sex.

SEX IS MORE THAN JUST FUCKING AND SUCKING

- Try massage, fantasy, body to body rubbing, role playing, erotica, body painting, toys, showering together, hugging, kissing (avoid open sores and cuts), masturbation, mutual masturbation, licking the shaft of the penis and balls, light bondage (without breaking the skin), sensual feeding, sucking nipples, biting toes, nibbling on the ears and nose, licking honey off the back of the neck (or any other part of the body), sexy talk...



• Everything you can think of where HIV-infected blood, vaginal fluids, or cum does not pass from one person into another person is safer sex.



For maximum protection against HIV and other infections:

ORAL SEX

- When going down on a woman or when rimming (mouth to asshole contact) use a dental dam (a latex square) or a condom cut lengthwise to form a flat latex barrier.
- In order to be completely safe when going down on a man, use a condom.



LATEX AND SAFER SEX

• For vaginal or anal intercourse always use a latex condom (never sheepskin) with a water-based lubricant (like K-Y jelly).

- Never use an oil-based lubricant like Vaseline or handcream because they dissolve latex.
- For extra protection during intercourse use a spermicide like Nonoxonyl-9 (which kills HIV) and pull out before coming.
- Wash sex toys with very hot water and soap (or put them in the dishwasher). If you share them, cover them with a new condom for each partner.
- When fisting or fingering use latex gloves and water based lubricant. Beware of sharp fingernails!