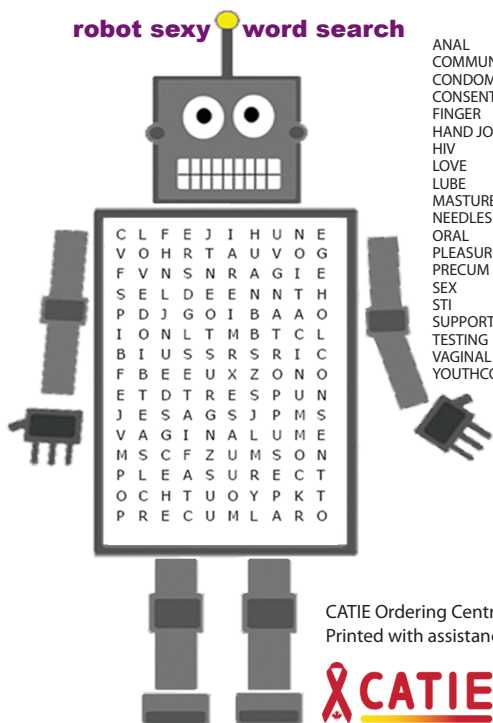
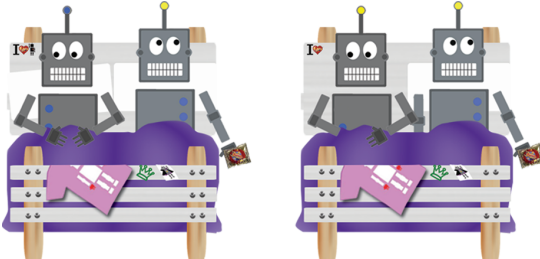


robot sexy word search



ANAL
COMMUNICATION
CONDOM
CONSENT
FINGER
HAND JOB
HIV
LOVE
LUBE
MASTURBATE
NEEDLES
ORAL
PLEASURE
PRECUM
SEX
STI
SUPPORT
TESTING
VAGINAL
YOUTHCO

spot 8 things that are different between the two pictures



want to learn more about HIV or hepatitis C?

www.catie.ca • 1-800-263-1638

www.youthco.org • 604-688-1441 • 1-855-YOUTHCO (9688426)

CATIE Ordering Centre No: ATI-26400 (aussi disponible en français, ATI-26400_F)

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Canada's source for
HIV and hepatitis C
information



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Gearing Up to Get Down



YOUTH CO
YOUTH LEADING THE HIV & HEP C MOVEMENT

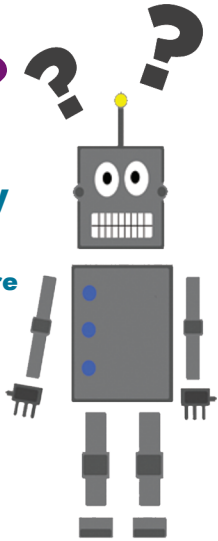
The goods on HIV, safer sex, and protecting your parts

what is HIV? ? ?

Human Immunodeficiency Virus

You've heard about it. We're here to give you the facts.

- HIV is a virus that weakens the immune system.
- HIV can only be passed between people.
- You can have HIV for many years without any symptoms.

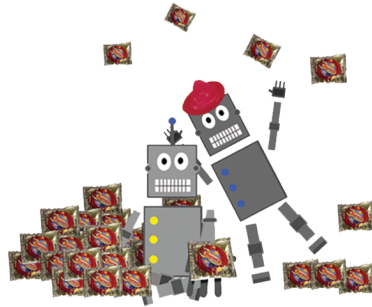


so what is AIDS?

AIDS may occur when HIV+ people can't or don't get treatment.

- AIDS stands for Acquired Immune Deficiency Syndrome.
- You can't pass AIDS, only HIV.
- With AIDS, common illnesses that could easily be fought off by a healthy immune system can become life-threatening.
- HIV does not always lead to AIDS. Proper treatment can help people with HIV stay healthy for many years.

use condoms!



Putting on a condom...

- Check the expiry date.
- Check for holes in the condom package by squeezing and feeling for air.
- Be careful not to tear the condom when opening.

safer & better sex tips



1) Pinch air from the tip of the condom. Try putting a drop of lube inside the tip – some people like the sensation.



2) While pinching the tip, unroll the condom down the shaft to the base of the erect penis or sex toy.



3) Put water or silicone-based lube on the outside of the condom to reduce the risk of it breaking and increase pleasure. Avoid oils (lotions, massage oil, vegetable oil or butters and vaseline), they break down condoms.

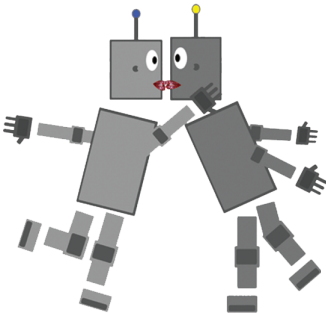


4) Enjoy! And check every now and again to make sure the condom is still on.



5) After sex, hold the condom tightly at the base and pull out while the penis is still hard. This prevents the condom from slipping off and semen from spilling out. Throw the condom in the trash.

safer & better sex tips



Play and have fun!

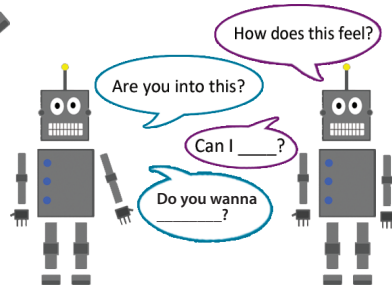
There is no one way to have sex. Explore by yourself or with a partner. Try new things. Repeat.

consent = sexy

Consent is knowing everyone involved wants to do what they're doing and not just because they're drunk or high or afraid to say no.

Check in with yourself and ask your partner. If they say no, say nothing or don't seem into it, stop and talk about it. Sex without consent is sexual assault.

Talking helps you find out what you're both into so you can feel comfortable and do more of the stuff you like. Hot!



Are you into this?

How does this feel?

Can I ____?

Do you wanna ____?

safer, sexier SEX

There are lots of ways to have fun that are NOT a risk for passing HIV, including:

- Kissing
- Cuddling
- Masturbation (touching yourself)
- Manual sex (fingering, hand jobs)

A little more conversation...

Talk about likes, dislikes, safety, testing, kinks, STIs, boundaries, fantasies.

For HIV to travel between people it needs 3 things:

HIV positive body fluid + direct access to the bloodstream + risk activity = Possible HIV transmission

1) HIV positive body fluid

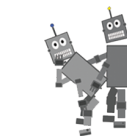
The only fluids that can carry and pass HIV are **blood, breast milk, semen & pre-cum, vaginal fluid** and **rectal fluid**.

2) Direct access to the bloodstream

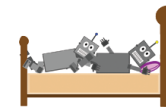
HIV can live inside our bodies but it quickly dies outside the body when exposed to air. To pass between people, HIV needs direct access to the bloodstream. This happens through **sharing needles, fissures** (small tears that happen in the openings of our bodies), and **special cells** in the **vagina, bum**, and on the **tip of the penis**.

3) A risk activity

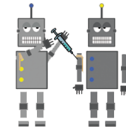
A "risk activity" can allow body fluid containing HIV into the bloodstream. Risk activities include:



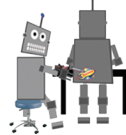
unprotected anal sex



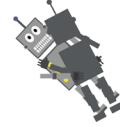
unprotected oral sex (low risk for HIV; but high risk for STIs like gonorrhea and herpes)



sharing needles



sharing tattoo and piercing equipment



unprotected vaginal sex



childbirth and breast feeding

ways HIV CAN & CAN'T be passed

There are lots of things that are NOT a risk for passing HIV, including: sharing toilet seats, touching, hugging, kissing, mosquito bites, and manual sex (hand jobs, fingering).

getting tested

Check your sprocket before you rock it!

Many sexually transmitted infections (STIs) have no visible symptoms. The ONLY way to know if you have HIV or another STI is to get tested.

- An HIV test is a blood test. Most other STI tests are a genital swab or urine test.
- All tests are free and confidential.
- You can get tested at a doctor's office, STI clinic, or youth clinic.
- Youth clinics usually also offer free information, condoms, and birth control.

To find your nearest clinic call:

Across Canada, 1-800-263-1638 or visit www.catie.ca

In BC, 1-800-SEX-SENSE or visit www.youthco.org

Regular testing is an important part of sexual health. Lots of STIs are treatable. Knowing if you have an STI like HIV is the first step to keeping yourself and your partners healthy.

While there is no cure for HIV, you can live a long and healthy life with treatment and support.

- If you are HIV+, you can still have a healthy sex life, a family, a career, and fun.
- You can stay healthy by getting the right treatment, sleeping enough, eating well, decreasing your use of alcohol or drugs, and finding ways to manage stress.
- A hard part of living with HIV can be dealing with stigma and prejudice.
- Having support and people you can talk to can be a big help.

At YouthCO or your local HIV organization you can connect with other people living with HIV and find support, including:

- One-on-one or group support
- Confidential setting where you can talk to other HIV+ youth
- Information about treatment, living with HIV and referrals to other organizations

To find out what's happening in your area make a confidential call:

Across Canada, 1-800-263-1638 or visit www.aso411.ca or www.catie.ca

In BC, 1-855-986-8426 or visit www.youthco.org

testing positive

Access to Treatment

Not everyone in the world or even in Canada has the same access to affordable treatment and medication for HIV. Things like:

- Income – food, medicine, and fun all help keep us healthy and all cost money.
- Housing – safe and stable housing makes it easier to keep a daily medication routine.
- Geography – treatment can be harder to get in rural communities and developing countries.

All affect our ability to access HIV treatment and take medication on a daily basis.

