

YouthCO is a non-profit organization working to involve youth ages 15-29 from all communities in addressing HIV/AIDS and related issues. We provide educational initiatives and support services to youth infected with and/or affected by HIV/AIDS and HIV/Hepatitis C (HCV). As a youth-driven agency, we provide outreach, prevention education, training, volunteer opportunities, advocacy and support to our peers.



For more info, you can chat with someone from YouthCO:

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www.youthco.org • information@youthco.org
Or talk with:
Canadian AIDS Society: 1-800-499-1986

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Safer Sex Tips



and much, much more

from the files of **Dr. Willy**



WHAT IS HIV? WHAT IS AIDS?!



HIV stands for **Human Immunodeficiency Virus**
Human: HIV only affects human beings
Immunodeficiency: HIV attacks the body's defence system making it more open to disease and infection
Virus: HIV is a virus that needs a living cell to grow. A virus cannot be cured.

AIDS stands for **Acquired Immune Deficiency Syndrome**
Acquired: HIV is something a person gets from someone else
Immune: Refers to the body's natural defence system (the immune system) against disease and infection
Deficiency: The immune system isn't working as well as it should be to fight off disease and infection

Syndrome: A set of symptoms or illnesses. AIDS is a set of 27 or more symptoms or illnesses that take advantage of the body's weakened immune system



"Well...this equation will tell us:"

BODY FLUID WITH A LOT OF HIV



DIRECT ACCESS INTO BLOODSTREAM



RISK ACTIVITY



POSSIBLE INFECTION WITH HIV



Not using needles or having sex is the surest way to stay HIV negative!



HOW DO WE GET IT?

Body fluids with a lot of HIV

- blood
- semen (including pre-cum)
- vaginal fluid
- breast milk

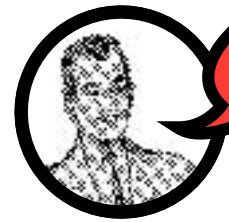
High risk activities

- unprotected sex, vaginal or anal (penis in the vagina or anus)
- sharing needles (such as needles used to inject drugs [heroin, steroids], piercings or tattoos)

Direct access into bloodstream

- through special cells in the penis, vagina & anus
- through open cuts
- through needle injection

- HIV could also be passed from an HIV+ mother to her child during pregnancy, birth and/or through breast feeding



STAGES

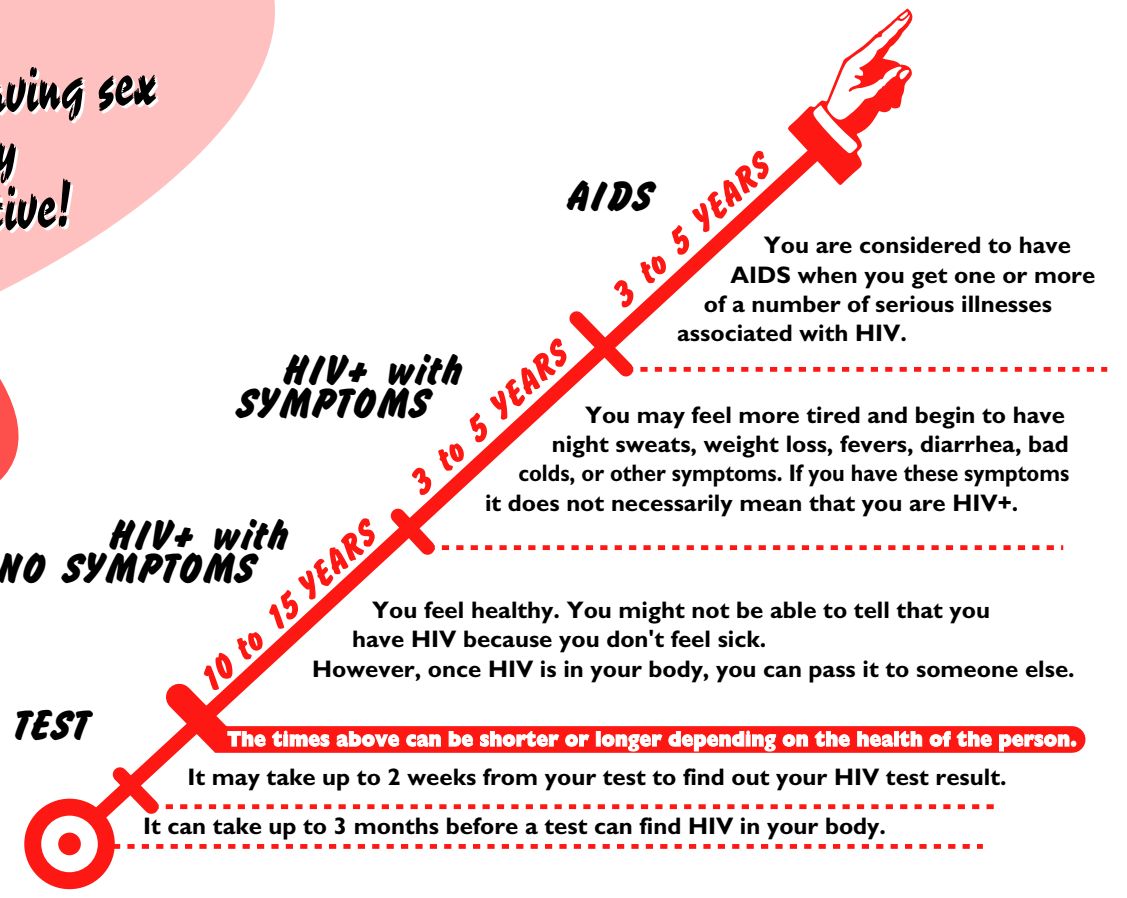
HIV+ with NO SYMPTOMS

HIV+ with SYMPTOMS

AIDS

TEST

POSSIBLE INFECTION



There is no cure for HIV, but new treatments are available. If you are worried you may have been infected with HIV, see your doctor.

SAFER SEX TIPS!

Mouth

- HIV can enter your body if your gums are bleeding, so don't brush your teeth or floss right before oral sex
- if your gums are bleeding or you have a cut in your mouth or throat, you can use a flavoured or non-lubed barrier (condom or dental dam) to protect yourself and your partner

Latex

- using latex is a great way to stop the exchange of body fluids, HIV, and other STDs—put a condom on your partner's penis
- allergic to latex? try the female condom - it's made of polyurethane, can be inserted up to eight hours before you have sex and does not break down with oil-based products!
- thinking of doubling-up? When placing one condom on top of another during vaginal sex, heat can get trapped between the two condoms and may actually break them down
- cut open a condom and stretch it over any area where there could be body fluid before using your tongue or finger
- plastic wrap - available in most kitchens - may be used as a barrier when performing cunnilingus (putting your mouth on someone's vagina) or anilingus (putting your mouth on someone's anus)...but cannot be used in place of a condom during intercourse

Lube

- put some water-based lube on the outside of the condom- it feels better and reduces the chances of ripping the rubber
- put some water-based lube inside the tip of the condom to increase sensitivity
- latex is damaged by oil-based products - use only lube labeled "water-based".
- don't use lube marked "water-soluable" - it may contain oil!
- thinking of throwing in some spermicide just for the heck of it? Spermicides often contain a product called Nonoxynol-9, which may cause skin irritations in many people. These irritations may increase your vulnerability to HIV and other infections.

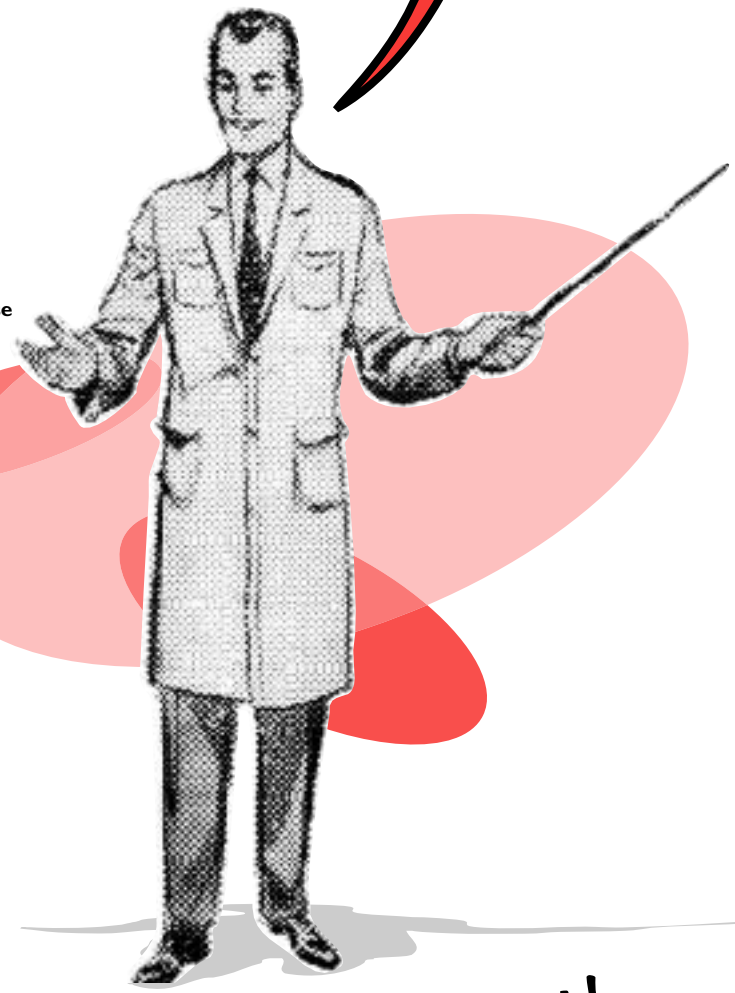
Communication

- talk to your partner to find out what each of you want to do and like - it'll be more fun!!!
- talking about sex before you start makes it easier to plan out what you'll need to play safe.

Toys

- if you want to share your sex toy with someone, put a condom over the toy and change the condom after each use so you don't share body fluids

5 out of 5 doctors recommend condoms over gonorrhea.



MYTH!

FACT!!

- HIV is a gay disease.
- Anyone can get HIV: gay, straight, bisexual male, female or transgendered
- You can get HIV from monkeys, mosquitoes, toilet seats, coughs/sneezes.
- HIV can only be passed in certain ways directly from human to human.
- All people who are HIV+ have AIDS.
- AIDS is the end stage of what could be a long HIV infection.
- I can tell if someone is HIV+. They'll look sick or have sores on their penis or vagina.
- People who are HIV+ may remain healthy for ten years or more and may not show any symptoms at all.
- If we're having sex without a condom and my partner pulls out before cumming, then we're safe.
- The HIV virus is in the pre-cum of HIV+ men and the natural lube of HIV+ women. You can get infected whether or not either of you has an orgasm.
- If I have sex with someone who is HIV+, I will become HIV+ and get AIDS.
- Having unprotected sex with an HIV+ person doesn't mean you'll become infected for sure but there is a good possibility that you could get HIV.

HOW TO PUT ON A CONDOM

Pre-Usage

- condom must be latex or polyurethane
- don't keep in back pocket or wallet for a long period of time - latex doesn't like heat
- check that the package doesn't have any holes
- be careful not to tear condom when opening
- check the expiry date



Pinch air from tip of condom. Put 2-3 drops of lube inside of tip. Place rolled-up condom against the end of penis or sex toy. Unroll it down to the end of penis or sex toy.



Lubricant will reduce the risk of condom breaking during use. Put on outside of condom. Never use oil based lubes like Vaseline, massage oil or butter. These will cause latex to break. ONLY use water-based lubes like KY Jelly.

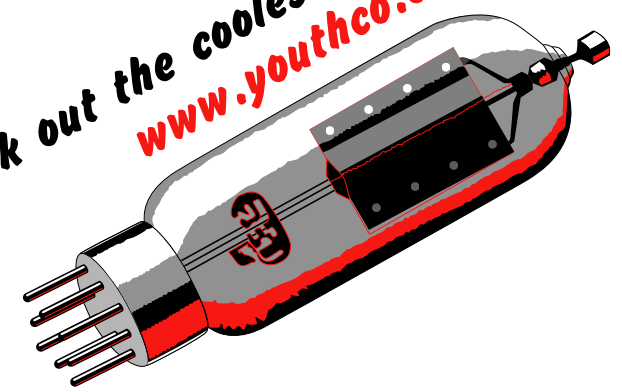


Right after finishing, hold the condom tightly at the base of the penis or sex toy and pull it out. This will keep the condom from slipping off and will stop any semen from being spilled.

NEEDLE USE

- Always use your own or new, unused needles.
- Bleach, ammonia, and/or boiling water have not been shown to kill Hepatitis C very effectively. To protect against both HIV and Hep C, don't share your works!
- Contact YouthCO or your local HIV/AIDS service organization to find a needle exchange program in your area.

Check out the coolest site on the web!
www.youthco.org



If your partner says... You can say...



What, are you worried I have a disease or something?

Aren't you?



Just this once.

I've got lots of condoms. I was hoping for more than once.

Rubbers are so unnatural.

So is using a knife & fork, but I didn't notice you eating dinner with your bare hands.



I'll lose my erection if I stop to put a rubber on.

We don't have to stop. I'll help you. It'll be fun.



I can't feel anything if I wear a condom.

I've got moves rubbers can't stop.

They don't fit.

Duh...they stretch.



I know I'm clean. I tested HIV-.

Thanks for telling me but we can have HIV before the test shows, so why take a chance?



Condoms ruin the mood.

Come here, I'll change your mood

Dental dams don't feel good.

The safer I feel, the wilder I get.