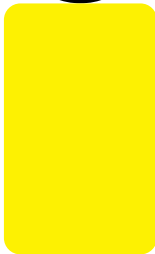
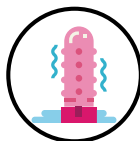


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HIV AND STI PREVENTION

A GUIDE TO SAFE SEX



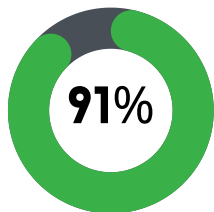


**Condoms
&
Lube**

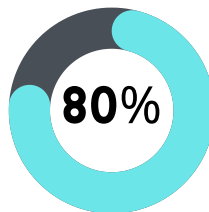
CONDOM FACTS

Correctly using latex or polyurethane condoms and lube can substantially lower your chances of getting certain STIs, including HIV.

When used correctly, condoms can reduce the transmission of HIV by about 91% for receptive anal sex, and about 80% for vaginal sex.*



**91% for
Anal Sex**



**80% for
Vaginal Sex**

*<https://www.cdc.gov/condomeffectiveness>

Condoms & Lube



**Condoms
&
Lube**

Lube, lube, lube!



Sex causes friction, which can break or tear condoms.
Using lube helps reduce that friction!

Some lubes are better at certain jobs, than others:

Water-based lube:



- Safe to use with latex and silicone products
- Easily washed off with soap and water
- Widely available for purchase

Silicone-based lube:



- The most slippery, best for anal sex
- Won't degrade latex condoms
- Does not evaporate as quickly as water-based lubricant



CONSENT

CONSENT

is key to healthy sexual relationships



DO's: ✓



DO ask for approval for contact from your partner



DO wait to receive an enthusiastic "yes!"



DO respect your partner's decision to revoke consent at any time



DONT's: ✗



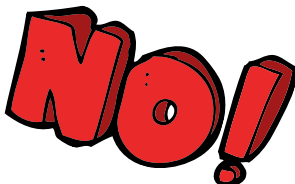
DON'T assume you have consent, always ask



DON'T force your partner to give consent



DON'T forget, "no" means "NO"



CONSENT



**SEXUAL
NETWORK**

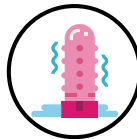
Understanding Sexual Networks

Everyone who has sex is part of a sexual network.
Your sexual network includes all your partners, and their
partners too!

Where you live, and how you have sex can play a role in
your exposure to STIs and HIV.



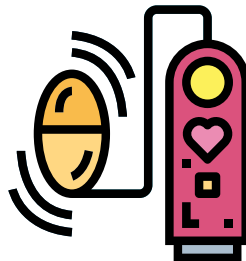
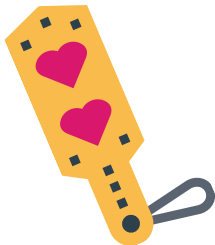
SEXUAL NETWORK



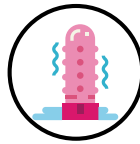
TOYS

TOYS! What are they?

Using or adding new sex toys like vibrators, dildos, anal plugs, rings, and more, can be a great way to spice up your sex life.



TOYS



TOYS

Toy Maintenance



Toys can be both fun and exciting, but they do need to be properly maintained.

Never use silicone lubricant with silicone toys, as it will degrade the material!

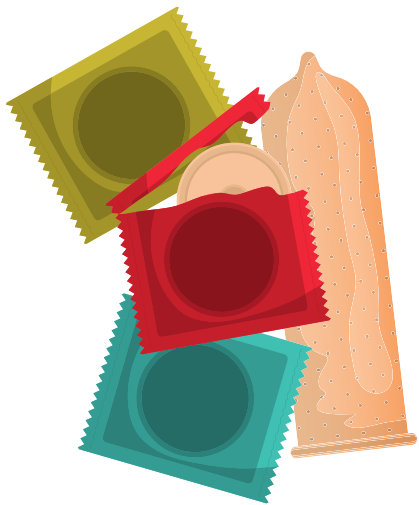
Always wash your toys with soap and water.

When sharing insertive toys, make sure to use condoms!

TOYS



How are STIs passed?



STIs can be passed through either skin-to-skin contact, body fluids, or both.

Even if you don't feel symptoms, there is still a chance that you could have an STI.

Regular STI testing is important to knowing your status!



STI & HIV Education

STI: Sexually Transmitted Infection

STIs	Skin-to-Skin Contact	Body Fluids*
Chlamydia		✗
Gonorrhea		✗
Hepatitis A, B, C		✗
Herpes	✗	
HIV		✗
HPV	✗	
Syphilis	✗	
Trichomoniasis		✗

*Pre-cum, cum, vaginal fluids, rectal fluids, blood, breast milk.

STIs can be prevented by utilizing condoms, PrEP, and safe sex practices.





**STI & HIV
Education**

PrEP as a form of HIV Prevention

PrEP (pre-exposure prophylaxis) is a safe and effective pill taken daily to prevent contracting HIV.

PrEP requires regular blood-work every 3 months to ensure optimal continued health.





**STI & HIV
Education**

Medical Adherence



Whether you are HIV+ and taking antiretroviral medications, or HIV- taking PrEP, adhering to your regime is paramount to ensuring optimal health.



Vaccinations
for Hep A and B, HPV



PrEP
Pre-Exposure Prophylaxis

Antiretroviral

(ART) medications for fighting HIV/AIDS



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