

## Communication

Talking with your partner about your desires and boundaries is a great place to start a conversation about sex.

Negotiating what you want to do and how you want to be sexual is best when you have as much information as possible. With little or no information, you may want to consider being as safe as possible. It is up to you.

AND anything you can do to reduce your risk of STI's, HIV, or unwanted pregnancy is a good thing.

### For more information:

#### Project SAFE

Ocean Campus Link Center MU301  
Information, Referrals & Safer Sex Supplies  
415.452.5070  
[www.ccsf.edu/hiv](http://www.ccsf.edu/hiv)

#### San Francisco AIDS Foundation Hotline

415.487.3000 or 1.800.FOR.AIDS  
[www.sfaf.org](http://www.sfaf.org)

#### Center for Disease Control & Prevention

CDC, HIV & STI Info:  
1.800.232.4636 or 1.800.CDC.INFO  
[www.cdc.gov](http://www.cdc.gov)

#### California AIDS Hotline

1.800.367.2437

#### San Francisco Sex Information Hotline

415.989.7374

#### Needle Exchange

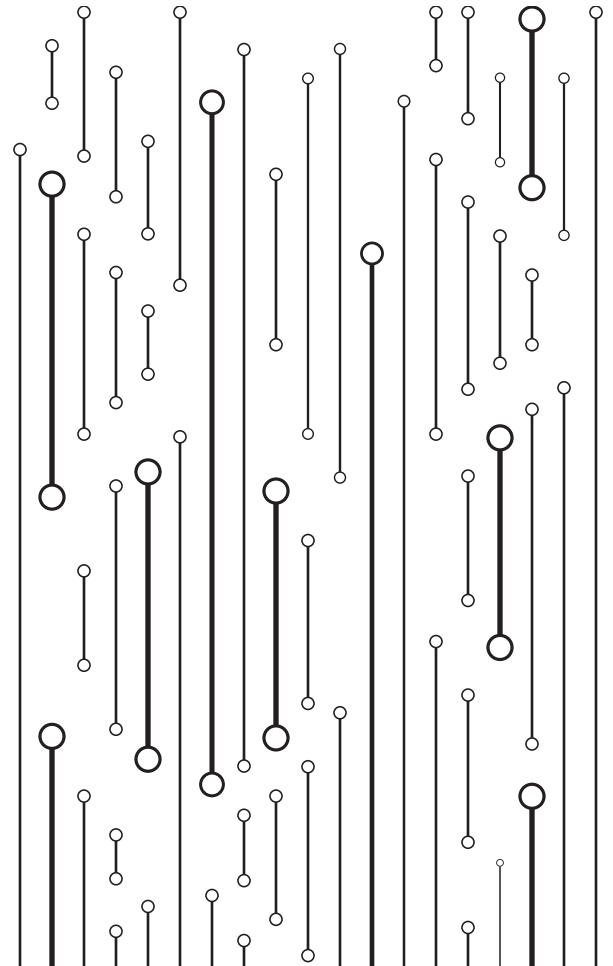
[www.sfhiv.org](http://www.sfhiv.org)

#### HIV Prevention Project

415.241.1500  
[www.sfaf.org](http://www.sfaf.org)



HIV/STI Prevention Studies  
City College of San Francisco  
50 Phelan Avenue · MU353  
San Francisco, CA 94112  
415.452.5202



## Sex

The good news is still that STI's and HIV can be prevented through safer sex practices that reduce the exposure to body fluids during sex, including vaginal, anal and oral sex.

### What you need to know:

#### HIV

Know your HIV status - Get Tested!

- HIV treatment suppresses viral load and can reduce HIV transmission by as much as 96%
- Anal intercourse is the sexual activity with greatest risk for HIV transmission.
- The best method of protection is using condoms and plenty of lube.
- Vaginal intercourse can also be a risk for HIV. Using condoms with lube is the best method of protection
- Oral sex is a low risk activity for HIV transmission

#### STI's

- Know your STI status – Get tested!
- Bacterial STI's can be cured and viral STI's can be treated.
- Having an STI can increase the risk of HIV transmission.
- Condoms can provide the best protection for vaginal, anal, and oral sex.
- Viral STIs, such as Herpes and the Human Papilloma Virus (HPV) can be spread through skin-to-skin contact, as well as through body fluids.

## Pregnancy

When used properly and consistently, condoms are very effective for pregnancy prevention.

## Safer sex as Harm Reduction

Negotiating safer sex from a Harm Reduction perspective means making decisions based on the HIV/STI status of you and your partner (sometimes known/sometimes unknown), the type of sexual activity, and your position or role in sexual activity.

*Any strategy used to prevent HIV/STI is a Harm Reduction method. Some examples include:*

- If you are HIV negative, only having sex with an HIV negative person. Keep in mind STI prevention as well.
- If you are HIV positive, only having sex with other HIV positive people. To prevent STI's, still consider using protection.
- For anal intercourse with a person of unknown HIV/STI status, using a condom if you are on the bottom, or the receiving end.
- For more detailed information about safer sex and risk reduction, see other brochures in the Link Center:
- Oral Sex: Using your Head  
(For Gay Men and Other Men Who Have Sex with Men)
- So You've Decided to Be A Bottom/Top

## Get tested for HIV &STI's

## Self-Reflection

Deciding how you want to be sexual with a partner/s may be based on many things: the situation itself, your relationship with your partner/s, your feelings, your own desires and boundaries and the judgments and expectations of others. All of these and more can influence how you decide to be sexual.

There are several questions you might find useful to ask yourself when trying to make decisions about sexual activity and your health:

- What do you think you know about STI's, HIV, and your partner/s?
- Are you making assumptions that may or may not be true?
- How much risk are you really willing to live with?