

SAFER SEX OPTIONS:

Abstinence-

- **It is an option. You have the power to make it YOUR CHOICE.**
- **Date in groups to avoid temptation.**
- **Stay vertical-avoid horizontal.**
- **If you want to be sure and stay infection free this is your best worry-free option.**

Safe -

- **Hugging**
- **Dry Kissing**
- **Massage**
- **Sexual Fantasies**
- **Masturbation without contact to partners semen or vaginal secretions**
- **Erotic conversation, books, movies, videos**
- **Erotic bathing, showering**
- **Eroticizing feet, fingers, buttocks, abdomen, ears, other body parts**
- **All sexual activities, when both partners are monogamous, trustworthy, and known by testing to be free of HIV**

ANY SEXUAL ACTIVITY WHERE BODY FLUIDS ARE EXCHANGED OR CONTACT WITH BROKEN SKIN IS MADE IS AN UNSAFE SEXUAL ENCOUNTER AND CAN PUT YOU AT RISK FOR STD/HIV INFECTION OR RE-INFECTION WITH ANOTHER STRAIN OF HIV.

THINK ABOUT IT. IT'S YOUR LIFE. THE ONLY ONE YOU GOT.