

Get the facts: HIV risk and protection

Anal sex without a condom puts you at a much higher risk for HIV than other forms of sex because of the higher chances that blood, semen, and other fluid could be exchanged and anal tissues could be torn.

Ask yourself:

- ✓ Do I feel safe talking to my partner(s) about sex that lowers my risk but still feels good?
- ✓ Could my partner(s) be infected?

Condoms and certain medications are helpful in preventing HIV infection, but using condoms is not always an option. Talk to your provider about the daily pill that can reduce the risk of getting HIV: PrEP - or pre-exposure prophylaxis.

If you are worried about pregnancy, using birth control is important, but it does not protect you from STDs or HIV.

Talking about positive test results

Letting your partners know if they may have been exposed to HIV or other STDs is very important—in some cases it's even the law. If you are afraid or worried, you can:

- ✓ Request partner notification from the public health department anonymously, without using your name.
- ✓ Use online partner notification services without using your name at inspot.org. For other STDs: sotheycanknow.org

Take time to figure out what works best for you—Look at the resources on the back of this card for support in making a decision.

National hotlines can connect you to local resources and provide support 24/7 via phone or online chat:

National Domestic Violence Hotline
1-800-799-7233 | 1-800-787-3224 (TTY)
www.thehotline.org

National Sexual Assault Hotline
1-800-656-4673 | www.rainn.org

SAMHSA National Helpline
for drug use and mental health
1-800-662-4357

FUTURES
WITHOUT VIOLENCE

FuturesWithoutViolence.org

The Body complete HIV resource
www.thebody.com

AIDS.org HIV/AIDS prevention, FAQs and news | www.aids.org

Planned Parenthood HIV/STI testing and other info
www.plannedparenthood.org

Centers for Disease Control and Prevention HIV and PrEP info
www.cdc.gov/hiv

Positive Women's Network support and action network
www.pwnusa.wordpress.com

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Sex, Relationships and Getting Tested: Taking control of your health

Why get tested?

People get tested for all sorts of reasons

- ✓ Accidents happen—condoms break once in a while!
- ✓ Fun sex can make you forget about condoms.
- ✓ You're curious about your status.
- ✓ Maybe you have a new partner and you just want to make sure you are ok before you have sex with them.

If these are the kinds of reasons you're getting tested today, it sounds like you get to make decisions about sex—and that's what everyone deserves.

Sex: How often is it about you?

Everyone deserves to have partners listen to what they want and need. Ask yourself:

Do my partners ever make me

- ✓ Have sex or do sexual things when I don't want to?
- ✓ Do sexual things with or for other people?
- ✓ Afraid to ask to use condoms?

If you answered YES to any of these questions, you are not alone. Lots of people experience this. See the back of the card for people to talk to without being judged.

Sex, drugs...and risk

Ask yourself, how often:

- ✓ Have my partner(s) had unprotected sex with other people?
- ✓ Have my partner(s) used needles? Shared needles or works?
- ✓ Have I used needles or shared works?

Your partners' actions may be putting you at risk for HIV and other STDs. It is not your fault, but your actions, too, might be risky. Using drugs to numb pain is common—there are people who understand this and programs that can support you. Check out the back of this card for more information.

Connecting partner violence and HIV

When a sexual partner is controlling or abusive, you are at higher risk for STD infection.

It is common.

- ✓ In the U.S., there are over 110 million cases of STDs—most happening to young women.
- ✓ 1 in 4 women and 1 in 7 men in the U.S. report having experienced physical and/or sexual violence at the hands of a partner.

And connected.

- ✓ Women and girls who are being hurt by an intimate partner are 4 times more likely to become infected with HIV and 3 more times more likely to experience an STD.
- ✓ Of a sample of HIV positive men who have sex with men, 39% reported experiencing physical abuse from a partner.

Having an STD or experiencing domestic or sexual violence can increase your chances of getting HIV.