

SUNY Buffalo State University

Digital Commons at Buffalo State

HIV/AIDS Educational Material

HIV/AIDS Collections

9999

Safe Sex a How-To Guide

Act Up Western New York

Follow this and additional works at: <https://digitalcommons.buffalostate.edu/hivaidsedu>



Part of the [Feminist, Gender, and Sexuality Studies Commons](#), [History Commons](#), and the [Museum Studies Commons](#)

Recommended Citation

Act Up Western New York, "Safe Sex a How-To Guide" (9999). *HIV/AIDS Educational Material*. 1. <https://digitalcommons.buffalostate.edu/hivaidsedu/1>

This Book is brought to you for free and open access by the HIV/AIDS Collections at Digital Commons at Buffalo State. It has been accepted for inclusion in HIV/AIDS Educational Material by an authorized administrator of Digital Commons at Buffalo State. For more information, please contact digitalcommons@buffalostate.edu.

SAFE SEX A HOW-TO GUIDE

In Buffalo...

- 42% of women with Syphilis & Gonorrhea, (two dangerous sexually transmitted diseases), are teenagers.
- During eight months in 1989, the AIDS rate for teens rose 23%.
- We have a higher teen pregnancy rate than New York City.

HIV, the virus that causes AIDS, is in blood, semen (cum), vaginal fluids, and menstrual blood. Saliva and tears are safe.

Safe sex is hot!
Use your imagination.
Having Sex? No need to stop.

NO NEED TO TAKE CHANCES.

Put a latex condom on a penis (dick, cock), dildo, vibrator or anything else you want to put in a vagina (pussy, cunt), anus (asshole), or mouth.

Put a latex glove on your hand for fingering or fisting an anus or vagina.

Put a latex barrier (dam) over a vagina or anus for contact with your mouth.

**Remember Only Latex is Safe.
And Never Reuse a Condom, Glove or Dam.**

HOW TO USE A CONDOM



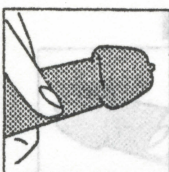
1 Place the condom against the head of the erect penis (or have a friend do it for you) leaving some space at the tip.



2 Hold on to the condom and unroll it completely to the base of the penis. If the penis is uncut, pull back the foreskin before putting on the condom.

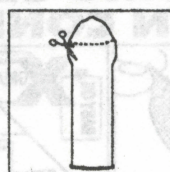


3 Use plenty of water-based lube, like KY® or ForPlay® during penetration. *Don't use* Crisco, baby oil, hand lotions, or vaseline - they can make the condom break.

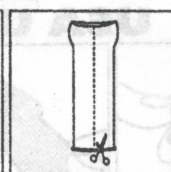


4 Immediately after ejaculation, hold the base of the condom and pull out. *Don't ever* reuse a condom. Keep a few extra on hand just in case.

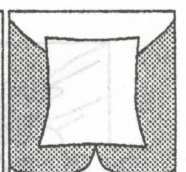
HOW TO USE A DAM



1 Cut off the tip of the condom.



2 Cut along one side of the condom.



3 Spread out the sheet over the area you wish to kiss.

ACT UP
WESTERN NEW YORK
AIDS COALITION TO UNLEASH POWER

716-854-8020

P.O. BOX 279 BUFFALO NEW YORK 14213

SEXO SIN RIESGO UN GIA DE COMO SE ASE

En Buffalo...

- 42% de las mujeres con Syphilis o Gonorrhea son juvenes.
- Sobres los diez y ocho meses de 1989 el incidencia de SIDA has escalada a 23%.
- Tenemos un incidenciada mas alto de juvenes embarazadas que las Ciudad de Nueva York.

**VIH, el virus que causa la SIDA esta en sangre, semon, escreciones vaginal y sangre menstrual.
La saliva y las lagrimas son seguros y no riesgosos.**

**Sexo sin riesgo es caliente!
Uses su imaginación. No hay razon de parar.**

NO HAY NECESIDAD DE RIESGARSE.

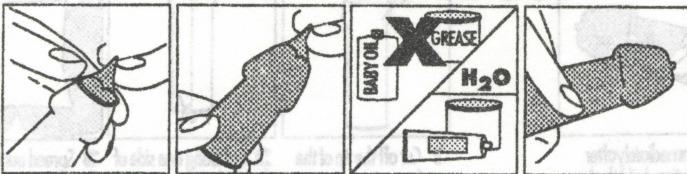
Ponga un condon de latex a un pene, dildo, vibrador o a qual otra cosa que quereras poner en un a vagina, anus o boca.

Uses quantes de latex para entrar sus dedos o puno en el anus o vagina.

Uses una barrera de latex sobre la vagina o anus quando hay contacto de boca.

**Requerdes que solamente el latex es seguro.
Y nunca uses un condon, guante o barrera que se has usado.**

COMO SE USA UN CONDON



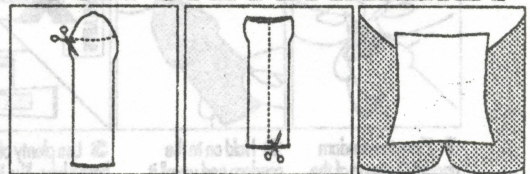
1 Ponga el condon sobre la cabeza de el pene, (o que te ayude un amigo), dejando espacio en la punta.

2 Aguamtando el condon desarolla el condon completamente asta el base de el pene.

3 Use mucho lubricante de base de abua como KY® o ForPlay® durante la penetración. *Nunca* uses Crisco, aceite de bebe, lociones de manos o vaselina por que puedun romper el condon.

4 Inmediatamente despues de ejaculación aguandes el base de el condon y desatascas. Nunca uses un condon que se has usado. Montengas lagunas por otros casos.

COMO SE USA UNA BARRERA



1 Corte la punta de un condon.

2 Corte sobre el lado de el condon.

3 Abre y apliques el pedaso sobre el sitio que deseras besar.

ACT UP
WESTERN NEW YORK
AIDS COUNCIL TO UNLEASH POWER

716-854-8020

P.O. BOX 279 BUFFALO NEW YORK 14213