

# *Safer Sex Menu*

Table d'hôte, à la carte or buffet

# Welcome!

Nothing spoils your sexual appetite faster than contracting a sexually transmitted infection like HIV. This menu will explain your choices of sexual activity and the level of risk associated with each one.

## **Safer sex is...**

- about reducing your risk
- fun, stimulating, sexual, exciting and erotic
- for everyone regardless of gender, age, race, sexual orientation, number of partners or believed monogamy
- important in any sexual activity where there is a risk of transmitting HIV or other sexually transmitted infection (e.g., gonorrhea, herpes, chlamydia, hepatitis, etc.)

## **“I don’t sleep around, why should I practice safer sex?”**

Risky sexual activity can lead to HIV infection, an unappetizing situation. Reducing the number of your sexual partners and periodic HIV testing make good sense, but cannot replace practicing safer sex.

## **“What if I’m in a monogamous relationship?”**

Even monogamous couples should think carefully about safer sex. If you or your partner has had even one possible exposure to HIV, you may be at risk

## **“I’ve never had sex with someone who’s HIV-positive... I could tell.”**

You can’t tell if someone is HIV-positive. Besides, there is a “window period” of three to six months between the time a person is infected with

HIV and the time that they will test positive for HIV antibodies. It is during this window period that a person is most infectious and most likely to infect someone else, because they do not know they are infected.

Browse through this menu and plan a meal that reduces the risk of HIV infection without spoiling your appetite. Here's how we've rated the menu:

- No risk:** To our knowledge, none of the practices in this group has ever lead to HIV infection. There is no potential for transmission since none of the basic conditions for infection are present.
- No real risk:** The practices in this category present a potential for HIV transmission because they involved an exchange of body fluids (such as semen, vaginal fluid or blood). However, the possibility of HIV transmission appears to be unlikely. There are no confirmed reports of infection from these activities.
- Low risk:** The practices in this category present a potential for HIV transmission. There are also a few reports of infection attributed to these activities.
- High risk:** Practices in this category present a potential for HIV transmission and there are a significant number of scientific studies that associate these activities with HIV infection.

***These ratings ONLY apply to the level of risk associated with the transmission of HIV. Consult with your health care provider to determine ways of protecting yourself from other sexually transmitted infections.***

# Appetizers

## **Kissing**

(sucking face, necking, smooching)

Dry kissing; no exchange of saliva .....No risk

Wet kissing; saliva exchanged.....No real risk

## **Fellatio**

(giving/getting head, headjob, blow job, sucking off, blowing, face-fucking, going down)

Receiving.....No real risk

Giving .....Low risk

## **Cunnilingus**

(eating out, diving, going down, licking pussy)

Receiving.....No real risk

Giving .....Low risk

## **Anilingus**

(rimming, licking/eating ass, eating out)

Receiving.....Low risk

Giving.....No real risk

These dishes are also available à la mode (with a condom).

**Using a condom substantially reduces the risk of infection if you are giving or receiving.**

Using a water-base lubricant is also a great way of increasing your stimulation, and decreasing the risks.

# *Finger Foods*

## **Digital/Manual Intercourse: Anal or Vaginal**

(fingering, finger job, finger-fucking, fisting)

Receiving .....No real risk

Giving .....No real risk

## **Sex toys**

(vibrators, dildos, etc.)

Unshared .....No risk

Shared, with a new condom .....No real risk

Shared, disinfected and rinsed.....No real risk

Shared .....High risk

# *Hors d'Oeuvres*

## **Scatophilia**

(scat, shit play, brown)

Onto the body (on unbroken skin) .....No risk

Into the body.....No real risk

## **Urolagnia**

(urinating, golden showers, watersports)

Onto the body.....No risk

Into the body.....No real risk

# Entrées

## Vaginal Intercourse

(fucking, screwing, making love, getting/being laid)

With a condom.....	Low risk
Without a condom.....	High risk

## Anal Intercourse

(butt fucking, screwing, making love, getting/being laid)

With a condom.....	Low risk
Without a condom.....	High risk

Use of condoms with Nonoxynol 9 (a chemical that kills sperm and prevents pregnancy) is considered risky, because the harsh chemicals in it can damage the lining of the vagina or rectum and provide a transmission route for HIV.

# Chef's Special

All the best establishments suggest you always bring your own condom-ents.

For a special taste sensation, try flavoured, water-based lubricants and flavoured latex condoms. They are just as safe and effective and won't leave you with a bad taste in your mouth.

# Take Out Menu

## **Bondage, Domination, Sadism and Masochism (BDSM)**

BDSM activities should follow the safer sex practices in this menu. Extra care should be taken for high-risk activities that involve drawing blood. To prevent the exchange of bodily fluids, avoid contact between bodily fluids and you or your partner(s) mouth, vagina, anus, penis, or an open cut or sore.

## **Tattoos and Body Piercing**

Activities that break the skin, such as body piercing and tattooing, are high-risk activities that require sterile precautions, i.e., new needles, new ink, proper after care and sterilization *every time*. These precautions will probably not be available to a do-it-yourselfer or may not be adhered to by less reputable establishments. You should seek out professional technicians who adhere to proper sterilization and safety procedures.

# Desserts

There is no such thing as a bad dessert. The following activities are all “No Risk”, safe, calorie free and fun:

- Fantasizing
- Hand holding
- Phone sex
- Mutual masturbation
- Bubblebaths
- Sensual touch and massage
- Cybersex
- Masturbation
- Hugging
- Watching erotic videos

# Condom-ents

Although no form of protection is 100% safe, the proper and consistent use of condoms can significantly reduce the risk of the transmission of HIV and STDs .

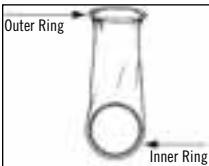


For best results, the chef offers these suggestions:

- Use latex or polyurethane condoms.
  - Check the expiry date on the package.
  - Heat and friction can damage condoms. Keep them in a purse or jacket pocket.
- A line drawing showing two hands carefully opening a condom package to avoid tearing.
- Open the condom package carefully to avoid tearing.
  - Either partner can put the condom on the penis before any genital contact.
  - A drop of lubricant inside the tip of the condom will improve sensation.
- A line drawing showing hands pinching the tip of a condom to remove air.
- Pinch the air from the tip of the condom to leave space for the semen. Air left in the condom tip will cause it to burst.
  - Unroll the condom right down to the base of the erect penis.
- A line drawing showing a condom being unrolled onto an erect penis.
- Use a water-based lubricant to prevent the condom from deteriorating. Avoid Vaseline and oil-based products as they may cause the condom to break.
  - After cumming, pull out the penis while it is still hard, firmly holding the base of the condom.
- A line drawing showing hands carefully removing a condom from a penis.
- Remove the condom, being careful not to spill semen.
  - Throw it in the garbage, not the toilet.
  - Use condoms only once.

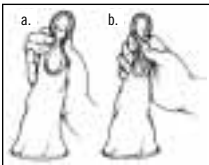


## The Female Condom



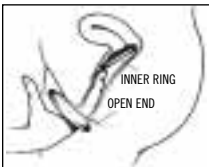
- 1. Open End (Outer Ring)  
Closed End (Inner Ring)**

The open end covers the area around the opening of the vagina. The inner ring is used for insertion, and to help hold the condom in place.



- 2. Hold the sheath**

- a. Hold inner ring between thumb and middle finger.
- b. Squeeze.
- c. Insert the inner ring into the vagina.



- 3. How to insert the condom**

Insert the sheath as far as it will go. It's in the right place when you can't feel it. Don't worry – it can't go too far, and IT WON'T HURT!



- 4. Make sure placement is correct**

Make sure the sheath is not twisted. The outer ring should be outside the vagina



- 5. Removal**

Remove before standing up. Squeeze and twist the outer ring. Pull out gently being careful not to spill semen. Throw it in the garbage, not in toilet. Use condoms only once.

# *What are the critics saying?*

**HIV** stands for **H**uman **I**mmunodeficiency **V**irus.

**AIDS** stands for **A**cquired **I**mmuno**D**eficiency **S**yndrome.

You can get HIV if the virus gets into your bloodstream from another person who is infected with HIV. It can enter your body through the infected person's semen, vaginal fluid, or blood.

HIV is a virus that attacks your immune system. Once the virus gets inside your body you may not feel or look sick for years, but you can still infect others. Over time, your immune system may grow weak and you can become sick with different illnesses. If left untreated, your immune system will no longer be able to defend your body from infections, diseases or cancers which can kill you. This is called AIDS.

## **How do you find out if you have HIV...**

If you have sampled any of the items listed in this menu that are rated "low" or "high" risk, then you may have exposed yourself to HIV or other sexually transmitted diseases you should consider getting tested.

If you think that you have been infected with HIV and you:

- feel tired
- have a fever
- have a sore throat
- have headaches
- lose weight
- get skin rashes
- have swollen lymph nodes in your neck, armpit or groin, or
- have diarrhea or watery stools

...you should think about getting tested. It is also possible to be HIV-positive with no symptoms.

If you have HIV, your body will make antibodies to fight it. These antibodies will show up in the HIV blood test. It can take from 3 to 6 months after you get infected before there are enough antibodies to be detected by the blood test.

If you want to get tested, contact your provincial HIV/AIDS hotline:

Alberta	800-772-2437
British Columbia	800-661-4337
Manitoba	800-782-2437
Newfoundland	800-563-1575
New Brunswick	800-561-4009
Northwest Territories	800-661-0795
Nunavut	800-265-3333
Nova Scotia	800-566-2437
Ontario	English 800-668-2437
	Français 800-267-7432
Prince Edward Island	800-314-2437
Quebec	800-463-5656 or contact your local CLSC
Saskatchewan	877-210-7623
Yukon	800-661-0507

### **For more information**

For more information on how to prevent HIV, get tested for HIV, or get treated for HIV, you can call:

- a public health unit or CLSC
- a family planning clinic
- an AIDS hotline
- your health care provider
- your local health centre
- your local AIDS group
- a testing clinic where your name will be kept secret

For other documents on HIV/AIDS, contact:  
Canadian HIV/AIDS Information Centre  
400-1565 Carling Avenue  
Ottawa, ON K1Z 8R1  
☎ 1-877-999-7740 [toll free]  
☎ 1-613-725-1205  
💻 [aidssida@cpha.ca](mailto:aidssida@cpha.ca)  
[www.aidssida.cpha.ca](http://www.aidssida.cpha.ca)

The safer sex information in this menu is based on the Canadian AIDS Society's *HIV transmission guidelines for assessing risk : a resource for educators, counsellors and health care professionals*, 3rd edition, January 1999.

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