

THE MOST IMPORTANT THING YOU NEED TO KNOW ABOUT HIV, THE VIRUS THAT CAUSES AIDS, IS THAT YOU CAN PROTECT YOURSELF.

TEENS ARE AT RISK

- ✓ HIV is passed through sexual contact and through sharing needles.
- ✓ About one-half of all new HIV cases worldwide are estimated to be among those under age 25.

NOT HAVING SEX IS SAFEST

- ✓ Abstinence (not having vaginal, anal or oral sex) gives you the most reliable protection from HIV.
- ✓ You can choose not to have sex now even if you've had sex before.

ALWAYS PROTECT YOURSELF

- ✓ If you do have vaginal, anal or oral sex, always use a latex condom.
- ✓ Use only water-based lubricants such as K-Y jelly. Never use petroleum-based lubricants such as baby oil. They may cause the condom to break.
- ✓ Follow the directions that come with the condom. If you use them correctly and every time you have sex, condoms are very effective.

TALKING CAN HELP YOU STAY SAFE

- ✓ Talk to your partner about HIV and staying safe. Talk early, before anything happens.
- ✓ Let your partner know that you care too much about him or her and about yourself to risk HIV infection.
- ✓ If you don't want to have sex or if you don't have a condom, say "No!"

NEVER SHARE NEEDLES

- ✓ Never share needles or syringes for drugs, steroids or vitamins.
- ✓ Never share needles or inks for tattoos, ear piercing or body piercing.
- ✓ People getting a tattoo or piercing should always go to a professional studio that sterilizes equipment and uses new needles for each customer.

DON'T MIX SEX AND DRUGS

- ✓ Alcohol or other drugs can make it harder to set sexual limits. Even if you mean to say no, you may not.
- ✓ If you are drunk or high, you may not be able to use a condom correctly.

