

## A TEEN'S GUIDE TO HIV AND AIDS

### 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.



### REMEMBER THE BASICS

- ✓ HIV, the virus that causes AIDS, is found in blood, semen, vaginal fluids and breast milk.
- ✓ HIV is spread most often by having sex without using a condom or sharing needles.
- ✓ People can be infected with HIV without knowing. An HIV test is the only way to know for sure.
- ✓ There are treatments that help people with HIV stay healthier, but there is still no cure.
- ✓ Choosing not to have sex and never sharing needles are good ways to protect yourself.
- ✓ Practicing safer sex means using a latex condom each time you have vaginal, anal or oral sex.
- ✓ You cannot get HIV from a handshake, eating utensils, water fountains or bathrooms.

Your best protection is prevention!

