can we talk?
You've taken the initiative to care for yourself and your partner. It looks like the AIDS virus has been found, but the epidemic isn't over. This brochure tells you how you can reduce your risk of getting AIDS. Protecting yourself doesn't mean giving up sex. It means enjoying sex that is safe.

Researchers agree that the most un-safe sex is that in which bodily fluids are exchanged, especially blood and semen. The more partners with whom sexual activity includes the exchange of bodily fluids, the greater the risk.

Safe sex is something we've all been talking about. Now let's do it!
SEX I LIKE TO DO (OR MIGHT BE TALKED INTO)

Please check the boxes that apply to you.

<table>
<thead>
<tr>
<th>SAFE</th>
<th>UNSAFE</th>
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<tbody>
<tr>
<td>□ Being fucked without a condom.</td>
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<td>□ Fucking without a condom.</td>
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<tr>
<td>□ Being fucked with a condom.</td>
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<tr>
<td>□ Fucking with a condom.</td>
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<td>□ Getting sucked.</td>
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<td>□ Sucking.</td>
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<td>□ Masturbation/jacking off.</td>
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<td>□ Kissing/hugging.</td>
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<td>□ Watersports in mouth.</td>
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<td>□ Watersports on skin.</td>
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<tr>
<td>□ Fisting.</td>
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<td>□ Dildo and toys.</td>
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<td>□ Other fantasies.</td>
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If you checked boxes for sexual activities that are coded purple, your job is to change to activities that are coded black. Our goal is to stay in the black and stay healthy. Please read on and find out why this is so important...

DEEP KISSING

**MINIMAL RISK**

If neither person has open cuts or sores of the mouth, lips, or tongue, kissing probably represents little risk.

HUGGING

**YES! YES! YES!**

**BE CREATIVE**—Sensual massage, nipple play, verbal games, role playing, toys, cuddling, erotic touching, costumes, brunch, phone sex, mirrors, shopping, uniforms, fantasies . . . . . . use your imagination!!!
Since no bodily fluids are exchanged, mutual masturbation offers no risk for AIDS transmission. Go wild in your fantasies with yourself and your partner. You can imagine any kind of sex while beating off your partner. Be careful about getting cum in cuts or other openings!

SUCKING

DON'T SWALLOW CUM

BEING SUCKED—If there are no cuts on your penis to be infected by mouth germs, probably no extra precautions need to be taken except to avoid damage done by the teeth. But remember—help protect your partner—don't cum in his mouth.

SUCKING—If there are no cuts on your partner's penis or in your mouth, this activity probably presents minimal risk. Remember that semen is a bodily fluid that may contain germs. Not having your partner cum in your mouth is the best way to minimize your exposure. Not swallowing the cum is the next best. If there is uncertainty about the recent whereabouts of your partner's penis, requesting a shower never hurts.
FUCKING
DON'T FUCK WITHOUT A CONDOM!

Being Fucked—There is increasing evidence that this is one of the most likely ways to get AIDS. Because the rectal lining can be easily injured during anal intercourse, germs in your partner’s semen can enter your bloodstream. If you’re going to fuck, use a condom. Condoms have been shown to be reliable in containing viruses. To further reduce the transmission of germs, don’t use spit as a lubricant and only use lubricants from a spigot-like closed container that can’t spread fecal germs.

Fucking—Use of a condom will protect the wearer against many of the sexually transmitted infections.

Dildos and Toys—If you are going to use dildos and toys, only use your own. Keep your toys clean, don’t share them with others.

WATERSPORTS
CLOSE YOUR MOUTH

Urine on unbroken skin probably presents little risk, but when it enters your body it becomes an exchange of a bodily fluid.

FISTING
VERY RISKY
Through injury to the rectal tissues, germs may penetrate into the bowel and bloodstream. The inserting partner’s hand is also exposed to these germs and, with the tissue injury involved, could be exposed to his partner’s blood. This is a practice for which correlation with AIDS has been proven.

RIMMING
VERY RISKY
The active partner is at risk of swallowing fecal germs. The receptive partner may absorb his partner’s saliva into his bloodstream. Rimming exposes you to many infections and should be avoided to stay healthy.
DRUGS AND ALCOHOL
CUT BACK

Although drugs and alcohol aren't considered a direct cause of AIDS, we need to be concerned about them, just as we are about our sexual practices. Research shows that alcohol, speed, marijuana and poppers damage the immune system, leaving us open to diseases we might otherwise be able to ward off and perhaps making us more susceptible to AIDS. I.V. drug use is a direct high risk for AIDS.

Also, drugs and alcohol can impair our judgement and damage our ability to make wise decisions. When we get high, we are likely to be tempted into sexual activities which are riskier for AIDS.

So cut down or eliminate your drug and alcohol use. If you use drugs, don't use needles. And if you think you have a drug or alcohol problem, get professional help.

Acquired Immune Deficiency Syndrome (AIDS) is a serious crisis affecting everyone, but especially gay men. We wrote this brochure to inform gay men of risky, not-so-risky, and safe sexual practices. And just as importantly, we want this brochure to help all of us gain the strength to make the necessary changes in our sexual lives—changes that will help us experience sexuality which is sensuous, satisfying, and safe. These risk reduction suggestions are based on the guidelines developed by Bay Area Physicians for Human Rights, a gay-identified organization of health professionals.

Many of us have made some of these important changes; most of us realize that we have not made enough... yet.

- Limit the number of sexual partners.
- Learn to say no.
- Choose partners you can have safe sex with.
- Have only safe sex.

We are fighting for our lives. We will not deny our sexuality, but we can be sexual in ways that will not put us in significant danger of contracting this life-threatening disease.

We also must support local organizations in demanding that government and health institutions respond to this crisis. We have a right to quality health care. We refuse to die as a result of homophobic governmental neglect. The AIDS crisis will end only when we exercise that political strength we have built over the years.

Remember guys, we're all in this together.