



SEX

+ HIV

IT'S WORTH KNOWING THE FACTS AND RISKS
A BOOKLET FOR TEENS

The topic of SEX is hard to avoid. It's on TV, in movies, on the Net, in magazines... It's important that you understand what you think and know about SEX. And it's important that you understand the risks.

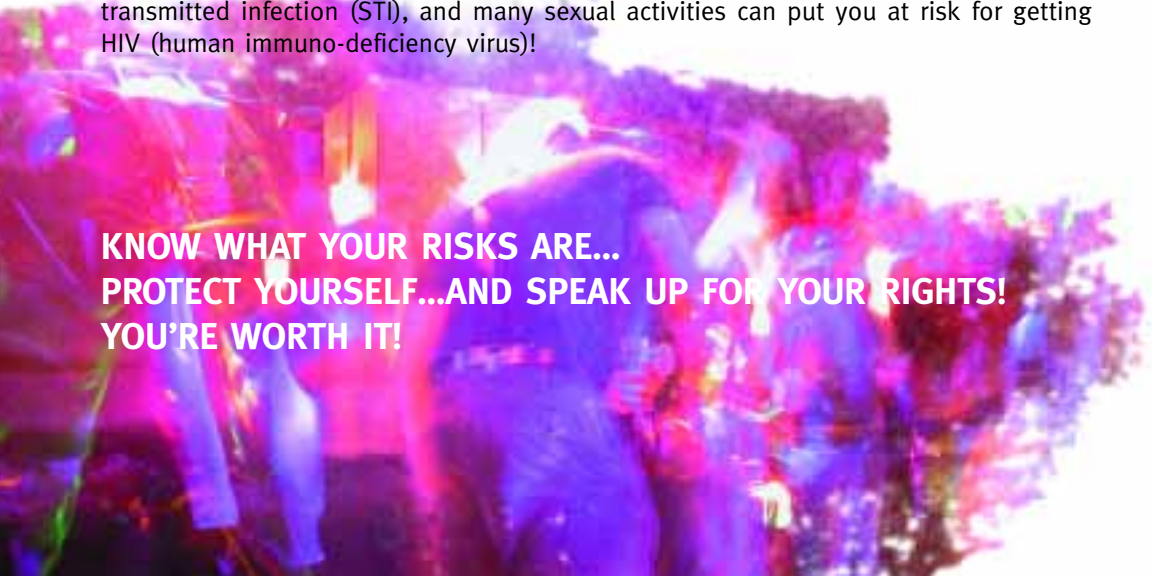
SO. WHAT IS SEX?

SEX is defined differently by different people, organizations, cultures, and religions.

Some people only count "sexual intercourse" (penis in vagina) as SEX, because it can result in pregnancy. Others think that oral sex and anal sex also count as SEX.

For most people, any type of sexual activity that involves the sexual organs is SEX.

No matter what your definition, all types of SEX include some risk for getting a sexually transmitted infection (STI), and many sexual activities can put you at risk for getting HIV (human immuno-deficiency virus)!



**KNOW WHAT YOUR RISKS ARE...
PROTECT YOURSELF...AND SPEAK UP FOR YOUR RIGHTS!
YOU'RE WORTH IT!**

HIV is...human immuno-deficiency virus...a virus that attacks your immune system. Once the virus is in your body, you may not feel or look sick for years, but you can still infect others. Over time, your immune system gets weaker and you can get different diseases or cancers (called opportunistic infections) which can kill you. There is no cure or vaccine for HIV.

What is that?

AIDS is...acquired immune deficiency syndrome...a diagnosis that is given to people who have HIV and who have at least one opportunistic infection. There is no cure or vaccine for AIDS.

STIs are...sexually transmitted infections...bacteria or viruses that are spread in a number of ways. They can travel in semen, vaginal fluids and blood. Some STIs (like herpes) can even travel in saliva (spit). And some STIs (like genital warts) can be spread by skin-to-skin contact. HIV is considered to be an STI, because it can be spread through sexual contact. For more information on STIs, have a look at a great booklet by Health Canada at:



reality check

Have you ever had sex (intercourse, oral sex, anal sex) without using a condom, even with a regular boyfriend/girlfriend?

YES

NO

Have you ever injected drugs, including steroids, with needles and other equipment that were also used by someone else before you?

YES

NO

Have you ever had a body piercing or tattoo done with a needle that was also used by someone else before you, or by someone who is not a professional artist?

YES

NO

Have you ever had unprotected sex with someone who could have possibly done any of the above things?

YES

NO

If you answered yes to even one of these questions, you might have put yourself at risk for HIV and other STIs!

**IT'S NOT WHO YOU ARE THAT PUTS YOU AT RISK FOR HIV INFECTION,
IT'S WHAT YOU DO!**

ANYONE CAN BE INFECTED WITH HIV NO MATTER THEIR AGE, SEX, SEXUAL ORIENTATION, RACE OR ETHNIC ORIGIN.



THE BASICS

HIV travels in blood, semen and vaginal fluids. If someone else's infected blood, semen or vaginal fluid comes into contact with your blood system (through a fresh cut or tear), there is a risk that you can be infected with HIV. Having unprotected sex and sharing drug-injecting equipment are the most risky behaviours for getting HIV.

YOU CAN'T GET HIV FROM:

- › talking, shaking hands, working or eating with someone
- › hugs or kisses
- › coughs or sneezes
- › donating blood
- › swimming pools
- › toilet seats or water fountains
- › bed sheets or towels
- › forks, spoons, cups, food
- › insects or animals.

Mail Call!

>>QUESTIONS FROM YOUNG PEOPLE LIKE YOU...

Q. IS IT POSSIBLE TO GET HIV WITHOUT HAVING INTERCOURSE?

A. Yes, you can still get HIV without having vaginal or anal intercourse. Other kinds of sexual contact can put you at risk for HIV and other sexually transmitted infections (STIs). Even though the risk for getting HIV is low, unprotected oral sex (without using a condom or dental dam) puts both people at risk for getting HIV, whether they are giving or getting the stimulation. For safer oral sex, use a condom to cover the penis, or a dental dam (or plastic wrap) to cover the vulva (female genitalia) or anus.

Q. SEX-WISE, WHAT'S RISKY AND WHAT'S NOT FOR GETTING HIV?

A. Here's a quick reference list:

NO PROBLEMS...

Talking. Holding hands. Fantasizing. Kissing.
Hugging. Massaging. Phone sex. Cybersex.
Masturbating. Being masturbated by
boyfriend/girlfriend. Body rubbing. Using unshared
sex toys.

USE CAUTION...

Giving or getting oral sex. Intercourse (vaginal or
anal) with a condom.

RISKY BUSINESS...

Intercourse without a condom. Sharing sex toys.

If you aren't sure about the risks you are taking, remember that it's better to be safer than sorry! Use protection (condoms, dental dams) during any kind of "insertive" sex (vaginal, anal, oral).

Q. IS THERE A CURE FOR HIV OR AIDS?

A. No, there is no cure for HIV or AIDS. Anyone who is infected with HIV, the virus that causes AIDS, will always be infected with HIV. There are many new medical treatments that slow down the progress of HIV infection. But the treatments are very expensive and are not available everyone infected with HIV. Also, the medications have very serious side effects and don't work for about 20% of people who have tried them.



1. HIV stands for Human Immunodeficiency Virus. True False

2. HIV can be spread by shaking hands. True False

3. HIV can be passed on during sex without a condom. True False

4. The birth control pill can't protect you from getting HIV and other STIs. True False

5. It is possible to get HIV from a toilet seat. True False

6. A person can get HIV by donating blood. True False

7. There is no cure for HIV or AIDS. True False

8. Only gay men can become infected with HIV. True False

9. You can tell by looking at someone that she/he has HIV. True False

10. A person can have HIV or another STI and not know it. True False

It can be hard to talk to parents or other adults about SEX, HIV and STIs. But most parents and adults want to help. Talk about your concerns and ask questions to get the information you need.

Here are some friendly web sites that you can visit for more info about all this SEX stuff.

- › YouthCo AIDS Society
www.youthco.org
- › Sexualityandu (Canadian web site devoted to sexuality education and information)
www.sexualityandu.ca
- › Canadian Health Network
www.canadian-health-network.ca
- › BC Centre for Disease Control STI information site
www.stdresource.com/index.php
- › Planned Parenthood Federation of Canada teen page
www.spiderbytes.ca
- › Planned Parenthood Federation of America teen page
www.teenwire.com
- › AVERT (international HIV and AIDS charity based in the UK) teen page
www.avert.org/youngidx.htm
- › Columbia University "Go Ask Alice" site
www.goaskalice.columbia.edu
- › Kaiser Family Foundation youth sexuality site
www.itsyoursexlife.org
- › Rutgers University "by teens for teens" site
www.sexetc.org

For other documents on HIV/AIDS, contact the

Canadian HIV/AIDS Information Centre
400-1565 Carling Avenue
Ottawa, ON K1Z 8R1
1-877-999-7740

Email: aidssida@cpha.ca
Web: www.aidssida.cpha.ca



**Canadian HIV/AIDS
Information Centre**

Canadian Public Health Association

The services you can trust