



## SAFER SEX

### 1. Safer sex overview

- **How can I have sex more safely?** Pages 21-22 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Safer Sex Guidelines** (AIDS InfoNet). 2008.  
[http://www.aidsinfonet.org/fact\\_sheets/view/151](http://www.aidsinfonet.org/fact_sheets/view/151)
- **How to Protect Yourself from AIDS** (Medline Plus).  
<http://www.nlm.nih.gov/medlineplus/aids.html#cat11>
- **How Risky Is It?** (AIDS InfoNet). 2009.  
[http://www.aidsinfonet.org/fact\\_sheets/view/152](http://www.aidsinfonet.org/fact_sheets/view/152)
- **It's your sex life: your guide to safe & responsible sex.** (Henry J. Kaiser Family Foundation). 2005.  
[http://www.kff.org/youthhivstds/upload/MTV\\_Think\\_IYSL\\_Booklet.pdf](http://www.kff.org/youthhivstds/upload/MTV_Think_IYSL_Booklet.pdf)  
*Includes: avoiding unintended pregnancy; contraception and protection chart; how to negotiate with your partner; sexually transmitted diseases; STD chart; getting tested for HIV; condom cues; how to talk to you partner; hotlines and websites.*

### 2. Safer sex for specific populations

- **Sex and prevention concerns for positive people.** (Project Inform). 2002.  
<http://www.projectinform.org/info/sex/sex.pdf>
- **Safer sex for young gay and bisexual men.** (Québec Ministère de la Santé et des Services Sociaux). 2000.  
<http://library.catie.ca/PDF/P33/18400.pdf>

### 3. Different sexual activities

- **Safer Sex Menu** (CATIE). 2008.  
<http://library.catie.ca/PDF/P7/19667.pdf>
- **Reducing the Risk of Getting HIV From Sexual Activities** (The Body). 2008.  
<http://www.thebody.com/content/art2503.html>
- **How Risky is Oral Sex?** (HIV InSite). 2004.  
<http://www.hivinsite.com/hiv?page=basics-00-08>
- **Use you head when giving it: blow job tips.** (AIDS Committee of Toronto). 2009.  
<http://www.actoronto.org/home.nsf/pages/safersucking>

- **How risky is oral sex?** Pages 23-24 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Oral sex.** (NAM). 2005. <http://www.aidsmap.com/cms1044877.pdf>
- **Reading this can save your ass: safer rimming tips.** (AIDS Committee of Toronto). 2009.  
<http://www.actoronto.org/home.nsf/pages/saferimming>
- **How risky is anal sex?** Pages 27-28 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Bare backing: get informed, reduce the risk.** (AIDS Coalition of Nova Scotia).  
<http://www.acns.ns.ca/brochures/Barebacking-ReduceHarm.pdf>
- **How risky is barebacking?** Pages 25-26 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Noncoital Sexual Activity May Not Be “Safe” Sex** (Medscape CME). 2008.  
<http://cme.medscape.com/viewarticle/580034>

#### 4. Condoms

- **Condoms** (AIDS InfoNet). 2009.  
[http://www.aidsinfonet.org/fact\\_sheets/view/153](http://www.aidsinfonet.org/fact_sheets/view/153)
- **How do you use a condom?** (HIV InSite). 2004.  
<http://www.hivinsite.com/hiv?page=basics-00-09>
- **Get it on: a guide to making condoms work for you.** (Terrence Higgins Trust). 2008.  
<http://www.tht.org.uk/informationresources/publications/general/getitoncondomguide213.pdf>
- **Instructions for Using Male Condoms** (The Heart of Richmond AIDS Society). 2006.  
<http://www.heartofrichmond.com/PDF/condom.pdf>
- **What is a female condom?** Pages 33-34 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **What’s your pleasure: how to Use a Female Condom** (New York State Department of Health). 2007. <http://www.health.state.ny.us/publications/9571.pdf>
- **Negotiating for condom use.** (The Well Project). 2006.  
[http://www.thewellproject.org/en\\_US/Womens\\_Center/Negotiating\\_for\\_Condom\\_Use.jsp](http://www.thewellproject.org/en_US/Womens_Center/Negotiating_for_Condom_Use.jsp)
- **How do I talk about using condoms?** Pages 29-30 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Is there an alternative to latex condoms?** Pages 31-32 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>

## 5. Alternatives to condoms

- **Dental Dams** (Brown University). 2009.  
[http://www.brown.edu/Student\\_Services/Health\\_Services/Health\\_Education/sexual\\_health/ssc/dams.htm](http://www.brown.edu/Student_Services/Health_Services/Health_Education/sexual_health/ssc/dams.htm)
- **Microbicides**. (AIDS InfoNet). 2009.  
[http://www.aidsinfonet.org/uploaded/factsheets/26\\_eng\\_157.pdf](http://www.aidsinfonet.org/uploaded/factsheets/26_eng_157.pdf)
- **What are microbicides?** Pages 41-42 from: Frequently asked questions about HIV/AIDS. (Canadian HIV/AIDS Information Centre). 2002.  
<http://library.catie.ca/PDF/P7/19665.pdf>
- **Does Birth Control Protect Against HIV?** (HIV InSite). 2008.  
<http://hivinsite.ucsf.edu/hiv?page=basics-00-11>
- **Can You Have Safer Sex Without Latex Condoms?** (The Body). 2006.  
<http://www.thebody.com/content/prev/art2294.html>

## 6. Alternatives to intercourse

- **Great Sex Without Intercourse** (University of Alberta Health Centre). 2005.  
[www.ualberta.ca/HealthInfo](http://www.ualberta.ca/HealthInfo)
- **Outercourse: How to Enjoy Sex in the Age of AIDS** (Live Fully). 2005.  
<http://www.livefully.info/Outercourse.htm>