


can
we talk?



2166523 15-

We've got a real problem, guys.

AIDS is striking gay men in ever-increasing numbers. Everyone must make his own choices about how to be sexual during this epidemic. We believe that the gay community must have the best available information in order to make those choices. We don't have to give up sex, but we do have to be careful. Researchers agree that certain factors represent significant risk: 1) sexual activity in which bodily fluids are exchanged, especially blood and semen, and, 2) the more partners with whom sexual activity includes the exchange of bodily fluids, the greater the risk. While there is as yet no laboratory proof of how AIDS is transmitted, these practical suggestions are based on current medical information.



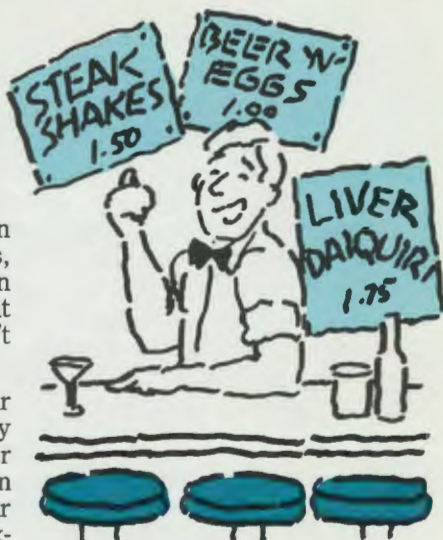

**AVOID THE DIRECT
EXCHANGE OF
BODILY FLUIDS
DURING SEX**

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.



IT'S TIME TO TRY
NEW
PROTEIN DRINKS!

FUCKING

CUM OUTSIDE OR USE A CONDOM

BEING FUCKED—This is a practice for which AIDS correlation has been shown and therefore is high risk. Because the rectal lining can be easily injured during anal intercourse, germs in your partner's semen can enter your bloodstream. The use of condoms would reduce the likelihood of this happening. If a condom is not used, withdrawal prior to cumming would be a next best precaution. In any case, you can reduce your risk of contracting AIDS by cutting down on your number of partners. 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. Important—if you don't wear a condom, protect your partner by pulling out before cumming.



STREETS OF SAN FRANCISCO
STAR
KARL MODERN SEZ:
"DON'T LEAVE HOME
WITHOUT IT"

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 through small cuts in the anal lining. This practice exposes you to many infections and should be avoided if you want to stay healthy.

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 another practice for which correlation with AIDS has been demonstrated.

WATERSPORTS

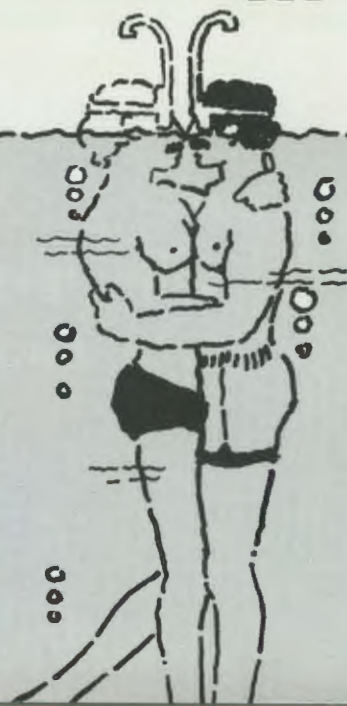
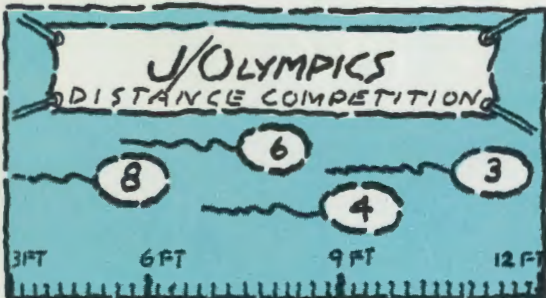
CLOSE YOUR MOUTH

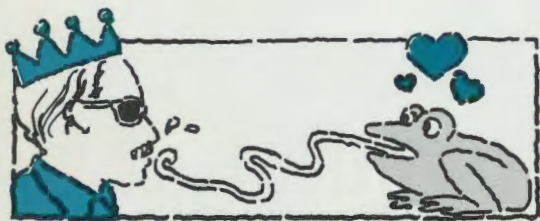
Urine on unbroken skin probably presents little risk, but when it enters your body it becomes the exchange of a bodily fluid.

JACKING OFF

GO FOR IT!

Since no bodily fluids are exchanged, mutual masturbation offers no risks for AIDS transmission.





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!!!



A **quired Immune Deficiency Syndrome (AIDS)** is a serious crisis affecting everyone, but especially gay men. With this brochure we hope to inform gay men of the range of risky, not-so-risky, and safe sexual practices. These risk reduction suggestions are based on the guidelines developed by Bay Area Physicians for Human Rights, a gay-identified organization of health professionals. More detailed information may be obtained from the sources listed below.

In this time of crisis, it is essential that we reexamine our ways of sexual expression. The issue is not a moral one, but a practical one. We have fought for our freedom and intend to continue that fight, but this struggle is even more basic. We are fighting for our lives. We must not deny our sexuality, but we must be sexual in ways that will not put us in greater danger of contracting this life-threatening disease. One of the greatest expressions of gay pride is our love for ourselves and our brothers. That love can best be shown by our taking the appropriate health precautions presented in this brochure and by supporting each other through these difficult times.

THERE IS SOMETHING YOU CAN DO ABOUT AIDS.

You can learn to protect your health with this brochure. You can also join and support local organizations in demanding that the institutions responsible for our health protect us as fully as they protected American Legionnaires. As gay people, we too have a right to quality health care. We refuse to die as a result of homophobic governmental neglect. This crisis will end only when we exercise the political strength we have built over the years. We have fought for public health information and lobbied effectively for the local, state, and federal funds so necessary to end this epidemic.

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This brochure was developed, produced and distributed by the Harvey Milk Gay Democratic Club and the San Francisco AIDS/KS Foundation with information from Bay Area Physicians for Human Rights (BAPHR).

Thanks to: Art Mainar, Jim Rivaldo, Dick Pabich, Marc Virga, John Mehring, Jon Hussey, Bill Kraus, and Catherine Cusic, Russ Fields and Carole Migden. For additional copies, contact either:

AIDS/KS Foundation
P.O. Box 14227
San Francisco, CA 94114
(415) 864-4376

or
Harvey Milk Gay Democratic Club
P.O. Box 14368
San Francisco, CA 94114

**FOR FURTHER
INFORMATION
ON AIDS CONTACT:**

AIDS/KS Foundation 864-4376

Public Health Center 1 558-3095

AIDS screening by appointment

Public Health Center 2 558-2891

AIDS screening by appointment

Shanti Project 558-9644

*Counseling for people with AIDS and their
loved ones*

Operation Concern 626-7000

Counseling available

Bay Area Physicians for Human
Rights 673-3189

Referral to gay-sensitive private physicians

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we talk?



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AIDS is striking gay men in ever-increasing numbers. Everyone must make his own choices about how to be sexual during this epidemic. The Harvey Milk Gay Democratic Club believes that the gay community must have the best available information in order to make those choices. We don't have to give up sex, but we do have to be careful. Researchers agree that certain factors represent significant risk: 1) sexual activity in which bodily fluids are exchanged, especially blood and semen, and, 2) the more partners with whom sexual activity includes the exchange of bodily fluids, the greater the risk. While there is as yet no laboratory proof of how AIDS is transmitted, these practical suggestions are based on current medical information.



▼
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DURING SEX**



SUCKING

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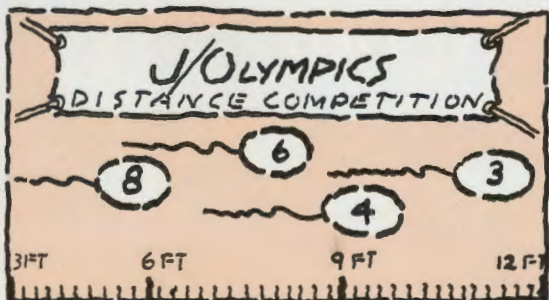
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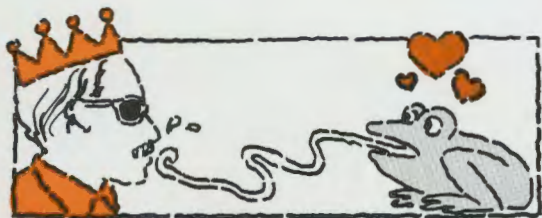
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DEEP KISSING

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HUGGING

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—AIDS Education and Information Committee,
Harvey Milk Gay Democratic Club

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This brochure was developed by the AIDS Education and Information Committee of the Harvey Milk Gay Democratic Club with information from Bay Area Physicians for Human Rights (BAPHR). While we have tried to reflect BAPHR's position accurately, we bear sole responsibility for the content of this brochure. The Harvey Milk Gay Democratic Club meets the fourth Tuesday of every month in the Women's Building (18th Street between Valencia and Guerrero) at 7:30 pm. Everyone is welcome.

Thanks to: Art Mainar, Jim Rivaldo, Dick Pabich, Marc Virga, John Mehring, Jon Hussey, Bill Kraus, and Catherine Cusic. ©1983 by the Harvey Milk Gay Democratic Club. For reprint requests, write: P.O. Box 14368, San Francisco, CA 94114.

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Shanti Project 558-9644
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Operation Concern (*counseling
available*) 626-7000
Bay Area Physicians for Human Rights
(*referral to gay-sensitive
private physicians*) 673-3189

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congratulations

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!



Can you pass the Safe-sex Test?

SEX I LIKE TO DO (OR MIGHT BE TALKED INTO)

Please check the boxes
that apply to you.

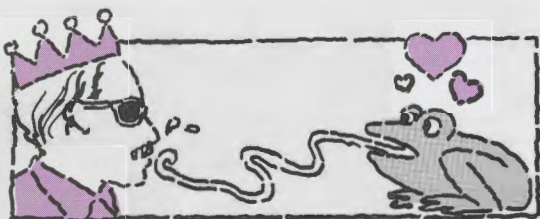
- ☐ Being fucked without a condom.
- ☐ Fucking without a condom.
- ☐ Being fucked with a condom.
- ☐ Fucking with a condom.
- ☐ Getting sucked.
- ☐ Sucking.
- ☐ Masturbation/jacking off.
- ☐ Kissing/hugging.
- ☐ Watersports in mouth.
- ☐ Watersports on skin.
- ☐ Fisting.
- ☐ Dildo and toys.
- ☐ Other fantasies.

SAFE

UNSAFE



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

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JACKING OFF GO FOR IT!

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

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IT'S TIME TO TRY
NEW
PROTEIN DRINKS!

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.

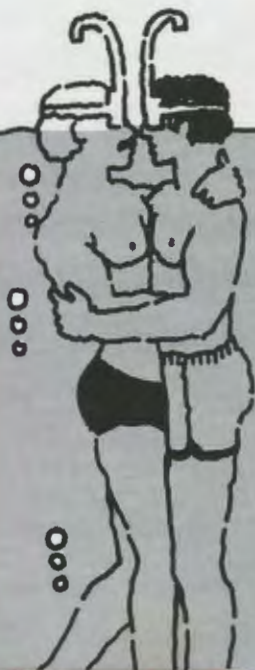


STREETS OF SAN FRANCISCO
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WATERSPORTS

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VERY RISKY

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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.

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