

HOW CAN I REDUCE MY RISK OF GETTING HIV?

What is harm reduction?

Harm reduction is a set of nonjudgmental approaches and strategies aimed at providing and enhancing the knowledge, skills, resources, and supports for individuals to be safer and healthier. Harm reduction minimizes negative outcomes associated with HIV risk behaviors.

Keys to harm reduction:

- Start with the person "where they are at"
- Recognize that change doesn't happen overnight
- Praise is more effective than punishment
- Use a benefits approach

What is safer sex?

Practicing safer sex does not mean eliminating sex from your life. It does mean being smart and staying healthy. It means self-respect and respect for you partner. Safer sex means enjoying sex without giving or getting sexually transmitted diseases.

Why is safer sex a good option?

- Provides peace of mind
- Helps intercourse last longer
- Can provide a range of new sensations
- Lubricated condoms can provide greater comfort in penetration
- Provides protection from STDs
- Provides protection from pregnancy
- Keeps sex toys clean
- Demonstrates courtesy and respect towards one's partner
- Avoids awkwardness or embarrassment with new partners who practice safer sex exclusively
- Frees one from having to depend exclusively on the truthfulness of a partner

How do I protect myself?

- Learn to communicate with your sexual partner
- Never mix alcohol or drugs with sexual activity
- Choose lower risk sexual activities such as oral sex
- Use condoms, female condoms, dental dams, and other latex barriers when having oral, anal, or vaginal sex



Nebraska AIDS Education and Training Center

A collaboration of University of Nebraska Medical Center and Nebraska AIDS Project

For more information on transmission, you may call the Nebraska AIDS Hotline at 1-800-782-AIDS or Nebraska AIDS Project at 402-552-9260. HIV/AIDS Basic Trainings or in-services on specific topics are available through the Nebraska AIDS Education and Training Center.