



Here are Some Tips for Talking to Your Partner About Using Condoms.

Step 1: Explain

"I care about you so much and I want to start using protection because I learned that we're both at risk."

Step 2: Share

"I learned that if you use the right condom with water-based lube it can make sex better" or
"I heard about this new pill called PrEP that protects you from HIV."

Step 3: Discuss

"Let's talk about how we can incorporate condoms and PrEP into our sex life."

You Have the Power to Protect Yourself Against HIV Infection & Other STDs.

Protecting Yourself is About Knowledge & Confidence.

**Take Control of Your Health
BECAUSE YOU ARE WORTH IT!**



Sister to Sister
Take Control of Your Health



**A Brief, One-on-One
Skills-Based**

**HIV RISK-REDUCTION PROGRAM
for Women in Clinical Settings**



Sister to Sister

Take Control of Your Health

Sister to Sister is a skills-based HIV prevention program to help you to take control of your health to protect against HIV.

Black women and Latinas are at higher risk for HIV than other women. Sister to Sister provides women with knowledge, confidence, and skills to Take Control of Their Health and Protect Yourself Because They Are Worth It!

HIV 101

HIV CAN BE TRANSMITTED BY

- ✓ Sexual Contact
- ✓ Sharing Needles to Inject Drugs
- ✓ Mother to Baby During Pregnancy, Birth, or Breastfeeding

HIV IS NOT TRANSMITTED BY

- ✗ Air or Water
- ✗ Saliva, Sweat, Tears or Kissing
- ✗ Toilet Seats, Food, or Drinks

WAYS TO PROTECT YOURSELF FROM HIV

- ✓ Get tested at least once or more often if you are at risk.
- ✓ Use condoms the right way every time you have vaginal or anal sex.
- ✓ Limit your number of sex partners.
- ✓ Don't inject drugs or if you do, don't share injection equipment, find a needle exchange, and find treatment.
- ✓ Ask your healthcare provider about PrEP, a medicine that you take everyday like birth control, except PrEP reduces your chance of getting HIV.
- ✓ If you have been exposed to HIV in the last 3 days, ask your healthcare provider right away about PEP, which can help prevent HIV but must be started within 72 hours.

THE RIGHT WAY TO USE MALE CONDOMS

- ☐ DO use a condom every time you have sex.
- ☐ DO put on a condom before having sex.
- ☐ Check the expiration date to make sure the condom is still good and check for tears.
- ☐ Open the condom package carefully so that you do not tear the condom. Don't use your teeth!
- ☐ Place condom on the head of the hard penis. If uncircumcised, pull back the foreskin.
- ☐ Pinch air out of the tip of the condom.
- ☐ Use water-based lubricants like KY jelly as lubricant to have sex feel better for both of you. Never use oils or greasy substances as a lubricant.
- ☐ The condom should fit like tights not sweatpants.
- ☐ Unroll condom all the way down the penis.
- ☐ After sex, but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.
- ☐ Carefully remove condom and throw it away in the trash.
- ☐ **NEVER** reuse a condom.

