

**The Vermont gymnastic team sitting on benches with a list of safe sex practices; advertisement by the UVM Wellness Promotion Program of the Student Health Center of Vermont. Lithograph.**

**Contributors**

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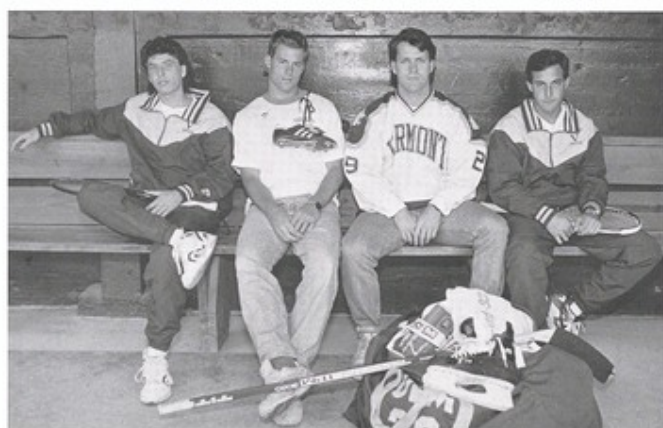
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# Don't let **AIDS** sideline your future.



## It is not who you are... It's what you do.

*It is important to remember that "risk behaviors" are much more relevant than "risk groups".  
Take responsibility for your own well being - protect yourself.*

### **"SAFER" SEX**

- 1. Abstain from Sex*
- 2. Form a Monogamous Relationship*
- 3. Use Condoms*
- 4. Refrain from Sex With People Who Engage in High-Risk Behavior*
- 5. Avoid Intravenous Drug Use*
- 6. Avoid Risky and Dangerous Sex Activities*
- 7. Avoid Casual Sex*
- 8. Decide in Advance: Communicate With Your Partner*