

**Rules for safe, potentially unsafe and unsafe sex to prevent AIDS. Colour lithograph.**

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# AIDS

## NEW RULES FOR SAFE SEX.

**SAFE SEX PROTECTS YOU, YOUR PARTNER, AND YOUR COMMUNITY.**

### SAFE

Masturbating (wanking) alone  
Mutual masturbation (wanking) with one or several partners (male or female)  
Hugging and body massage  
Body-to-body rubbing  
Dry (or social) kissing with no tongue contact  
Watching others, and showing off to others without any body contact  
Sharing sexual fantasies and erotic talk  
Using clean dildos and sex toys that are **not** shared

### POTENTIALLY UNSAFE

Anal intercourse (fucking), either passive or active, using a condom  
Oral sex (sucking) when you stop before the climax, and no semen is swallowed  
Wet kissing (mouth-to-mouth, with tongue contact)  
Using saliva (spit) as a lubricant  
Watersports (partners urinating on each other), if no urine is swallowed, or touches open skin cuts

### UNSAFE

Anal intercourse (fucking), either passive or active, without a condom  
Oral sex (sucking) carried to a climax, and semen swallowed  
Semen or urine in or on the mouth, anus, or open skin cuts  
Rimming (tonguing the anal area), coming in contact with faeces, or inserting fingers into the anal opening  
**Sharing** dildos and other sex toys  
Any activity that may include exchange of blood – **especially** fisting, sharing needles, and skin piercing  
Using poppers (amyl), booze and other drugs to the extent that your immune system and your good sense in choosing partners are impaired

**Safe sex lowers the risk of transmitting AIDS in body fluids and wastes (semen, blood, urine, faeces and saliva). Always use good water-soluble lubricants when having safe sex to minimise any chance of damage to the skin.**