

**Love & passion still in fashion : alter attitudes to AIDS ... / Liverpool & South Sefton Health Promotion Agency.**

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Love & passion  
still in  
fashion...

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## Alter Attitudes to AIDS

There are loads of sexy activities that you may prefer. Many are low or no risk, such as deep kissing, wanking, licking, hugging and Sensual massage. Oral sex seems to be fairly safe but may be risky if there are cuts or sores in or around the mouth - To make it even safer, try using a Flavoured Condom.

To make vaginal & Anal penetration much safer always use a condom. Using lubricant as well can make sex even safer and more enjoyable. Make sure that it's water based like KY Jelly. Never use oil based lubricants such as baby oil or Vaseline, they weaken condoms.

# Condoms + Lubricants

# Sexy stuff



# Safer Sex

# How to use a Condom

1. Always use condoms with a kitemark and check their expiry date before using.
2. When you're ready, hold the tip of the condom between finger & thumb and unroll onto hardened penis.
3. After climax, hold the condom firmly in place on the penis, then withdraw carefully.
4. Take care, sharp nails or rings can rip the condom.
5. Remember to use each condom once only.

Safer sex is any sexual activity which is low or no risk for HIV/AIDS, Sexually Transmitted Diseases (STD's) or Pregnancy. It can also involve asking for what you want, valuing your health and feeling good about yourself.