

**Whatever you do make it safe / Terrence Higgins Trust.**

**Contributors**

Pearce, Lippa  
Foster, Richard  
Terrence Higgins Trust

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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
E [library@wellcomecollection.org](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

whatever you do

make it  
safe

The Terrence Higgins Trust | 

52-54 Gray's Inn Road London WC1X 8JU Administration 0171 831 0330 Helpline 0171 242 1010

TIZER



You can't catch AIDS, but you can catch HIV.  
HIV is the virus that attacks your body's immune system (which protects you from diseases) leaving it vulnerable to serious infections and cancers.

AIDS is a combination of serious infections and cancers that occurs when your immune system is broken down by HIV.

There's no risk in sharing things like - cutlery, toilet seats, swimming pools, cups or kissing. You can't become infected through touching, hugging and shaking hands.

let's talk  
about  
hiv

HIV can be transmitted through body fluids - blood, semen, vaginal fluids. You have a serious chance of getting HIV by: screwing without a condom, sharing needles and syringes ("works").

Blow jobs carry some risk if you have cuts and sores in the mouth.

Drugs and alcohol - it's easy to forget about safer sex when you're off your head.

Think before you shag. Don't share works.

think before  
you fuck

sex: do it when you feel ready it's okay to be different do what you are comfortable doing if you don't want to - you don't have to no-one is worth the risk - look after yourself whatever you do make it safe

The only way to make penetrative sex safer is to use a condom.

Condoms protect you from sexually transmitted diseases (stds) and pregnancy. They are less messy. There is no wet patch. They are free. They come in all shapes, sizes, flavours and thicknesses. They protect you and your partner.

Check the date and the kitemark (tells you it's been tested for safety and strength) on the condom and read the instructions.

Practise makes perfect. You can get them free from family planning clinics, genito-urinary clinics (gum), brook advisory centres.

It's not who you do it with. It's what you do that matters.

you're  
putting  
me on

rubber  
cup

you can have fun and be sexy without penetration, here are some ideas: kissing, hugging, licking chocolate mousse off nipples, massage, rubbing, sex talk, masturbation (solo - or with someone) cuddling, sex talk, fantasy, dressing up, having showers together.

safe  
and sound

Help is at hand. If you're feeling anxious or have any questions about HIV and AIDS, there are people you can call on who will listen and advise you on any issue.

safer sex information issues around being tested what condoms to use and where to get them sexually transmitted diseases if you feel you have been at risk

The Terrence Higgins Trust 0171 242 1010. For free and confidential advice and information on HIV and AIDS and info about where to go for testing. Open 7 days a week from 12 noon to 10pm.

National AIDS Helpline 0800 567123. Open 7 days a week, 24 hours a day for any information on HIV and AIDS and sexually transmitted diseases. It's free and confidential.

Brook Advisory Centres 0171 708 1234. Offers face to face advice on contraception to young people in 12 cities. Phone to find out about the nearest one to you.

Family Planning Association 0171 636 7866 gives advice on all sexual health matters including contraception and condoms.