

**Love carefully : use a condom / Brook Advisory Centres.**

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# LOVE CAREFULLY

## REMEMBER:

- You can catch the AIDS virus from having sex with an infected person or sharing needles or syringes with an infected drug user.
- You can't catch the AIDS virus from kissing, hugging, shaking hands, sharing a drink or using the same toilet as an infected person.
- The more people you have sex with, the higher the risk of getting the AIDS virus (and all sexually transmitted infections).
- If you are going to have sex, unless you know for sure that your partner is not infected use a condom.
- Other contraceptives don't protect against the AIDS virus but don't give up your method of birth control if you're happy with it, use a condom as well.
- Learn how to use a condom and get free supplies at your local family planning clinic or Brook Advisory Centre.
- Remember: people with AIDS need love and acceptance.

## For more information on AIDS contact:

- Special AIDS line 0800-555777
- Helpline Telephone Service 01-981-2717. If you're phoning from outside London ring 0345-581151 and you'll be charged at the local rate. (Recorded message)
- Terrence Higgins Trust 01-833-2971
- Welsh AIDS Campaign 0222-464121
- Cardiff AIDS helpline 6 - 9pm Mon - Fri 0222-464121
- Scottish AIDS Monitor 031-558-1167
- London Lesbian and Gay Switchboard 01-837-7324
- SCODA (Standing Conference on Drug Abuse) 01-430-2341

# Use a condom



Shirlee

**Shirlee:**  
"Remember girls can carry condoms too. So be smart and be prepared! Condoms help to protect us all from the AIDS virus, so use them! You can get them free from all family planning clinics and Brook Advisory Centres. Just walk in and ask."



Pepsi

**Pepsi:**  
"You may not know anyone now who has AIDS but you will in the future. AIDS is not a gay disease, straight people are at risk too. If we're going to protect each other we've got to take care together. Use a condom to help stop the AIDS virus spreading."



Dr Robert

**Dr Robert:**  
"If you care enough about someone to have sex with them, then care enough to protect them and yourself. Get hip! Learn how to use a condom and get free supplies at your local family planning clinic or Brook Advisory Centre."



Brook Advisory Centres provide free birth control advice and supplies, pregnancy testing and counselling for young people.

Brook Centres are in Avon, Birmingham, Coventry, Edinburgh, London, Merseyside and North East Lancashire.

Ring 01-708-1234 for your nearest centre.

# LOVE CAREFULLY



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Photo: Leslie Gwther

DESIGN: GRAPHICS INTERNATIONAL

**You will have heard a lot about AIDS. Don't fool yourself into thinking it doesn't affect you. It does.**



Melanie McFadyen, Just 17

AIDS is caused by a virus which attacks the body's immune system. People with AIDS are unable to fight infections and eventually die.

The AIDS virus lives in the blood, semen (spunk) and vaginal fluids of people already infected. It can only be passed from one person to another if the virus gets into the bloodstream.

This can happen in sexual intercourse when a man can catch the virus from infected vaginal fluids or a woman can catch it if infected semen gets into her vagina.

The AIDS virus can also be spread between drug users who share needles or syringes and can be passed from a mother to her baby during pregnancy.

AIDS is not a gay disease. The virus is now spreading among straight men and women. That means everyone having sex may be at risk and the more people you or your partner have sex with, the higher the risk of catching the virus.

You can't tell if someone is infected with the AIDS virus just by looking at them. So, if you are sure about having sex with a new partner use the method of birth control that suits you both but if you are not sure who they've had sex with before, use a condom as well. A condom (rubber, johnny, sheath, french letter) will help protect both of you.

Condoms help stop the AIDS virus passing from man to woman and woman to man. They also help to protect against all sexually transmitted diseases and cervical cancer.

So, **love carefully** and know the one you're with. Learn to ask any and every question and above all, don't be condom shy. Condoms may be all there is between you and AIDS. Use them.

# LOVE CAREFULLY



**Use a condom**

Illustration: Judy Stevens