

Choices : a game about H.I.V. & AIDS / produced by Lothian Regional Council Community Education Service.

Contributors

Lothian (Scotland). Regional Council. Community Education Service

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CHOICE
YOU KNOW HOW TO
AVOID CATCHING HIV.
HAVE ANOTHER TURN.

TRUE/FALSE

CHOICES

SAFER SEX

TRANSMISSION

CHOICE
YOU DECIDE NOT TO HAVE SEX
AS YOUR WAY OF
"TAKING CARE."
HAVE ANOTHER TURN.

CHOICES

TRUE/FALSE

SAFER SEX

CHOICE
YOU GET DRUNK AND
HAVE 'HEAT OF THE
MOMENT' UNSAFE SEX.
MISS TWO TURNS

TRANSMISSION

TRUE/FALSE

CHOICES

CHOICE

a game
H.I.V.

CHOICE
YOU DECIDE TO CARRY
CONDOMS AS YOUR WAY
OF TAKING CARE
HAVE ANOTHER TURN.

CHOICES

TRANSMISSION

SAFER SEX

CHOICE
YOU THINK YOU CAN
TELL BY LOOKING AT
SOMEONE THAT THEY
HAVE HIV
MISS A TURN.



CHOICES

MISS A TURN.
YOU WORRY ABOUT
TOILET SEATS, CUPS, E

TRUE/FA

TRANSMIS

SAFER S

YOU KNOW THAT
AIDS CONCERNS US ALL
HAVE ANOTHER T

CHOICES

The CHOICES game is designed for use
with small groups of young people and a
group leader.

CHOICES

a game about
H.I.V. & AIDS

Produced by Lothian Regional Council
Community Education Service

en Bowes

ey Reid

AIDS Team

an Health Board

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1. In which body fluids is the Human Immunodeficiency Virus found?
2. How is the virus passed from one person to another?
3. What should a person who injects drugs do, to protect themselves from HIV?
4. Why is sharing needles or syringes for drug taking risky?
5. Why is sexual intercourse without a condom risky?
6. How will I know who has HIV?
7. Can you catch HIV from becoming blood brothers with anyone?
8. Is having your ears pierced risky?
9. Can you catch HIV from toilet seats?
10. Can you catch HIV from kissing?
11. Can you catch HIV from shaking hands with someone who carries the virus?
12. Can you catch HIV from using drugs?
13. Can you catch HIV from cuddling someone?
14. Does the Pill protect you against HIV?
15. Can you catch HIV from a swimming pool?
16. Can you catch HIV by giving blood?
17. Can you catch HIV from sharing a cup or glass with someone who has the virus?
18. Is it generally safe to have a blood transfusion in Scotland?
19. Can insect bites pass on HIV?
20. Is it safe to give First Aid?

[illegible]

1. AIDS and HIV are different names for the same thing.
2. You can tell by looking at someone that they have HIV.
3. A person who has HIV is infectious.
4. HIV is very easy to catch.
5. The HIV test can show a negative result in someone who has been infected with HIV.
6. AIDS is a disease which affects mainly gay men.
7. If you catch HIV it may take as long as 8 years for you to become ill.
8. Everyone who has caught HIV goes on to develop AIDS.
9. AIDS is a fatal disease.
10. There is an illness known as ARC.
11. Sportspeople can share baths and showers with complete safety.
12. World wide AIDS affects mainly heterosexual people ie, men and women who have sexual relationships with the opposite sex.
13. In Lothian, it is thought that about 2,000 people have HIV (1989), many of these people are under 24.
14. Most of the people in Lothian, who know they have the virus, have got it from sharing needles.
15. Gay men stand a good chance of catching HIV.
16. There is a cure for AIDS.
17. You can catch HIV by getting drunk.
18. You can buy a condoms in loads of different colours and fragrances.
19. You can catch HIV from being bitten by a dog.

[illegible]

1. "Young women who carry condoms are slags."
2. "Using a condom stops you enjoying sex."
3. "Everyone should practise safer sex."
4. "The only way to stop the spread of HIV is for everyone to get a test, then we would know who has and hasn't got it."
5. "To stop drug users sharing needles they should be able to get clean needles more easily."
6. "People with HIV or AIDS have only themselves to blame."
7. "We should get taught about safer sex in schools."
8. "It's prostitutes who spread HIV."
9. "Women with HIV shouldn't become pregnant."
10. "AIDS is a fatal illness, people suffering from it deserve our care and compassion."
11. "We need to be able to talk more openly about sex and relationships."
12. "All this stuff about AIDS is nonsense. I'm not gay and I don't use drugs, so it doesn't affect me."
13. "The best advice is not to have sex until you are married."
14. "A young man you know boasts that he carries condoms. How would you feel?"
15. "If you are in a relationship for more than six months you don't need to practise safe sex."
16. "It's easy for young people to go into the chemist to buy condoms."
17. "What is the test?"
18. "What does taking the test involve?"
19. "Nowadays people need to think about whether or not they've put themselves at risk with previous partners."
20. "What about having casual sex on holiday?"

[illegible]

1. Spermicides offer some protection against HIV.
2. Does a condom give you 100% protection against catching HIV?
3. What is a condom?
4. Where can you get condoms free?
5. Is masturbation safe?
6. Is oral sex safe?
7. Is getting or giving love-bites safe?
8. Apart from HIV what else do condoms protect you from?
9. What is safer sex?
10. What is celibacy?

[illegible]

C H O I C E S

The CHOICES game is designed for use with small groups of young people and a group leader.

The group leader needs to have a good relationship with the young people concerned or the group work skills to develop the kind of rapport where intimate issues can be explored.

The game is also good for use among adult groups who wish to look at the issues surrounding HIV/AIDS.

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CHOICES



a game about
H.I.V. & AIDS



Produced by Lothian Regional Council
Community Education Service



TRUE/FALSE

1.

AIDS and HIV are different names for the same thing.

False.

The letters HIV stand for

Human

– means affects only humans

Immuno-deficiency – causes your immune system not to work properly

Virus

– an organism which causes infection

HIV is the name of the virus which can cause AIDS.



The letters AIDS stand for

Acquired

– means caught from someone

Immune

– causes your immune system not to work properly

Deficiency

Syndrome – a collection of illnesses

AIDS is the name for the collection of illnesses, which people with HIV infection can develop.

CHOICES has been developed to help raise awareness about some of the issues related to HIV/AIDS. It will help to create an interesting and enjoyable opportunity to share information and discuss thoughts and fears. Although the booklet contains a certain amount of information, workers should take responsibility to keep their own knowledge up to date. CHOICES is not designed to be used by groups of young people on their own.

HOW TO PLAY CHOICES

Before you begin, cut up the cards and place them in piles on the relevant colour on the board. The cards do not need to be in number order. If there are any cards which you feel would help get discussion going, put them to the top of the pile. Remove any that you feel are inappropriate.

1. Place a counter for each player on 'START'.
2. Each player throws the dice and, according to the colour on which their counter lands, picks up a corresponding card.
3. The player then tries to answer the questions on their card. Some answers will be more clear cut than others.
4. Remember that CHOICES should promote discussion so there won't really be any winners, but you can make it first person round the board if you feel it's necessary!

If a question arises that is not covered by the information in the booklet, or that you or the members of the group cannot answer, then please use the following advice line numbers to help you.

Scottish Aids Monitor 0345 090966 (7.30 pm – 10.00 pm Mon – Fri). All calls to this number at local rates.

National Aids Helpline 0800 567 123 (24 hour FREE phoneline)

Please give players the small 'Take Care' card as a reminder of the basic information and for details of the National AIDS Helpline.

5.

The HIV test can show a negative result in someone who has been infected with HIV.

True.

The test depends on there being antibodies to the virus in the blood. The body usually takes around three months to produce these antibodies, so a test done soon after a person has become infected would show a negative result. A small number of people never produce any antibodies at all to the virus, so those people would also show a negative result, as if they didn't have the virus.

- * See page 13, question 17
and page 14, question 18.

6.

AIDS is a disease which affects mainly gay men.

False.

This is not true. Throughout the world more heterosexual* men and women are affected. HIV can be caught by anyone, through sexual intercourse or blood to bloodstream contact. In Edinburgh HIV happened to spread mainly among people who injected drugs and shared needles.

- * Heterosexuals are people who have sexual relationships with people of the opposite sex. Homosexuals are people who have sexual relationships with people of the same sex. Gay is another word for homosexual.

7.

If you catch HIV it may take as long as 8 years for you to become ill.

True.

Many people have HIV and show no signs of illness. There are people who have been infected with HIV for over 10 years, and yet have still shown no signs of illness.

2.



You can tell by looking at someone that they have HIV.

False.

When people first have HIV they often look and feel just as they did before.

3.

A person who has HIV is infectious.

True.

If you have HIV you are infectious and can pass the virus on to another person in three ways:

- through blood to bloodstream contact e.g. needle sharing
- through sexual intercourse
- to your unborn baby if you are a woman

* See page 16, question 5
and page 19, question 12.

4.

HIV is very easy to catch.

False.

HIV is, in fact, very hard to catch.

It is hard to catch because the virus is very fragile and dies very quickly outside the body. The virus can be passed on to another person through:

- direct blood to bloodstream contact e.g. needle sharing
- sexual intercourse
- mother to unborn baby

You can only catch HIV from someone who already has it.

11.

Sportspeople can share baths and showers with complete safety.

True.

There is absolutely no risk of catching HIV from sharing baths and showers. It is only caught by sexual intercourse or blood to bloodstream contact with an infected person.

** See pages 22-25 "Safer Sex".*

12.

World wide AIDS affects mainly heterosexual people ie. men and women who have sexual relationships with the opposite sex.

True.

World wide the majority of people who are ill with AIDS are heterosexual.



13.

In Lothian, it is thought that about 2,000 people have HIV (1989), many of these people are under 24.

True.

In Lothian there are over 1,000 recorded cases of people with HIV.

For every known case it is estimated there is at least another one unknown case.

Many of these people are under 24 years of age.

8.

Everyone who has caught HIV goes on to develop AIDS.

We don't know.

Many of the people who have HIV in Edinburgh were infected in mid 1983. We still don't know the long term effects on people who have it and how many of them will go on to develop AIDS.

9.

AIDS is a fatal disease.

True.

Some people become ill and die very quickly with one of the diseases associated with AIDS. Other people can be ill and get better several times before dying.

The following predictions have been made for Lothian for 1991:

- Most AIDS deaths will be in young people.
- The commonest single cause of death in the male population aged 15-44 will be AIDS.

10.

There is an illness known as ARC.

True.

The letters A.R.C. stand for AIDS RELATED COMPLEX.

This is a collection of illnesses also caused by HIV. This condition is not fatal and can be treated.

The types of illnesses are: night sweats, severe weight loss, thrush, swollen glands, fever and diarrhoea.

17.

You can catch HIV by getting drunk.

False.

But — If you drink alcohol you can lose control of yourself, your memory and your inhibitions. You might then do things you wouldn't otherwise do, like having unsafe penetrative sex with someone.

* See pages 22-25 "Safer Sex".

18.

You can buy condoms in loads of different colours and fragrances.

True.

The colours include: natural, gold, blue, red, black, green and pink.

Have you seen any other colours?

The fragrances include mint, strawberry and orange.

19.

You can catch HIV from being bitten by a dog.

False.

HIV is a virus which affects Humans (*Human Immunodeficiency Virus*). Dogs do not carry the virus and neither do cats, therefore there is no risk.



14.

Most of the people in Lothian, who know they have the virus, have got it from sharing needles.

True.

Sharing needles and syringes for taking drugs is extremely risky. This is because infected blood is transferred from one person into the bloodstream of another person.

15.

Gay men stand a good chance of catching HIV.

False.



When it comes to catching HIV, **it is not who you are but what you do** that's important. Gay men are no more likely to catch HIV than anyone else if they practise safer sex. One of the easiest ways to pass on the virus is to have sexual intercourse with someone who has HIV infection, without using a condom. This applies to heterosexuals* as well as homosexuals.

* Heterosexuals are people who have sexual relationships with people of the opposite sex. Homosexuals are people who have sexual relationships with people of the same sex. Gay is another word for homosexual.

16.

There is a cure for AIDS.

False.

There is no cure for AIDS. Although there are treatments which can control the symptoms of AIDS, we have nothing which will cure people of AIDS, nor have we any treatment which can remove HIV infection from the body.

3.

"Everyone should practise safer sex."

Think about

- What are the advantages of having safer sex?
- What about deciding not to have penetrative sexual intercourse?
- How can you know for sure that your partner does not have HIV?
- What about choosing not to have sex or celibacy?
- * Remember you can't tell by looking at someone that they have HIV.
- * See page 14, question 19 and page 25, question 9.

4.

"The only way to stop the spread of HIV is for everyone to get a test, then we would know who has and hasn't got it."

Think about

FACT — It takes at least three months for your body to produce antibodies to the virus. People tested within this time would have a negative result. A few people never produce antibodies: they also would have a negative result.

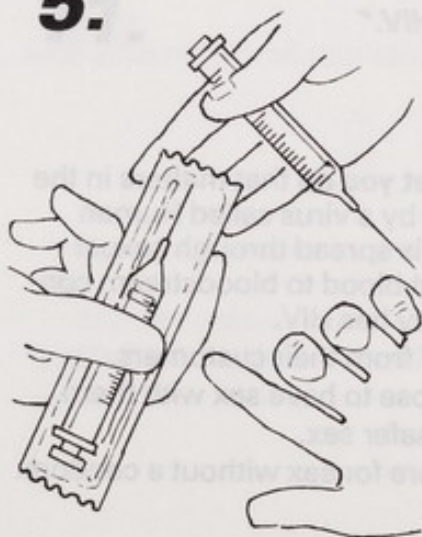
- * See page 3, question 7; page 13, question 17; page 14, question 18.

- What does the blood test, test for?
- Would knowing who was positive stop the spread of the virus?
- How could you be sure that people who had a negative result did not pick up the virus after they were tested?
- What if someone refused to have the test?

5.

"To stop drug users sharing needles they should be able to get clean needles more easily."

Think about

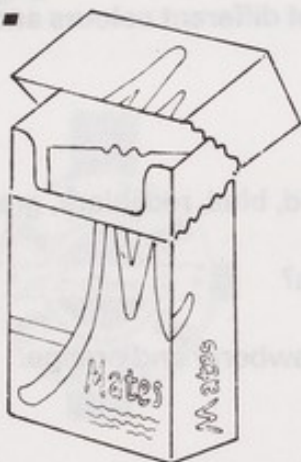


- Which is more important – stopping people injecting drugs or stopping the spread of HIV?
- Where should they be able to get clean needles?
- Would there be lots of dirty needles left lying in the street or in stairs?
- Should people who use drugs and needles be able to get them from their doctor?
- Do we know how to help people stop taking drugs completely?



CHOICES

1.



"Young women who carry condoms are slags."

Think about

- If young women are having sex, the best way to take care is to protect themselves against HIV and other sexually transmitted diseases.
- Do people feel differently about young men and young women having sex?
- Would it be different if it were a young man carrying the condom?
- Who should carry condoms?

2.

"Using a condom stops you enjoying sex."

Think about

- How do you know?
- Could knowing that you are safer make sex more enjoyable?
- Practising safer sex is one way of showing your partner that you care.

9.

"Women with HIV shouldn't become pregnant."

Think about

A baby born to a mother with HIV infection will be born with HIV antibodies and may have HIV infection too. Some of these children may become ill and may develop AIDS. Research is going on in Edinburgh at the moment to find out more about this.

- Should all pregnant women be offered an HIV blood test?
- Does a mother who is HIV positive have less rights than anybody else?
- The woman may go on to develop AIDS and die leaving the baby without a mother.
- What about women who don't know they have HIV?

10.

"AIDS is a fatal illness, people suffering from it deserve our care and compassion."

Think about

- Why has there been such a bad reaction to AIDS?
- Have the newspapers made this worse?
- How would you feel if you found out you had HIV or had AIDS?

* To talk about AIDS you have to discuss sex, drugs, relationships, illness and death – these can be difficult subjects to raise.

11.

"We need to be able to talk more openly about sex and relationships."

Think about

There is some evidence to show that in countries like Denmark and Holland, where sex education is better, the rate of unwanted pregnancy is lower and people don't become sexually active until they are older. This would reduce the spread of HIV.

- Do people in this country talk openly about sex?
- How would you talk to your boyfriend or girlfriend about not having sex, having sex or having safer sex?
- Can young men talk easily about sex and relationships?

6.

"People with HIV and AIDS have only themselves to blame."

Think about

- How would you feel if you found out your best friend had HIV?
- Many people became infected with HIV before we knew anything about it.
- Is catching HIV any more your own fault than developing lung cancer or getting a sports injury?

7.

"We should get taught about safer sex in schools."

Think about

- Is school the place for sex education?
- What would your parents think?
- Would you be able to talk about sex and relationships with your teacher?
- Would learning about safer sex encourage you to start having sex?

8.

"It's prostitutes who spread HIV."

Think about

It is not what you are but what you do that matters in the spread of HIV. AIDS is caused by a virus called Human Immunodeficiency Virus. HIV is spread through sexual intercourse and through direct blood to bloodstream contact with someone who already has HIV.

- Prostitutes could catch HIV from their customers.
- Men using prostitutes choose to have sex with them.
- Many prostitutes practise safer sex.
- Some men offer to pay more for sex without a condom.

15.

If you are in a relationship for more than six months you don't need to practise safer sex.

Think about

- How is HIV spread?
- What would you need to know about your partner before you make the decision not to use condoms?
- What would your partner need to know about you?
- How would you find out?

* See page 15, question 2.

16.



"It's easy for young people to go into the chemist to buy condoms."

Think about

- Is it?
- Would you find it embarrassing? Why?
- Could you practise with your friends or in your youth club, to make it less embarrassing?
- Remember the shop assistant is used to people buying condoms.
- Where else can you buy them?

* See page 23, question 4, about free condoms.

17.

What is the test?

Think about

When the body is infected by HIV it reacts by producing antibodies. The test looks for these antibodies. It is NOT a test for AIDS, it will only tell you if you have picked up HIV, and had it long enough to produce antibodies. The test will not tell you whether you have AIDS and it cannot predict whether you will go on to develop AIDS.

Counselling is available for anyone considering having the test.

* See page 14, question 18 and page 3, question 7.

12.

"All this stuff about AIDS is nonsense, I'm not gay and I don't use drugs, so it doesn't affect me."

Think about

- How is HIV spread?
- How can you be sure that the person you want to have sex with is not infected with HIV?
- AIDS affects us all in some way, how does it affect you?

* See page 3, question 6.

13.

"The best advice is not to have sex until you are married."

Think about

- Would you support someone who made this decision?
- Do you think more people will choose this option?
- Does this make the person 100% safe?
- Do you feel this is "the best advice"?

14.

"A young man you know boasts that he carries condoms. How would you feel?"

Think about

- Would you be pleased that he takes care by using condoms?
- Would you worry in case he was only after sex?
- Would you worry in case he had some kind of infection?



TRANSMISSION

1. Q. *In which body fluids is the Human Immunodeficiency Virus found?*

A. HIV has been found in most body fluids. It is only present in large enough quantities to pass on to someone else in semen, vaginal fluid and blood.

A very small number of children have become infected through their mother's breast milk.

2. Q. *How is the virus passed from one person to another?*

- A.**
- Having sexual intercourse with a man or a woman who already has HIV.
 - Blood to bloodstream contact with someone who already has HIV eg. sharing needles or syringes for taking drugs.
 - A woman with HIV infection can pass the virus on to her unborn child.
-

18.

What does taking the test involve?

Think about

After being counselled about the test a doctor or nurse will take a sample of blood – usually from your arm – and send it to a laboratory for the HIV antibody test. Because the laboratory has to confirm the result of the test, it will usually take about one to two weeks before you get an answer.

* See page 3, question 5 and
page 13, question 17.

19.

"Nowadays people need to think about whether or not they've put themselves at risk with previous partners."

The more people that you and your partner have had sexual intercourse with, the more likely you will have been to come in contact with the virus. Every time you have sex you are in effect having sex with all the people you and your partner have had intercourse with. The more people involved the higher the risk.

Think about

- What are the advantages of taking time to get to know one another well before having any sexual involvement.
- What about choosing not to have sex?
- Is staying faithful with one partner a solution?
- What about always practising safer sex?

20.

"What about having casual sex on holiday?"

Think about

- How can you take care on holiday?
- How can you get to know the new people you meet?
- Will alcohol affect the decisions you make now?
- How do you decide between celibacy, safer sex or unsafe sex?
- Is sex abroad any different from sex at home?

6.



Q.

How will I know who has HIV?

A.

You won't. You can't tell by looking at someone if they are HIV antibody positive or not. Many people who have HIV do not know. People who have HIV often look and feel great.

7.

Q.

Can you catch HIV from becoming blood brothers with anyone?

A.

Any activity where blood can be carried from one person into the blood of another person can pass on the virus. So, although we don't know of anyone becoming infected by becoming blood brothers with someone else, because it involves the exchange of blood it's best to give this a miss.

8.

Q.

Is having your ears pierced risky?

A.

It is not risky, as long as the equipment used is sterile or disposable. Make sure you go to a reputable shop to have it done. Some young people pierce their own ears using needles and corks. Because this involves blood, it's best not to do this now.



3.



Q. *What should a person who injects drugs do to protect themselves from HIV?*

A. People who inject drugs should ALWAYS use their own needles and syringe and never let anyone else use them. In Edinburgh there is a huge risk of catching HIV from sharing needles or syringes, so, the simple message is, if you must inject drugs NEVER EVER share "works". Clean needles are made available through needle exchanges. For more details on the locations and opening times phone the National AIDS Helpline 0800 567 123 (24 hour free phoneline)

4.

Q. *Why is sharing needles or syringes for drug taking risky.*

A. Because a quantity of infected blood passes from one person to another. Many people who inject drugs "pull-back" blood into the syringe, so as not to waste any of the drug. Others using the same equipment could then put infected blood directly into their bloodstream.

5.



Q. *Why is sexual intercourse without a condom risky?*

A. Remember HIV is passed on to another person through semen, vaginal fluid and blood. During sexual intercourse the virus can easily pass through the walls of the vagina or through the penis. It can also be passed through the walls of the back passage (anus) during anal intercourse. You may also get little cuts or tears on your penis or vagina during sexual intercourse, the virus can be passed on through these as well.

12.**Q.***Can you catch HIV from using drugs?***A.**

No. "Drugs" themselves will not give you HIV. However, some drugs — particularly those like alcohol — may cause you to do things you normally wouldn't do. For example you could get involved sexually with someone without thinking about the consequences — so Take Extra Care!

13.**Q.***Can you catch HIV from cuddling someone?***A.**

No. HIV is only passed through blood, semen or vaginal fluid. There is no risk of infection through everyday social contact or from showing affection. People infected with HIV need and enjoy affection, just like anybody else, and this is perfectly safe.

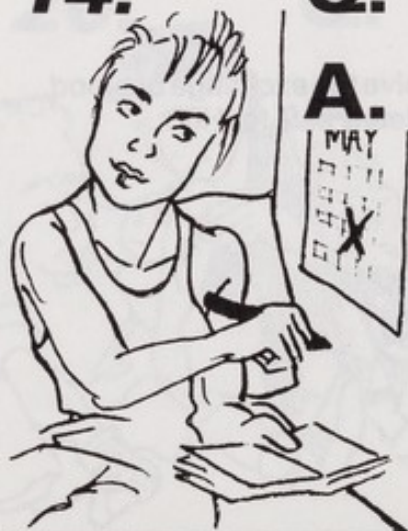
14.**Q.***Does the Pill protect you against HIV?***A.**

No. The only contraceptives which offer protection against HIV infection are condoms used with spermicides (contraceptive creams or jellies) which have a chemical called nonoxynol 9 in them. This seems to help kill the HIV virus as well as sperm. Spermicides are usually kept beside the condoms at the chemists. Check on the side of the pack whether they contain nonoxynol 9.

The pill is better at stopping unwanted pregnancies though, so if you are on the pill already you should probably stay on it as well as using condoms.

* See page 22, question 1.

See page 23, question 4 about free condoms.



9.

Q. *Can you catch HIV from toilet seats?*

A. No, you can only catch HIV from exchanging blood, semen or vaginal fluid.

10.

Q. *Can you catch HIV from kissing?*

A. No one has caught the virus from kissing. Some enzymes* found in saliva have been shown to inactivate the HIV virus.
* enzymes help with digestion



11.

Q. *Can you catch HIV from shaking hands with someone who carries the virus?*

A. No. There is no risk of infection through every day social contact, like shaking hands.
You can only catch the virus through unprotected (without using a condom) penetrative sex with an infected person, or by sharing needles or injecting equipment with an infected person. In addition, the HIV virus may pass from a mother to her unborn child.

18.

Q. *Is it generally safe to have a blood transfusion in Scotland?*

A. Yes. Throughout the UK, all donations of blood, tissue or organs have been screened for the HIV antibodies since 1985.

19.

Q. *Can insect bites pass on HIV?*

A. No. In Africa, AIDS affects mainly very young children and sexually active adults. If HIV was passed on, for example, through mosquito bites, more people of different ages who get bitten by insects would be infected with HIV.

20.

Q. *Is it safe to give First Aid?*



A. There is very little risk of catching HIV when giving First Aid and this can be reduced by using common sense. First aiders have always had to balance the risk for themselves and they will continue to do that. Contact with other people's blood should always be treated with respect. First-aid kits should have rubber gloves in them now and it makes good sense to use them. No one has been known to catch HIV from mouth to mouth resuscitation.

15.

Q. *Can you catch HIV from a swimming pool?*

A. No. The chlorine in the water would kill the virus.
You can't catch HIV from normal social contact or activity.



16.

Q. *Can you catch HIV by giving blood?*

A. No. You will not catch HIV from giving blood. Blood donating equipment is sterile and used only once. There has never been any risk from *giving* blood.



17.

Q. *Can you catch HIV from sharing a cup or glass with someone who has the virus?*

A. No. Anything that does not involve the exchange of blood, semen, or vaginal fluid is completely safe for HIV.



3.

Q. *What is a condom?*

A. A condom is a barrier form of contraceptive. It is made of thin rubber and fits over a man's erect penis. When it is used properly, it helps to reduce the chances of HIV being passed from one person to another through sexual intercourse. Condoms also offer protection from pregnancy, cervical cancer and other sexually transmitted diseases as well as HIV. It's important to find out how to use condoms properly and use them every time. Never re-use a condom.

4.

Q. *Where can you get condoms free?*

A. In Edinburgh you can get condoms free from Family Planning Clinics. Phone 031-332 7941 for details of your nearest local clinic. There is a special Saturday morning clinic for young people at:-

The Family Planning Centre
18 Dean Terrace, Stockbridge
Edinburgh

It's possible to get condoms and spermicide without an appointment. Ask for the C-card.

You can also get condoms free from:-

The Brook Advisory Centre
2 Lower Gilmore Place
Tollcross
Edinburgh
Tel: 031-229 3596.



You can buy them in pubs, record shops, chemists, supermarkets and corner shops, Virgin Records and the Body Shop.

****** If you are going to buy them don't feel embarrassed, practise first with your friends, it could be a laugh! Remember thousands are sold every day. The person behind the counter is used to selling them, there is nothing to be embarrassed about.



SAFER SEX

1. Q. *Spermicides offer some protection against HIV.*

A. Yes. The Spermicide Nonoxynol 9 seems to help to kill the virus as well as sperm. It is found in some contraceptive creams, jellies and pessaries. But it should only be used with a condom NOT instead of one. You can buy these spermicides from the chemist, or get them — FREE — from your local family planning clinic, or from the Brook Advisory Centre.

Names to look for are Duragel, Orthoforms, C-Film, Double Check and Ortho-Creme.

* See page 23 question 4 about free condoms.

2. Q. *Does a condom give you 100% protection against catching HIV?*



A. No. They can burst — we all know about women who have become pregnant after using a condom. If you use it properly a condom will reduce your chances of catching HIV through sexual intercourse. Most condoms are lubricated with a spermicide containing Nonoxynol 9, which seems to help kill HIV.

It is very important to learn how to use a condom properly. You can find out from the Family Planning Centre and the Brook Advisory Centre (see question 4).

So find out how to use condoms properly and use a new one every time you have sex. Never re-use a condom.

8.



Q.

Apart from HIV what else do condoms protect you from?

A.

Apart from HIV, condoms can also protect you against cervical cancer and other sexually transmitted diseases such as syphilis, gonorrhea, herpes and genital warts. And remember, condoms also protect you against unwanted pregnancy.

Please Note: Vaseline or Petroleum Jelly perishes the rubber used to make condoms and can make them burst. If you need to use a lubricant, you can use KY Jelly or any water-based lubricant with greater safety.

9.

Q.

What is safer sex?

A.

Safer sex is any of those sexual practices which reduce the risk of transmitting HIV during sexual activity. It would include things like kissing, cuddling, caressing, massage, masturbating each other, rubbing and using condoms. Really it's anything which gives you and your partner pleasure and which does not involve the exchange of blood, semen or vaginal fluid.

10.



Q.

What is celibacy?

A.

Celibacy is a term used nowadays for choosing a lifestyle without sexual partners. Today more people are making this choice.

What would be the advantages and disadvantages for you of making this decision?

5.

Q. *Is masturbation safe?*

A. Yes. There are two types of masturbation — solo or mutual. Giving yourself pleasure (solo masturbation) or giving your partner pleasure (mutual masturbation) are both safe practices.

Masturbation can be a good opportunity to practice putting on a condom.

6.

Q. *Is oral sex safe?*

A. Oral sex is sucking or licking a man's penis or woman's vagina. Where the mouth area is healthy, oral sex is thought to be low risk for HIV.

However because it involves semen or vaginal fluid and possibly blood (if a woman has her period), and we know that HIV is passed on through these fluids, it does carry some risk.

7.

Q. *Is getting or giving love-bites safe?*

A. Yes. Getting or giving love-bites is safe. Anything which doesn't involve blood, semen or vaginal fluid is safe for HIV.





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