

HOW TO SURVIVE SEX



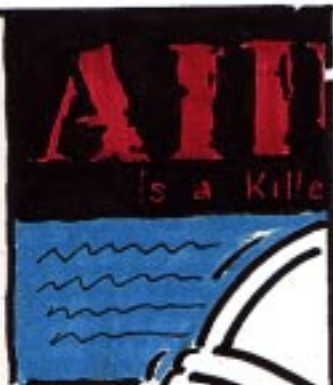
WISE UP TO AIDS

"Hey guys, how's it going!"

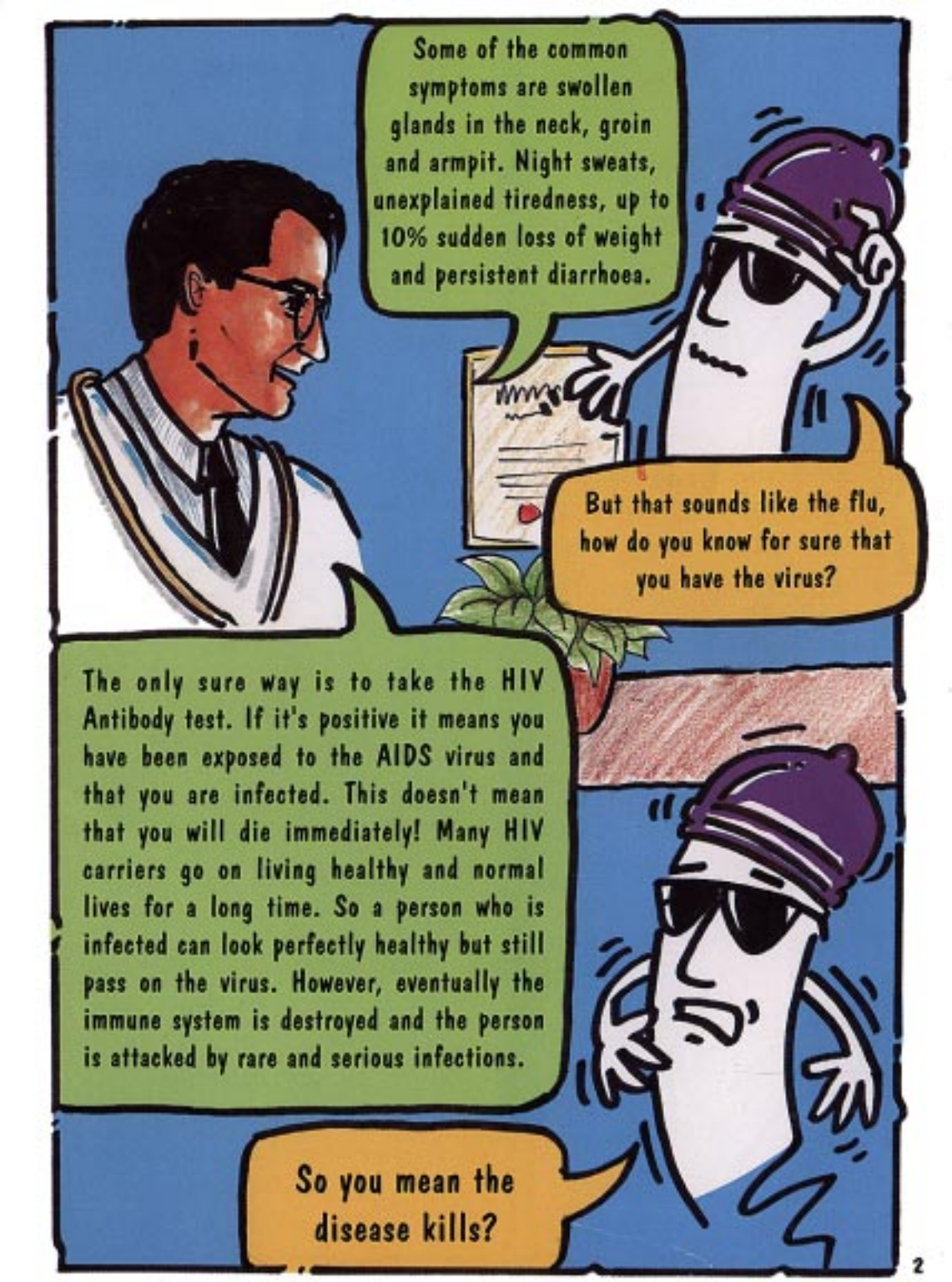


You know, I always thought that I was a cool sort of guy. I love parties, girls...biking — hey, but I'm not stupid. I wear my helmet! That, to me, is being smart. But lately, I started hearing a lot of things about AIDS. Everyone is talking about it. I didn't know what to believe. I thought, this is one thing I'd better Wise Up about! So, what did I do? What any Wise Guy would have done, ask my doctor! "

AIDS? Well, yes...not many know the REAL facts, you know. It stands for Acquired Immune Deficiency Syndrome. You don't catch AIDS, you catch the AIDS virus, HIV. HIV attacks the body's immune system. This is your body's natural ability to fight diseases. When your immune system is destroyed, your body will be helpless and you'll develop infections and illnesses. This is when one is said to have AIDS.



That's terrible!
What are the symptoms?



Some of the common symptoms are swollen glands in the neck, groin and armpit. Night sweats, unexplained tiredness, up to 10% sudden loss of weight and persistent diarrhoea.


But that sounds like the flu, how do you know for sure that you have the virus?

The only sure way is to take the HIV Antibody test. If it's positive it means you have been exposed to the AIDS virus and that you are infected. This doesn't mean that you will die immediately! Many HIV carriers go on living healthy and normal lives for a long time. So a person who is infected can look perfectly healthy but still pass on the virus. However, eventually the immune system is destroyed and the person is attacked by rare and serious infections.


So you mean the disease kills?



I'm afraid so. There is no vaccine. And no cure. A person with AIDS will inevitably die.



Gosh...this is more serious than I thought! But how does a person get infected by the virus? I've heard that you can get it from toilet seats or sharing food and utensils! Is that true? What about touching someone with AIDS or swimming in a public pool or mosquito bites? What about barbers and hairdressers?



There are only three ways that you can get infected...so don't panic!

1. Through having penetrative sex with an infected person.
2. Through infected blood and this can happen when dadah users share needles.
3. From an infected pregnant mother to the child she's carrying.

SOME OF THE WAYS YOU CAN'T GET AIDS



Hugging



Touching



Kissing



Shaking hands



Sharing utensils



At the barbers




From a toilet
seat



Or a mosquito
bite




Simply by being around or working with people with AIDS
or people infected with the AIDS virus

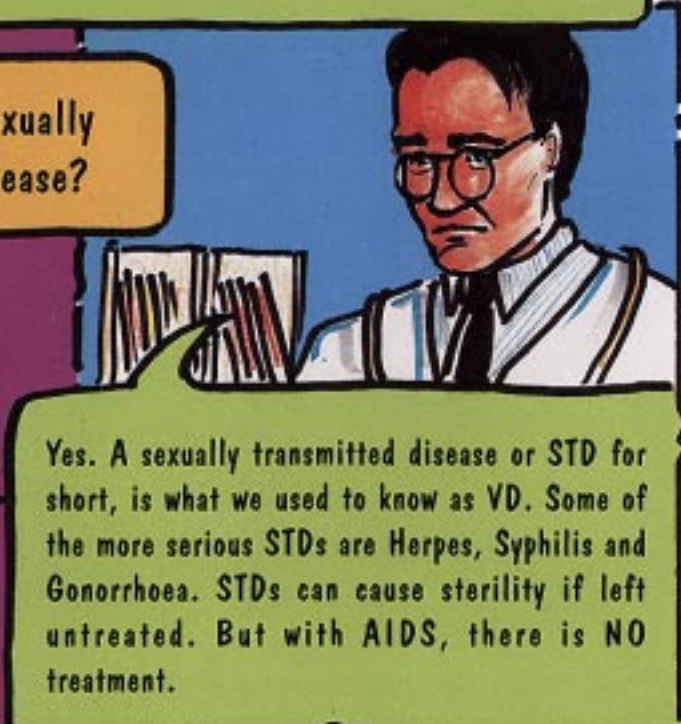


You mean that I can get infected by having sex with my girlfriend? I thought that only dadah users and homosexuals get AIDS!

That's a serious misconception that many people have. The AIDS virus affects everyone. You're referring to a so-called "high-risk" group. But there is no such thing. Anyone is at risk if they practise high risk behaviour. And yes you can get the virus from a girlfriend you've known for months if she's infected. So it's best to wear a condom everytime you have sex.



So AIDS is a Sexually Transmitted Disease?



Yes. A sexually transmitted disease or STD for short, is what we used to know as VD. Some of the more serious STDs are Herpes, Syphilis and Gonorrhoea. STDs can cause sterility if left untreated. But with AIDS, there is NO treatment.



"So guys, my meeting

with the doctor was a great learning experience. And that's only half the conversation. Made me feel pretty cool about myself because it doesn't take much to Wise Up about AIDS. It's simple really."

**All you need to do
is Practise A
Healthy Lifestyle.**

Now guys, this doesn't just mean working out in the gym. It means healthy behaviour. When it comes to sex, knowing your ABC could save your life!



Abstain from sex. That means **NO SEX**. As the saying goes, the most bitter medicine is often the best cure. Even if it is your very first sexual experience you can't be sure that you are not exposed to the virus.

Be Faithful.

Once partners are found to be uninfected, being mutually faithful is another sure way to prevent infection. That means no one-night stands or secret affairs!



C ondoms.

If you are not going to practise option A or B, make sure you use condoms correctly and consistently, that is, every time you have sex. If used properly condoms provide effective protection against the AIDS virus or any other STD. If your partner uses other birth-control methods like the Pill or IUD, you still have to use a condom!




That's the simple part.

The way I see it, one of the hardest things for any cool guy is to stop and think about their lifestyle. Have you been practising safer sex? It's really important to be truthful with yourself about this. Because your life and the lives of the people you care about depend on it. So WISE UP!



Check out this conversation with my friend Joe. Joe's pretty cool, but he sure had to learn a thing or two about AIDS. So yours truly gave him some Words of Wisdom. But when I mentioned condoms...



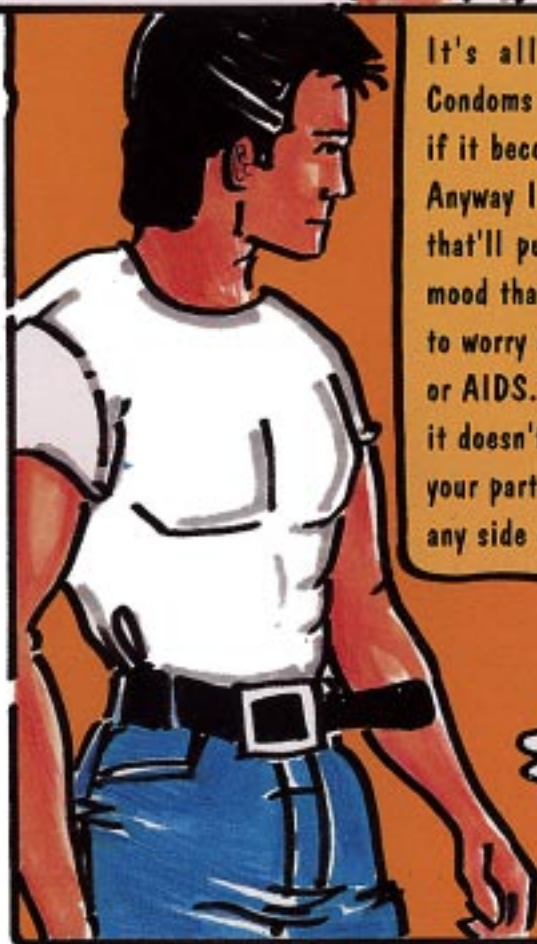
Condoms?! Hah! They're not even in my vocabulary. Besides only wimps wear rubbers!



Well, Joe, I hate to tell you this... but you're pretty behind times with that one. People are starting to think that wearing condoms is being responsible. Haven't you heard of the man of the 90's? Sensitive, considerate and informed. Wearing a condom shows that you care.



Hmmm... But condoms kill the mood...



It's all in the mind, Joe. Condoms can be fun, especially if it becomes part of the action. Anyway I can't think of anything that'll put me in a more relaxed mood than not having to worry about STDs or AIDS. Besides, it doesn't leave your partner with any side effects.





"That discussion

certainly got Joe thinking because the next time I saw him he asked how to use a condom. Major breakthrough!"

HOW TO USE A CONDOM...



- **Check that the condom** hasn't gone past its expiry date.
- **Open the foil** carefully so there is no danger of tearing the condom inside.

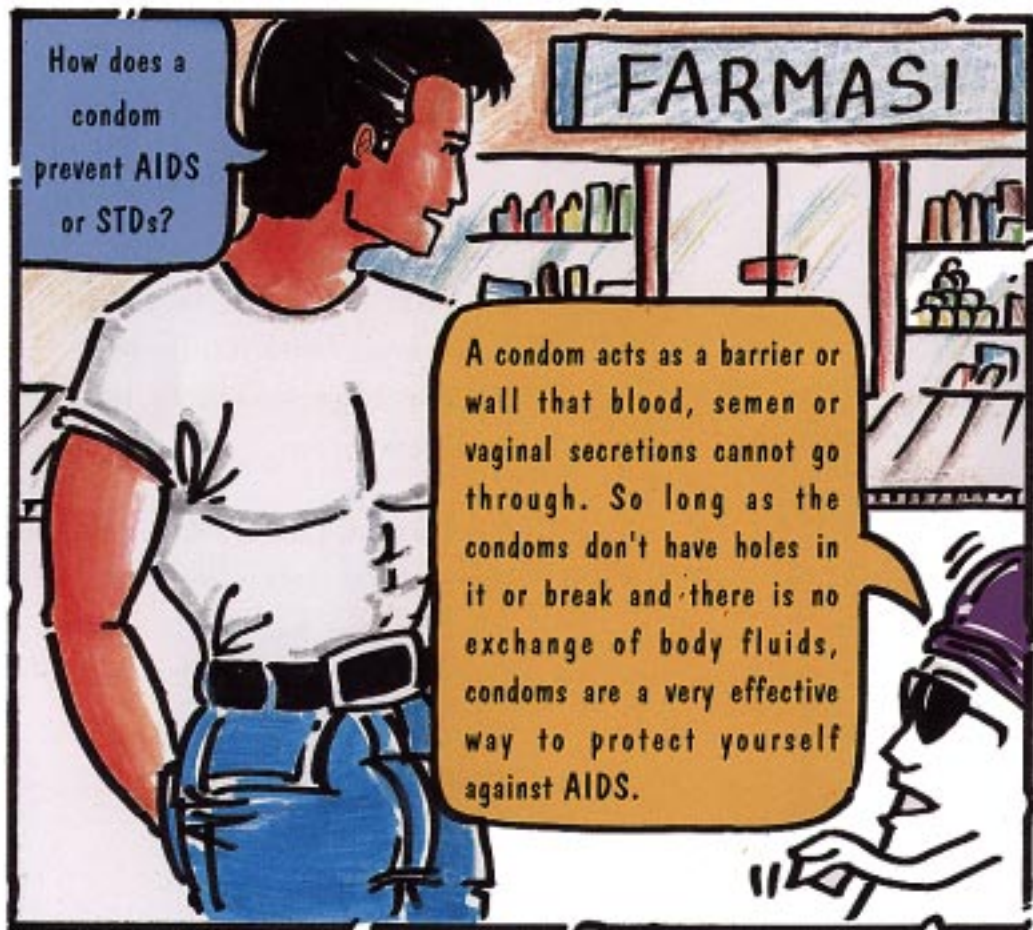


- **Put the condom on** as soon as the penis is hard but before it touches your partner's body.
- **Gently pinch the nipple** tip of the condom to allow room for sperm and press air bubbles out. Continue to pinch the nipple while unrolling the condom over the penis as far as it will go.
- **If one partner** feels the condom break during sex, the man should withdraw immediately and use a fresh condom.
- **After ejaculation** (coming) and before the penis gets soft, the man should hold firm the rim of the condom and pull out. Make sure that no semen spills out.



Well, Joe ended

up a pretty WISE guy on condoms himself. We were shopping one day and he kept on standing in front of a pharmacy. He couldn't fool me, I knew he was trying to find the guts to go in and buy some condoms.



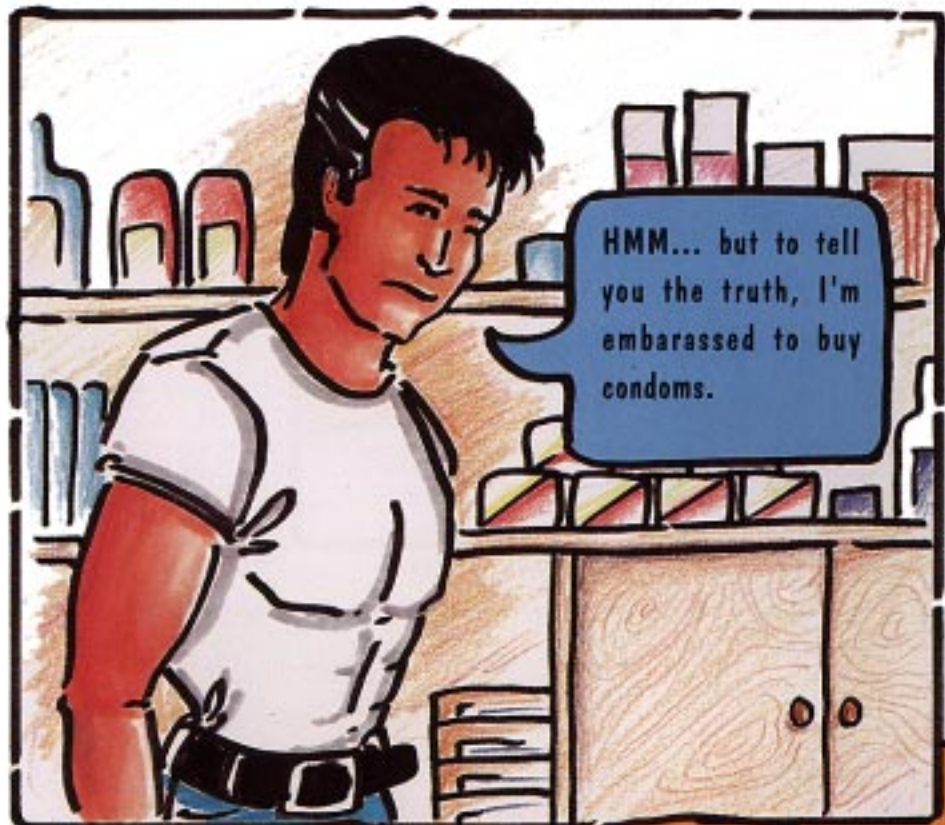
How can I get
the most
protection from
condoms?



Make sure you keep condoms in a dry and cool place so that they'll last up to the expiry date. Even body heat can cause condoms to melt. So don't keep them in your pocket or wallet for too long. If you use a lubricant, make sure it is water-based. Oil-based lubricants can damage condoms.

You've got to use a condom from start to finish and **EVERYTIME** you have sex.

REMEMBER, IT ONLY TAKES HAVING SEX ONCE WITH AN INFECTED PERSON FOR YOU TO CATCH THE AIDS VIRUS.



HMM... but to tell you the truth, I'm embarrassed to buy condoms.

No sweat, Joel! They're sold everywhere. Pharmacies, mini-markets, Chinese drugstores... and a lot of people buy them.







Now, this cute

lady got even me tongue-tied. She asked if she could be of any assistance. Well...how about a romantic rendezvous to discuss the meaning of life, I was about to say. Actually, I told her Joe was feeling shy about buying condoms (sorry Joe). At which she said sweetly,

"OH... THERE'S NO NEED TO BE SHY, PLENTY OF MEN BUY CONDOMS."



"HERE, THIS IS ONE OF OUR MORE POPULAR BRANDS..."



It was music

to Joe's ears. So guys, the moral of the story is, if you think you know all there is about AIDS, you better **WISE UP** and learn the **REAL** facts. And remember the **ABC** to AIDS prevention, make sure you know it for life!





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