

MY SEX LIFE:

Info for poz youth





My Sex Life

Finding out you are on the plus side can totally change the way you feel about yourself physically, emotionally and sexually. Dealing with being poz ain't easy, and sometimes it can seem like a total burden, but it doesn't have to be a downer in bed. Sex after testing positive can still be what it was before or even better.

If you've just tested HIV-positive this may sound impossible, but the more comfortable you become with being poz, the better sex can get. Having hot sex builds confidence and self esteem, which us HIVers can't get enough of.

Sex is complicated. Sex is how some of us got HIV and sex is how we can give HIV to other people. But, you know you're gonna get busy sooner or later, whether it be with a new romance like the hottie you met at the club, a one night stand, an old flame or whatever. So to get that fire started or to keep it burnin' strong, read on about how to keep your sex life hot and healthy!

Sex is sexy... sex is hot. That's hot!

To make things less complicated in bed, it helps to know how HIV can get into our body, out of our body and into our sex partner's body. Infection has to happen for someone to get HIV. This can happen when having sex with someone and putting yourself or your partner at risk for HIV infection or re-infection. (If you're poz you can get HIV again!!)

Infection can happen whenever blood, cum, or vaginal juices of an HIV-positive person come into contact with the inside lining of the asshole, vagina, mouth, urethra of another person, or gets under that person's skin through a cut or through an injection with a needle.



HIV can also be transmitted through needle injection. This is a direct route into the blood. This can happen through sharing used needles and injection drug use equipment.

Remembering how HIV gets into you or your partners body can help us make healthy decisions about sex.

Making Safer Sex Hotter Sex

“ My boyfriend talks dirty to me about how he is going to fuck me without a condom, just before we have sex. He tells me he is going to cum inside me, and I find it really hot. The whole time he is putting on an extra thin condom and lubing his dick. Talking about it is hot, but we still protect each other.”



Hot sex usually happens when you are comfortable, honest about what you want, and open about what turns you on. Sex isn't just about sticking it in. There are lots of fun and sexy things you can do. Try different things, play, and talk to your partner about things you want to try. Tell your partner all the nasty things you want to do to them or vice-versa



Use your imagination.
Play with your partners' nipples.
Play with your partner's ass.
Lick your partner's toes.

Sometimes focusing on putting on the condom can be a turn off. So, think about fucking your partner and how hot they are when you are putting on the condom. Putting on a condom can be part of the foreplay. Make it fun.

Practice putting a condom on your dick while you are jerking off. Get used to using them, and your dick will get comfortable with being turned on while wearing one. Women can practice putting them on their hands or a sex toy. Try out different brands, with partners and when masturbating. Check out different sizes and thickness. Some condoms are thinner than others are; some are wider than others are. Find one that's comfortable for you. Put a drop of lube inside the condom or on the head of your dick before putting on the condom, not too much, you don't want that condom to slip off! Also, if you are fucking for a long time, take a break and change the condom. Friction can wear down the condom and the lube can dry, which can make condoms easier to break.

Have condoms or dental dams around – beside your bed or somewhere where you'll see them. That way, you'll probably think to use them, especially if you are drunk or high. If you are planning to party, plan to be safe too: Bring condoms or dental dams and lube with your drugs.



Don't forget to lube it up!!

Using lube can make sex feel awesome.

Water-based lube can dry up fast.

Silicone-based lube is more expensive but doesn't dry up as fast.

Never use oil based lube and a condom, it will break.

Research has shown: If you stop using condoms early on in a relationship you are more likely to continue not using them. So to keep it up while keeping up with safer sex, don't stop wrapping it up!!

***Remember, having protected sex at least some of the time is better than never.**

You can get free condoms at community centres and agencies, AIDS service organizations, and health clinics.

Suck it, Lick it, Love it!

Going down on a woman or sucking a guy's dick is considered low risk for HIV transmission. This means it can happen - but it's less likely to happen from oral sex than through anal or vaginal sex without protection.

If you're poz, you don't need to worry about passing on HIV to someone if you give them oral sex. But there are some things to consider if you're poz and someone is going down on you.



Blow Job Tips

If you're a poz guy and someone wants to suck your dick, there are things you can do to reduce the chances of HIV transmission:

- * Get your partner to lick the shaft of your dick, or lick and suck on your balls.
- * Go easy and don't let your partner deep throat you.
- * Cum on your partner's face - not in their mouth.
- * The rougher you are, the more chance there is for HIV to be transmitted through tiny cuts in your partner's mouth and on your dick.
- * Also, don't let your partner go down on you after they've brushed/flossed their teeth or eaten something rough (like an apple, or chips) so that there is less of a chance they will have tiny cuts on their gums.
- * You can use a latex condom (flavoured — yum!) and have your partner suck away!

Givin' it to the ladies...give'r

If you're a poz lady and someone wants to go down on you, there are things that you can do to reduce the chances of HIV transmission:

- * The rougher you are the more chance there is for HIV to be transmitted through tiny cuts in your partners mouth and your vagina.
- * Don't let your partner go down on you after they've brushed/flossed their teeth or eaten something rough (like an apple, or chips) so that there is less of a chance they will have tiny cuts on their gums.
- * Use a dental dam, or cut the top off an unlubed condom and slice it in half length wise and use that.

Sexually Transmitted Infections (STIs)



Like HIV, STIs are infections that are passed from person to person through vaginal and anal fucking and from giving or receiving oral sex. You can get STIs through any of these sexual activities if you or your partners don't use a condom or a latex barrier like a dental dam. Using condoms and dental dams decreases the chances of getting an STI.

When you already have HIV it can be easier to get an STI and it can make it easier to pass on HIV.



Sometimes you can have an STI and not know it. Other times, let me tell you, you'll know. It might burn when you pee and you might have discharge like yellow and white puss that will come out of your vagina or your penis. You can also get sores and rashes on all parts of your body. Since HIV lowers your immune system, it can make other STI's like herpes, gonorrhea, syphilis and warts a lot worse. But it's not the end of the world if you get one – the sooner you know you have it, the easier it is to treat. Using condoms and/or dental dams can help prevent getting most STIs. Getting a regular test for STIs helps too. So when you go to your doctor, get checked regularly for STIs. Sexual health clinics can test you too. Check out the resource list to find out where to go.

Resource List

AIDS ORGANIZATIONS:

Positive Youth Outreach
416-340-8484 x281
www.positiveyouth.com

AIDS Committee of Toronto
416-340-2437
www.actoronto.org

Teresa Group Child and Family Aid
416-596-7703
www.teresagroup.ca

Toronto PWA Foundation
416-506-1400
www.pwatoronto.org

Black Coalition for AIDS Prevention
416-977-9955
www.black-cap.com

Voices of Positive Women
416-324-8703
www.vopw.org

Asian Community AIDS Services
416-963-4300
www.acas.org

CHECK OUT THESE HEALTH CLINICS AND YOUTH ORGANIZATIONS:

Evergreen
416-340-2740

Street Outreach Services
416-926-0744
www.loftcs.org

Shout Clinic
416-927-8553
www.ctchc.com

Hassle Free
416-922-0603-Mens
416-922-0566-Womens
www.hasslefreeclinic.org

The House
416-927-7171

Lesbian, Gay, Bisexual, Trans?

Need anonymous support over the phone:
Call the Lesbian, Gay, Bisexual, Transgendered Youthline
Toll Free: 1-800-268-YOUTH (9688)
www.icomm.ca/lgbline

Treatment questions?

Canadian AIDS Treatment Information Exchange
1-800-263-1638
www.catie.ca

Legal concerns?

HIV/AIDS Legal Clinic
Toll Free: 1-888-705-8889
www.halco.org

Cool websites!!!

www.aidslaw.ca
www.Livepositive.ca

For more resources check out the Living Guide Online an awesome directory of HIV/AIDS services throughout Toronto at:
www.actoronto.org

Myths

“I have HIV already so I don't need to use condoms anymore”

“I'm in a relationship and we are both poz, so throw those condoms out the window, baby!”

Lots of us think that this is true and for the record, it's NOT!

Having HIV doesn't mean that you can stop using condoms. Protecting yourself and your partner is an act of love. Using condoms with your partner is a sign that you care about them and yourself!

Also, there are other strains of HIV. Some of these strains might be stronger than the one you already have. Yes, honey, you can get re-infected, which could make you resistant or immune to some medications, which means they won't be able to fight off the HIV.

If your partner is positive too, you should still protect each other. Getting another strain of HIV could make you sicker faster and make your strain stronger especially if you become immune to HIV meds.

Fight For Your Right To Sex It Up!

Yes it is okay to have sex when you are HIV-positive!!! 'Cause you are one sexy MOFO!!

There are lots of people out there who are comfortable with HIV, or who can grow to be comfortable with HIV. But, there are some people who can't handle being with someone who has HIV.

“Sometimes sex reminds me of how I got HIV” “I've got HIV, I'm damaged goods, and no one wants that” “Having HIV makes me feel dirty sometimes”

It's hard to have someone tell you that they don't want to be with you because of your HIV. It is not okay for someone you are chillin' with to make you feel down about having HIV or yourself.

HIV can be complicated, and sometime the last thing we want to do is have sex. Having HIV can make us feel unsexy or unwanted by others. Take time for yourself and do things that help you build your confidence.

Listen to music that makes you feel good, meditate, go to a yoga class, do things that make you feel good about yourself. You deserve it!!

Remember, having hot consensual sex is a right for everyone!!

The Big 'D'... Disclosure

Telling people you care about that you are positive can be totally overwhelming and scary. HIV has a lot of shit carried with it and telling someone may not always be right for you. Other times telling someone can make things easier. Remember, being positive is your personal information, you don't have to tell people if you don't want to! But sometimes not telling someone can make you feel really guilty. You have to figure out what is the right decision for you. There are no right or wrong answers.



According to the law, if you are going to have unprotected sex with someone you have to tell them that you have HIV before you have sex. Think about it.

Being honest with people you are having sex with can make the sex better, 'cause you are confident that they are comfortable with what you are both doing.

Being stressed about possibly infecting someone with HIV during sex can sometimes be a total turn-off. Worrying about giving HIV to our partners can sometimes affect our performance in bed whether our partners know our poz status or not. A way around that can be telling your partner so that you aren't worried about stuff so much. Also, talking about sex with your partner can make sex way better.

Sometimes, communication with our partner isn't always an option - for many reasons. In this case, there are still ways you can protect yourself and your partner if using condoms isn't an option. If you and your partner are fucking (meaning that someone is sticking their business in someone else's, whether that business be a pussy or an asshole), there are things you can do to reduce exposure if you aren't using a condom:

- * **Use lots of lube, the less friction there is the better.**
- * **Pulling out before cumming, the less bodily fluids that contain HIV are around the lower the chances of HIV transmission.**
- * **The person who is the top (the one who is stickin it in) will usually be at a lower risk of exposure. So, if your partner is negative and you are poz, having them be the top could put them at less risk.**
- * **Also, the less rough you go on things the lower the risk.**

Some Meds Can Make It Hard To Get It Hard!

Saquinavir, Nelfinavir, Ritonavir, Indinavir and others may make it hard to get hard. Also a lot of us with the high 5 are on anti-depressants like Wellbutrin, and Celexa. Many of these can keep you flaccid too. But there are things you can do, talk to your doctor about options.

Also, sometimes using a cock ring can help you keep your hard-on. A cock ring is like a tight bracelet that you put on the base of your dick.

So let's talk about sex baby, let's talk about you and me!

Dating, good sex and relationships are important and can help build confidence and self-esteem. Chillin' with someone who is into you can be an awesome feeling. You deserve someone who cares about you. Sometimes us HIVers settle cause we think we couldn't do any better. That isn't true!

The more confidence you have in yourself, the sexier you'll be. If you believe you are worth it and deserve good sex and good partners, chances are you'll get em'.

Poz-neg relationships!

Being in a relationship with someone who is negative ain't always easy. Sometimes people without HIV do want to be in relationships with us despite our status. A neg partner may never understand what is like have HIV. They may never realize how much it stresses you out or how complicated it is. But you may also not realize how difficult it can be for them too.

Being in a relationship can be an awesome feeling. Having someone you care about show you that they also care about you can be totally cool.

Sometimes being in a relationship can make us do things we normally wouldn't do to make our partners happy or satisfied. Sometimes we stop using condoms to show the person we are chillin with that we trust them. Remember, using a condom doesn't mean you don't trust you partner, and it doesn't mean you are being unfaithful.

Using a condom is a sign of trust, respect and love. It shows that you care about yourself and also them.

You are sexy, check your self out in the mirror. Damn you look fine!

So hot stuff!! Let's go a-sexing!!

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