

The FACTS

- ✦ You cannot get AIDS from touching, kissing or sharing a kitchen/bathroom with a person who has HIV/AIDS.
- ✦ Men can give HIV/AIDS to women and women can give HIV/AIDS to men.
- ✦ Pregnant women can give HIV/AIDS to their unborn child.
- ✦ HIV/AIDS attacks the body's ability to fight diseases.
- ✦ Condoms protect you from getting HIV/AIDS.
- ✦ Condoms break if they are used more than one time.
- ✦ Coming into contact with blood, including menstrual blood, can expose you to HIV/AIDS.
- ✦ Having sex with a virgin will NOT cure HIV/AIDS.
- ✦ You can get HIV/AIDS even if you only have one sex partner.
- ✦ Washing after sex does not protect you from HIV/AIDS.
- ✦ HIV/AIDS is not caused by spirits or supernatural forces.
- ✦ Male circumcision reduces a man's risk of getting HIV, but he still needs to use a condom to be completely protected.

Your Risky Sex Triggers

People

Places

Moods/Feelings

Substances

My goal:

Steps to my goal:

1. _____
2. _____
3. _____

Barriers to my goal:

Solutions to barriers:

Remember to

**Come back for
your next
appointment!**

POINTS TO REMEMBER

**HIV/ AIDS is a sexually
transmitted disease.**

**Fewer partners can
mean fewer risks.**

**Know your triggers.
Plan to have safer sex.**

**Talk to your partners.
Use condoms.**

**Never use any oil or
Vaseline with condoms.**

**Take steps toward your
goal.**

**Imbumba
Personal Plan**