### 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

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<tr>
<th>My goal:</th>
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#### Places

<table>
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<th>Steps to my goal:</th>
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<td>1.</td>
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#### Moods/Feelings

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<th>Barriers to my goal:</th>
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#### Substances

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<th>Solutions to barriers:</th>
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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.