

# Sexual Behaviors & Harm Reduction Strategies

Potential Risks from Sexual Behavior	Harm Reduction Strategies
<ul style="list-style-type: none"> <li>• HIV</li> <li>• Other STIs</li> <li>• Pregnancy</li> <li>• Physical Injury</li> <li>• Emotional risks</li> </ul>	<ul style="list-style-type: none"> <li>• Non-penetrating sexual activities</li> <li>• Carrying and using condoms</li> <li>• Using reality condoms</li> <li>• Using condoms with non-primary partners</li> <li>• Reducing number of partners</li> <li>• Charge less for sex with a condom (sex workers)</li> <li>• Being the insertive partner rather than the receptive partner (being a “top” instead of a “bottom”)</li> <li>• Using lubricant</li> <li>• Pulling out before ejaculation</li> <li>• Using less drugs/alcohol before/during sex</li> <li>• Substituting higher risk activities with lower-risk activities</li> <li>• Negotiated safety -frank conversations before engaging in sexual activities</li> <li>• PrEP/ PEP</li> <li>• Sero-sorting/ sero-adaptation (having sex with someone who is already HIV+ if you are positive)*</li> <li>• STI / HIV testing and treatment - know your status</li> <li>• Vaccinations (especially Hep A and Hep B)</li> <li>• Taking breaks to allow sexual organs to heal between sexual activities</li> <li>• Self-care activities IUD</li> <li>• Abstinence</li> <li>• Refrain from brushing or flossing teeth after oral sex</li> </ul>

\* Limited benefits-no protection against other STIs. Infection with one strain of HIV does not protect a person from infection from another strain of HIV.

Potential Risks of Drug & Alcohol Use	Harm Reduction Strategies
<ul style="list-style-type: none"> <li>• HIV and other STIs</li> <li>• HCV and other infections</li> <li>• Overdose (fatal and non fatal)</li> <li>• Illness and poor health</li> <li>• Accidents</li> <li>• Impaired decision making while high</li> <li>• Sexual risks while high (HIV, STIs)</li> <li>• Abscesses/infection (blood poisoning, tetanus, cotton fever, infections from lemon juice/vinegar used to dissolve shot, using unclean water, needle with blunt tip)</li> <li>• Addiction</li> </ul>	<ul style="list-style-type: none"> <li>• Use clean syringes</li> <li>• Use new syringes (sharp tip reduces abscesses)</li> <li>• Cleanest water you can find—bring a water bottle, use top of the toilet bowl rather than the bottom</li> <li>• Use your own equipment (including cottons and cookers)</li> <li>• Clean injection site with alcohol wipe or soap/water</li> <li>• Rotate injection sites (cuts down on scarring)</li> <li>• Use vitamin C powder and water to dissolve drug for injection—not lemon juice or vinegar</li> <li>• Know your HIV/HCV status—get tested</li> <li>• Strategic positioning—If you share and know you are HIV/HCV negative, use first</li> <li>• Clean up after yourself—make sure not to infect others If sharing, do a dry divide—split the drugs on a clean surface before adding water</li> <li>• If a dry divide is not possible, use a sterile syringe to draw up the water and divide the shot</li> </ul> <p><b>Lower risk of OD:</b></p> <ul style="list-style-type: none"> <li>• Know your dealer</li> <li>• Don't use alone</li> <li>• Do a tester shot/snort some first</li> <li>• Avoid mixing drugs/alcohol Get Narcan/ Naloxone</li> <li>• Leave doors unlocked</li> <li>• Have an Overdose Prevention Plan—discuss with friends and family</li> <li>• Use in safe places</li> <li>• Chapstick</li> <li>• Self-care, take care of wounds</li> </ul>