

## Drugs, sex & HIV/AIDS

### ... A DEVASTATING COMBINATION!

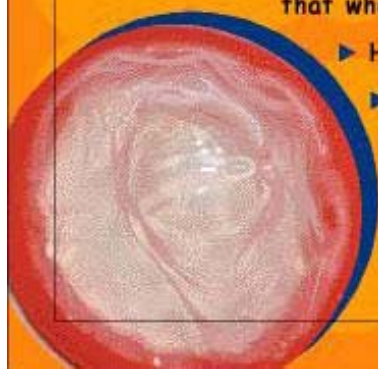
Yeah, sure everybody knows that if you share a needle with someone who is HIV positive, you can be infected with the virus...

But did you know there is also another, much less obvious link between drug abuse and HIV/AIDS?

If you are not fully in control of your thoughts and decisions you are at risk.

Drugs and alcohol reduce your self-control. Research shows that when this happens, you are more likely to:

- ▶ Have sex
- ▶ Have unprotected sex
- ▶ Have unprotected sex with strangers



## Be in control

- ▶ of your life
- ▶ of your choices

When under the influence of drugs and/or alcohol, you may land in a situation which could have been avoided. This includes being raped.

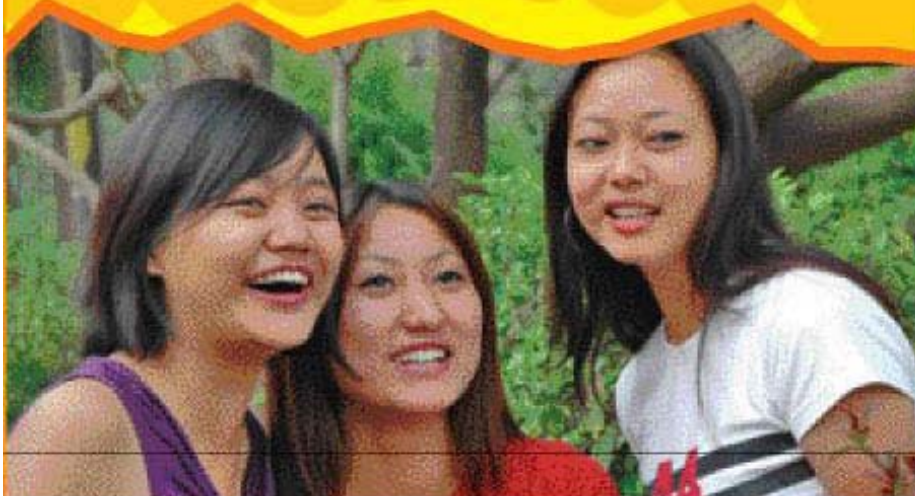
Abusing drugs and alcohol may loosen your inhibitions, and if you are not with someone you trust they may take advantage of you.

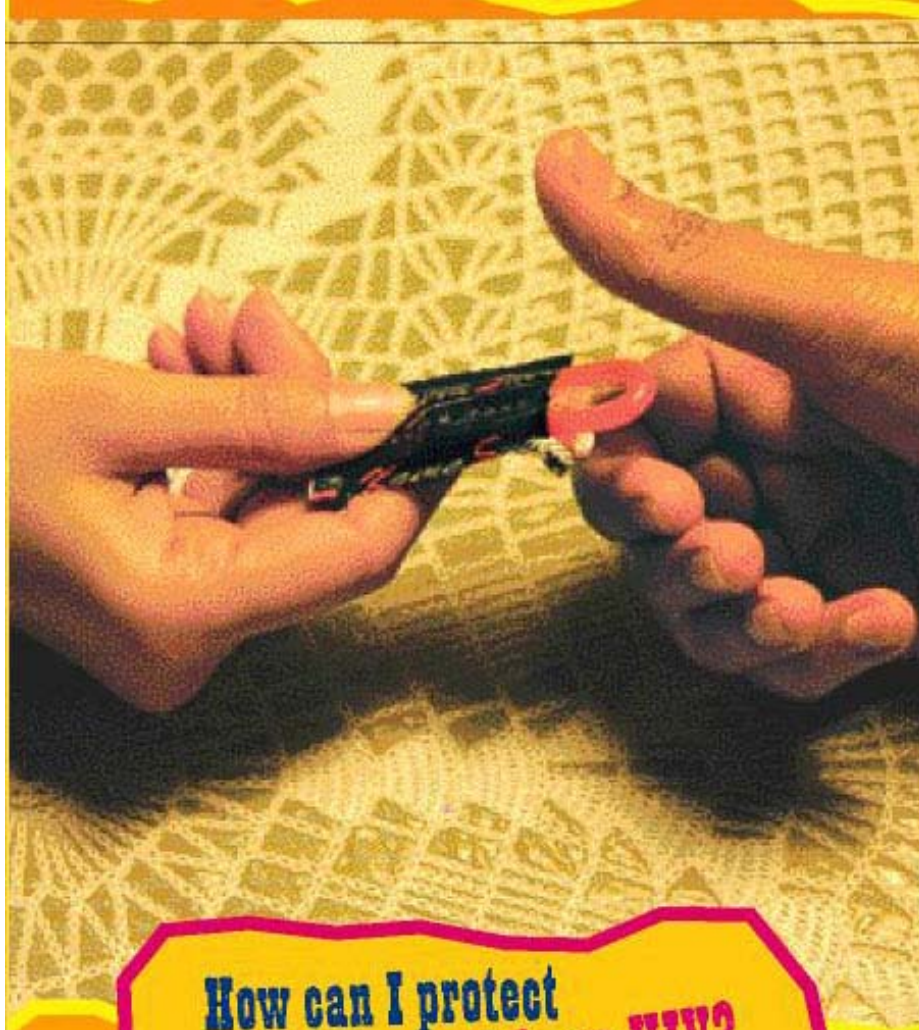
If you are not fully in control of your thoughts and decisions and then have unprotected sex, you could:-

- ▶ Contract HIV
- ▶ Become pregnant unintentionally
- ▶ Contract other STDs (Sexually Transmitted Diseases)

You run a greater risk of contracting HIV if you use drugs. Think about it: Drugs alter your mind and affect your judgement, making it more difficult to say "no" and more likely that, you will forget to use a condom.

Protect yourself with a condom, don't share needles and stay in control of your life...





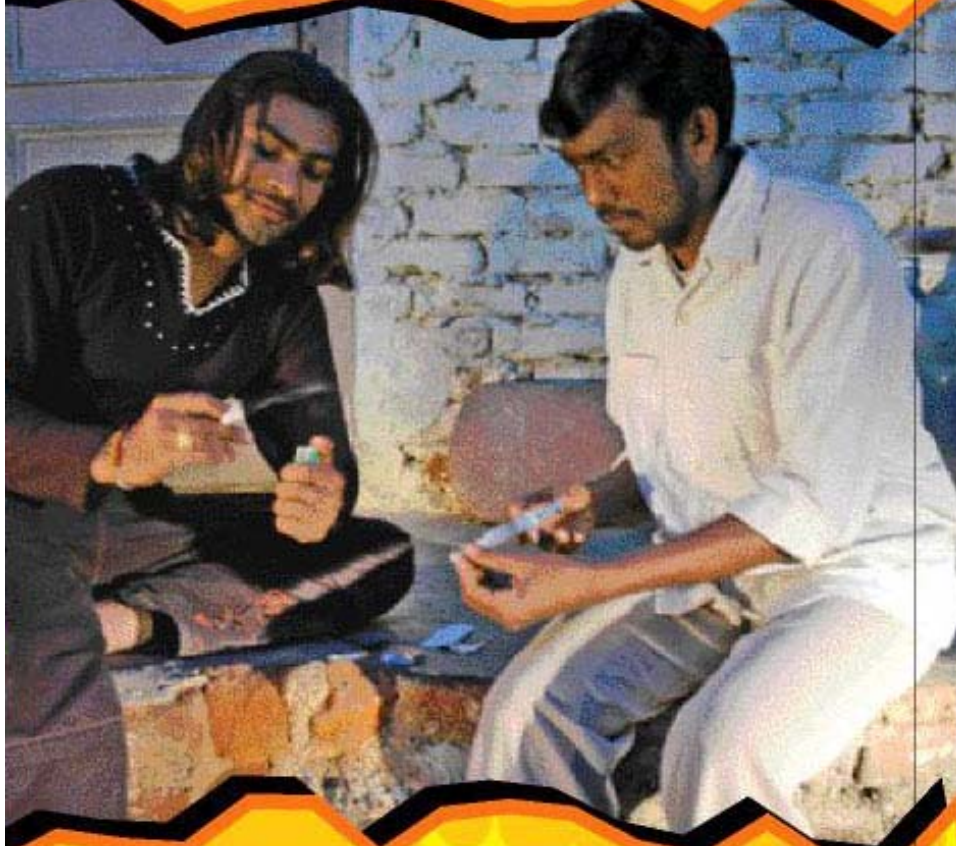
## How can I protect myself from HIV?

It's easy when you know how, and believe in what you're doing.

Know the basics and stay negative!

- ▶ Decide whether taking drugs and the consequences of drug abuse fit into your plan for the future.
- ▶ Try and avoid taking drugs in the first place.
- ▶ Say "I decide - No thanks, I'm fine without drugs!"
- ▶ Know the facts about HIV/AIDS.
- ▶ Treat any STD immediately.
- ▶ Talk to your partner(s) about safe sex.
- ▶ Use condoms every time you have sex.
- ▶ Know the HIV status of your partner.
- ▶ Be faithful to one partner.

Get help if you are in doubt. Use the help lines given in this brochure, if you need to access trained counsellors.



**Think...**

... Before you start

... Before you shoot

... Before you share