



**The Heart of Richmond AIDS Society**  
#200-5671 No. 3 Rd, Richmond, BC, V6X2C7  
TEL: 604-277-5137 or FAX: 604-277-5131

## WHAT YOUTH SHOULD KNOW

A lot of people think that only men who are gay and people who inject drugs can get HIV. This is NOT true. Worldwide, most people who have HIV or AIDS were infected by having sex with someone of the opposite sex (man to woman). More than 1/3 of these people are under the age of 25.

Approximately one teenager in North America (Canada, United States and Mexico) is infected with HIV every hour.

In Canada, the average age of testing positive for HIV is 23 years old. Because it can take up to ten years for people to show symptoms that might make them think they have HIV and get tested, health professionals believe that most of these people became infected when they were teenagers.

## DECIDING WHETHER OR NOT TO HAVE SEX

Deciding whether or not to have sex can be a hard decision to make, especially when our parents and friends try to influence us with their beliefs. TV shows and movies also send out messages about sex. Many TV shows and movies glorify the sex lives of single people and show them having fun by having sex with lots of different people. TV shows and movies often overlook the difficult process of meeting someone and getting to know him or her. In real life, sex has serious consequences - it can affect our emotions in a negative way and cause HIV and other STDs (sexually transmitted diseases).

Whether or not you want to have sex, is your decision. Think about your own beliefs and pay attention to your gut feeling about whether or not you really want to have sex.



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## WHAT IF I DECIDE NOT TO HAVE SEX?

If you do not want to have sex, it is best to tell the person straight out, "I do not want to have sex". If you are not comfortable telling the person the truth, then have a few excuses of how to get yourself out of this situation planned ahead of time. Maybe you want to tell the person that you have an important appointment to go to or that you have to go home for dinner because it's your sister's birthday.

## WHAT IF I DECIDE TO HAVE SEX?

If you do want to have sex, it is important to use a condom to protect yourself and the person you're having sex with from HIV and other STDS. It is also important to use a condom in order to prevent pregnancy.

Practice "come back lines" when you're by yourself or with your friends that you can use if the person you want to have sex with tries to convince you not to use a condom.

### **If the person you want to have sex with says...**

"I'll lose my erection if I stop to put a condom on."

"I can't feel anything if I wear a condom."

"I know I'm clean. I tested negative for HIV."

"What, do you think I've got a disease or something?"

### **You could say...**

"We don't have to stop. I'll help you; it'll be fun."

"If we put extra lubrication in the tip of the condom and along the outside of the condom we can both feel more."

or

"Then you're not going to feel anything."

"Thanks for telling me, but we can have HIV before the test shows it. I don't want to take a chance."

"Well, I've been around even if you haven't."

**Remember that if you are using drugs or alcohol you will be more likely to do things that you wouldn't normally do. So plan ahead and be careful.**