

CONSENT FIRST!



Consent is when someone says and shows 'YES' to sexual activity with another person.



Sex or any sexual activities without consent is a sexual violation and a crime.

Sex should be fun and enjoyable! So remember that it is important for both people to show and express consent.

Know that you are allowed to change your mind at any time about an activity. If your partner changes their mind, respect their decision.



Consent should not be assumed!



If you are unsure, clarify with words what your partner wants before initiating or continuing the sexual activity.



+BODY POSITIVE→

NEW ZEALAND
Tinana Ora Aotearoa

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STAY PROTECTED



PREVENT TRANSMISSION



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CONDOMS



When used correctly every time during sex, condoms act as a physical barrier against HIV and other STIs!



Condoms also protect against unintended pregnancy.

Yet, **condoms are not always 100% safe**. There is always a chance of the condom breaking or slipping off.

- Try using lubricant
- Make sure to check from time to time that the condom is still intact
- Pair using condoms with other forms of protection!



When condoms aren't used during sex, the risk of contracting HIV and other STIs jumps dramatically!

TESTING



Getting tested for HIV is a **quick, easy, and completely confidential** way to protect yourself and to prevent transmission.

The benefits of testing:

- Know your status
- Access medication earlier
- Prevent passing HIV on to others



Try Couples Testing!
Partners who test together benefit by being able to prevent passing HIV onto each other.



If sexually active, you should get tested every 6 months. If you do not use protection then consider getting tested more often.

Places that offer free testing:

Your General Practitioner!
Body Positive Inc.
New Zealand AIDS Foundation
Auckland Sexual Health Service
New Zealand Family Planning

U=U

Undetectable = Uninfectious is a transmission prevention method for people who have HIV.



Undetectable = when a person with HIV is on medication and lowers the amount of HIV virus in the blood to undetectable levels.

Uninfectious = If a person maintains an undetectable viral load for more than six months, they are uninfectious and cannot pass HIV to others sexually.



PrEP stands for **Pre-exposure Prophylaxis**.

It is an HIV medication that, when taken every day, can help people prevent people who do not have HIV from being infected with HIV.

Interested in learning more about PrEP? visit bodypositive.org.nz/PrEP