

# R<sub>x</sub>ISK REDUCTION



Name: \_\_\_\_\_

I plan to decrease my risks by (check all that apply):

## Partner Choice Strategies

- avoiding places/people that cause me to take risks
- choosing partners based on their HIV status
- finding people I can talk to
- eliminating casual partners
- reducing the number of casual partners

## Condom/Barrier Use

- always carrying condoms/barriers
- increasing the use of condoms/barriers

## Reduce Sexual Episodes

- reducing episodes of anal intercourse
- reducing episodes of vaginal intercourse
- using mutual masturbation only (not exchanging fluids)
- choosing not to have sex
- not sharing sex toys

## Disclosure/Communication Strategies

- telling my partners that I have HIV
- asking my partners if they have HIV
- talking to my partners about safer sex

## Drugs-related Strategies

- using a needle exchange program to get clean works
- using only clean drug works
- not sharing needles/works
- not having sex while using alcohol/drugs
- reducing sex while using alcohol/drugs

## Other

- continuing my current risk reduction plan
- \_\_\_\_\_

Date: \_\_\_\_\_ Provider: \_\_\_\_\_