

Safer Sex “Elevator” Speech

Want to get the conversation on safer sex moving? Prepare a little two to three minute personal statement of your sexual health status and safer sex practices. Use it in the consent/negotiation/sharing with any new partner before any sexual activity takes place. Teach it to others. Here's an example:

Hi. My name is _____. **I have tested positive for** _____ *[insert name of sexually transmitted infection, if any. Give details if appropriate.]*. **I was last tested** _____ *[insert how long ago]* **for** _____ *[insert name of other STI's and give result of those tests]*. **My safer sex practices are** _____ *[insert how you practice safer sex, for example, "I use condoms for all penetrative sex, including oral. I use plastic wrap for oral sex on women. I use gloves for penetrative sex with my hands. I use condoms and gloves on all sex toys."]* **I like** _____ *[insert types of sexual activity you enjoy or would be interested in doing with this person.]* **I am not interested in** _____ *[insert types of sexual activity you do not enjoy or do not want to do with this person.]*