

Health

NOTICE OF MEETING

There will be a CFS/UPEI meeting on Monday October 7th at 3:00, upstairs at the barn. For all of you who are interested in helping out with campaigns or if you have questions about CFS (Canadian Federation of Students) on campus, I hope you will find time to drop by. The only way for us to even have a chance of seeing things change for students is to let all students, the community, and government know what our concerns are. We really need help because there are so many campaigns and important issues that we need to have a lot of student input! I look forward to meeting with you on Monday.

Nadine DeWolfe
V.P. External, Student Union

AIDS AWARENESS WEEK

OCTOBER 7th - 14th

Please watch for further information in the pit
If anyone has questions or would like brochures about AIDS, please feel free to contact Sharon Mullen-Zimmerman at the UPEI health centre (566-0616)

Anyone willing to help out call the Barn!!

IMPORTANT NOTICE

Students who are in receipt of Orphans' Benefits under the CANADA PENSION PLAN and who have not completed a "Declaration of School Attendance" for the 1991-92 school year, should contact Health and Welfare Canada for the purpose of obtaining a form.

Due to an administrative error, these forms were not mailed out as in previous years.

Please note that the completion of a new attendance form is mandatory in order to continue receiving benefits.

HEALTH & WELFARE CANADA CANADA PENSION PLAN #3 HARBOURSIDE, KELLY BUILDING CHARLOTTETOWN, P.E.I. 566-7850

TALKING SAFER SEX

There are no risk groups, just risk activities. Are you taking risks?

No Risk

- Dry kissing
- Massage, touching or caressing
- Body licking (except inside mouth, vagina or anus)
- Solo or mutual masturbation (without using semen or vagina fluids as lubricants)
- Receiving oral sex with a latex barrier (condom or dental dam)

Minimal Risk

- Wet kissing (French kissing)
- Fingering (vagina or anus) with/without latex glove
- Getting a blow job with/without latex condom
- Giving a blow job without swallowing semen
- Vaginal oral sex with/without a latex barrier, outside of menstruation
- Fisting/getting fisted with latex glove

Low Risk

- Vaginal oral sex without latex barrier during menstruation
- Giving a blow job and swallowing semen
- Intercourse (vaginal or anal) with a latex condom
- Fisting/getting fisted without a latex condom

High Risk

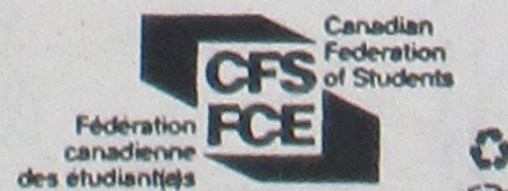
- Intercourse (vaginal or anal) without a latex condom
- Sharing sex toys (without using latex condoms or cleaning with bleach/hot soapy water)

Things to Remember

- Talk to your partner about how you play safer.
- Always use latex condoms, dental dams, gloves.
- Always use water based lubricants.
- Alcohol and drugs affect your ability to make smarter, safer decisions.
- Practise safer sex with all your partners.

For more information contact your local AIDS Committee or student association

Acknowledgments: AIDS Committee of Ottawa



AIDS Awareness Campaign

WOMEN & AIDS

There are no risk groups, just risk activities. These risk activities can affect anyone - women are no exception.

· Women have been affected by both HIV and AIDS since the beginning, although it has only been recently that we have been acknowledged to be at risk. We generally protect ourselves against pregnancy, but the pill and other contraceptives will not protect us against HIV - only safer sex will.

· **How is HIV transmitted?**
HIV is passed directly from one person to another via blood, semen, or vaginal fluids. The virus can be transmitted from an infected mother to the child either during pregnancy or during birth - about 1/3 of the babies born to HIV mothers will be infected.

· **Practice safer sex**
Always use a latex condom, latex gloves, and dental dam - a small square of latex rubber used to cover the vagina or anus during oral sex.

· **Talk to your partner**
Bringing up the subject of safer sex can be hard. Think about what you want to say ahead of time. Choose a time to talk before that first intimate moment. Remember, starting to talk is the hardest part. Once you've both agreed to practice safer sex do something positive and fun - buy different brands - plan a special day when you can experiment. If your partner doesn't agree, then just say NO to sex unless it's SAFER SEX.

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