



AIDS

ACTION FOR
AIDS
SINGAPORE

An AFA Publication

Issue No. 3

PUTTING ON THE

SAFE SEX

Special



CAR



Safe Sex and Women

HIV, the virus which causes AIDS, is transmitted through infected bodily fluids, i.e. semen, vaginal fluids, and blood. A condom is the best means of prevention. You may want to consider using a condom for vaginal, oral and anal sex.

The problem for many women is that, unlike the Pill and other forms of contraception, the Condom has to go on Him.

The Condom

A condom is a thin rubber sheath which is worn over the penis to collect ejaculate. It should be put on when the penis is erect, but before it comes into contact with the vagina. You can buy condoms from supermarkets, pharmacies, Family Planning Clinics and even (open 24 hours!) your nearest 7-Eleven.

Him

He may be a husband, a boyfriend, or just one of those ships passing in the night. But if he has a penis, you can put a condom on it. If your modern Singaporean heterosexual male is not thrilled by the thought of using condoms, take comfort in the thought that he is likely to be more concerned about the loss of sensation than see it as a slur on his manhood.

Be sensitive. Don't give him the impression that you think he harbours some deadly disease. A condom protects both of you from unplanned pregnancies and other sexually transmitted diseases as well as from HIV. As for the loss of sensation, a trial run with a condom will show him that he has nothing to worry about.

Him (1) Monogamous and always has been

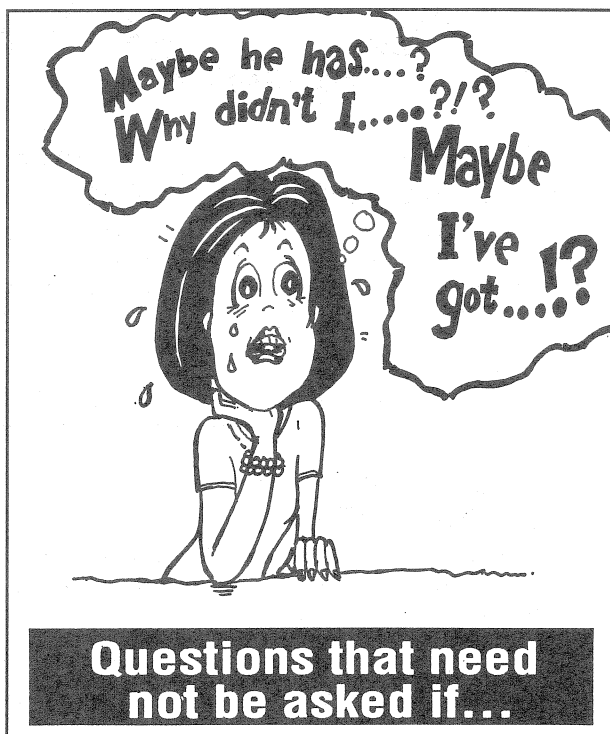
Good for both of you! You can't pass on something you don't have.

Him: (2) Not Monogamous

If you are not monogamous, or if you suspect his fidelity, don't let him risk your health as well as his. Ask him to use condom as an alternative means of birth control. After all you may be one of those women who develops uncomfortable reactions to contraceptive pills.

Ideally you should discuss this, but if you can't come straight out and ask your man to wear a condom to protect your health, get him to wear one some other way. Or stop having sex with him. I know he is important to you and a necessary part of your life, but if he dismantled the brakes of a car and said he was taking you for a ride, would you go?

With your children?



Him: (3) Not a Regular Sex Partner

You may not be familiar with what a condom really looks or feels like. Buy a packet of condoms and examine one. Try gently unrolling it over a cucumber. Knowing how to put a condom on a man does not make you promiscuous any more than buying a Panadol gives you headaches. You may not want a headache, but if one comes, wouldn't you rather be prepared? If you find yourself in a sexual situation. Try saying (before the clothes comes off) "I would feel safer if you use a condom" or "Would you mind using a condom?" Or just hand him one with a smile.

You may think that going to bed with this one man just this one time without protection can't be all that dangerous. But look at it this way: Without a condom you are exposing yourself to risk from all the other people this man has had sex with before you. And with all the people with whom each of them has had sex with. Do you really want to take such a risk?

Many people who are HIV positive look and feel healthy. Without a test, you can't tell if someone is carrying the virus.

Some people believe that if a man withdraws before ejaculating, you are "safe". This is not true. Pre-ejaculate can contain sperm and infectious organisms. Even if he withdraws "in time" you can still get pregnant, sick, or both.

When you don't need Condoms

Sex with yourself (masturbation)

Kissing, hugging, massages, body rubs, mutual masturbation where no bodily fluids is exchanged.

A woman who only has sex with other women is at low risk, but there has been at least one proven case of female-to female transmission of HIV. If you want to be careful (but can't find dental dams in Singapore), reach for that roll of cling film in your kitchen board.

Do use condoms with any penetrating sex toys that may cause microscopic tears - and slip on a new condom if you change places.

The First step to Safe Sex
Go and buy a packet of condoms. Buy two, and give one to a friend....

CONDOM

advice

BOYS

Page

ERIC
KHOO ©1992



Safe Sex And Sex Workers

Despite the media hype on AIDS/HIV, sex workers' knowledge on AIDS is either inadequate or inaccurate.

Some samples:

Madam 'Z', mother of five children, talks about her fears: "Of course I'm afraid of AIDS. I'm afraid to die of AIDS. I've heard that it's a slow and painful death." Fear however has not stopped her from compromising. "Occasionally I do take lah, although they don't want to use condom. You know, those regulars. I mean...regulars, right? You can't say no, wait they don't come back to you. And then sometimes nobody comes. So when one or two choose you, you take lor."

Lisa C. who works in the Geylang District knows that HIV can be transmitted through vaginal sex, but she shrugs her shoulders on oral sex.

Listing the bodily fluids capable of transmitting HIV is like a guessing game for Ms K.H.: "Blood, strong enough you know. Urine, also can give AIDS. Saliva, no lah...so little. Sperm? If shoot outside okay what." And what about pre-ejaculation fluid and vaginal fluid? "Those things never go inside body, right? So must be safe lor!"

Given this level of knowledge about AIDS/HIV, there is a pressing need to educate sex workers. But there are several potential barriers.

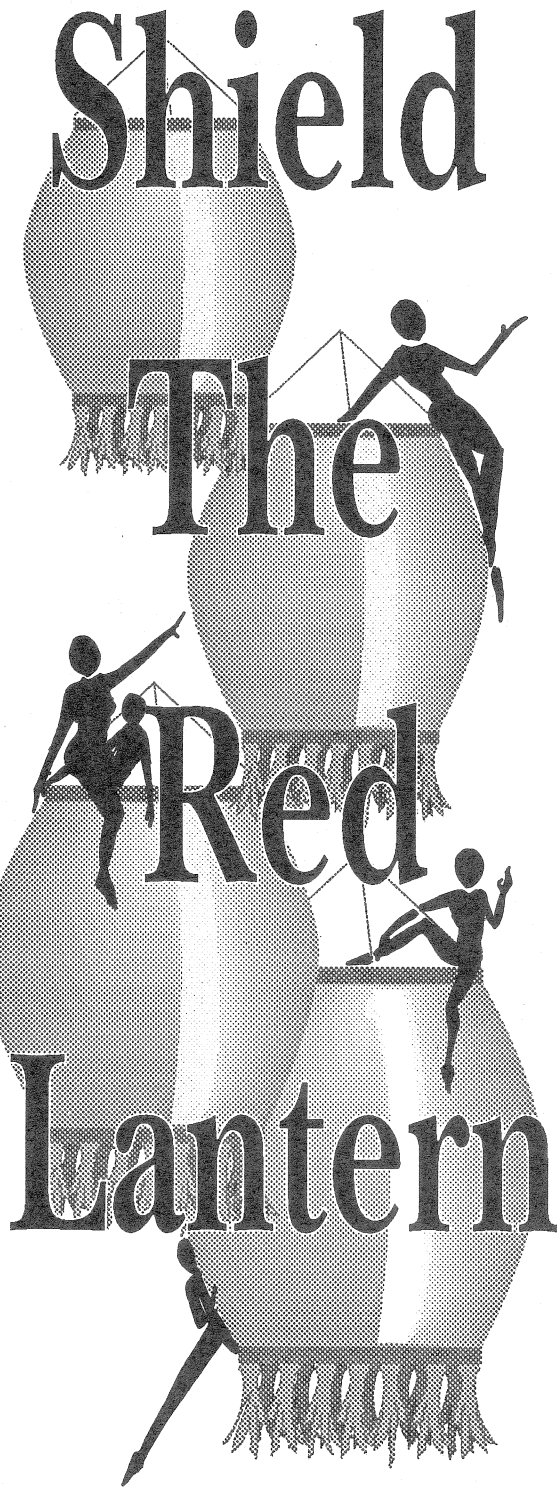
Some sex workers work from noon till midnight. After that, they have to summon enough energy to cross the Causeway to go home. It is difficult to imagine them sitting through education sessions amidst such strenuous routine. Taking time off to learn would cut into their earnings. The cliché about having mouths to feed is true in many cases. Left to their own devices, not many of them will find time or the inclination to read.

One solution: Produce posters and brochures in different languages which are accessible and easy to read. But are they sufficient to educate, and more importantly, to modify behaviour?

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There is a pretty standard routine in negotiation for safer sex. Once a client has made his preference for the night and enters a room, a sex worker would suggest and offer the use of a condom. A good way to circumvent a refusal is: "It's for your own good. You don't know about me. I might not be safe." Better yet, if the clients are married, "You must think of your family, your children especially." Most of the time clients would find such lines palatable. Generally sex workers have claimed that it is



not difficult to convince clients to use condoms, indicating that clients are well aware of the risk involved.

With the exception of male sex workers (transvestite), the practice of oral sex is uncommon in Johore Road and Desker Road. Only the higher paid sex workers, like those in Geylang and Marne Road, offer such services. Some sex workers are afraid to refuse oral sex, because some brothel keepers do not respond kindly to the sex workers when customers complain. Unfortunately, oral sex is not done with a condom in any districts. Most sex workers are not aware that HIV can be transmitted through oral sex. As Lisa C. puts it,

"As long as I don't swallow the sperm, it's okay."

In general, male sex workers have no problem with instigating the usage of condoms. As for kissing, very few female sex workers do it; and male sex workers would only indulge in wet kissing if the client looks hygienic or "appetizing".

There is a general consensus that two or three out of ten clients would always refuse to use a condom. Given the current plight, there is a real need to educate the sex workers, as well as their clients, to the urgency to practise safer sex.

By LEO

My CONTRIBUTION

To judge seems like man's mission in life. I have always wondered at the moral implications of AIDS. Much as I would have liked to think of HIV carriers as victims, more often than not, the "CULTURED" tendency in me had been to cast them as errant,

How many of us understand AIDS as a malady, or as a moral issue? I am amazed at the rampant ignorance exhibited by many around me, despite efforts to educate people about the disease. Has their ignorance inspired their judgement of AIDS patients as deserving "MORAL OFFENDERS"? I am inclined to think so. This article is not about providing any form of moral verdict on AIDS. At its most ambitious, it is hoped that there would be some awareness of AIDS not only as an "apocalyptic" blight, but as a health and social issue.

There is much talk on the causes of AIDS and its symptoms. But what a lot of us do not realise is... many of us regard HIV carriers, AIDS patients as moral offenders.

Sandy T. (pseudonym), a mother in her late teens, was sitting in a pallid waiting room. She was carrying her 8 month-old baby in her arms. The child looked like any new-born who appears fragile against the bacteria infested world. Never would you or I have suspected that this "innocence-bestowed" child could be carrying the HIV virus.

The child was infected during a blood transfusion at birth. His growth was stunted even before he had the chance at boyhood. Five years down the road, this child carried the body of a three-year old, with joint-bones piercing at his skin. I could not see much flesh about him, except bones wrapped by flimsy skin. About five months passed before I last saw his mother at the clinic where they went for their routinised dosage of medication and observation.

I couldn't help noticing the same "void" on their faces everytime I shifted my eyes from mother to child, child to mother. I remember from some of the conversations that I had with Sandy that the family, particularly her mother-in-law was ecstatic with the news of her pregnancy. Her husband, Boon Ho (pseudonym) is the only son vested with the time-honoured obligation of perpetuating the family line.

In another conversation that I had with Sandy, she revealed a little about the bafflement which struck the family. Her mother-in-law's scant knowledge of AIDS did not stop her from going berserk when she was told that her grandson was struck with an incurable "illness". The 68-year-old lady's torrent of bitterness persisted for about a month before it subsided into a frightful silent melancholy.

Boon Ho would probably have been better off if he weren't too affected by his mother's melancholy. Every day became an ordeal for Boon Ho. There were trivial quarrels and endless tiffs which usually ended with Boon Ho walking out of the house, and coming back in the morning only to change and go for work.

What remained of the initial exhilaration with the expectation of the baby? What happened along the way? Have they expected that AIDS which was once so remote an idea could strike so close?

Perhaps it's about time we re-evaluate our attitude towards HIV carriers, AIDS patients and the implications of our attitude towards them.

Seline

Rubber Rubber

Safe Sex and Men

"What? You mean I have to learn how to negotiate for safer sex?" puffs a macho male.

Yes, buddy, strange as it may sound, men do need to learn about asking and getting safe sex.

How many of you have actually bought condoms, tried them out and managed to do it 100% right in total darkness too? How often have you felt embarrassed about discussing with you partner what you will and will not do?

Talking about safe sex is near impossible if you cannot even talk about sex comfortably. In AfA workshops on safe sex for men, not only are the facts presented, issues regarding values, sexuality and relationships are also explored. We try to reinforce the concept of establishing safer peer determined norms of sex.

Safe Sex negotiation for men require:

Wanting Safe Sex

No point in kidding yourself about feeling lucky



today when the odds about HIV infection are stacked against you. You may trust your partner, but can you trust his/her other partners? Survival must be weighed against thrill seeking and adrenaline rushes.

Setting Your Limits in Advance

You have to determine exactly what you consider as safe and unsafe. Do this with a level head and not when you are in the throes of physical passion. It is vital that you negotiate with yourself what your ego wants to risk and what your body wants to preserve.

Choosing a Correct Situation

If sex is all you want, a brothel setting is more likely to let you treat it as a transaction in which you are in control. Anonymous and silent sexual encounters in public places do not promote safer sex negotiation, unless you are an accomplished nocturnal mime artist.

Keeping a Clear Head

Just like driving, "If you drink, don't f..!" Nothing is worse than waking up the next day saying "Oh my God, what have I done!" Alcohol and drugs tend to reduce one's resistance to unsafe sex. You must learn how to say "No" while you still have a clear head.

Talking Comfortably About Sex

Even within marriage, safe sex negotiation is just as critical, especially if you doubt your spouse's fidelity. Unfortunately, most of us are not brought up to speak of sex as anything other than a trip to seven heavens (that is, if you do it right...).

Unromantic as it may sound, once sex has been agreed upon, it should be negotiated like an item on your menu. Men need to practise talking with their sex partners about what they are comfortable with and what they would consider as risky activities.

Practice Makes Perfect

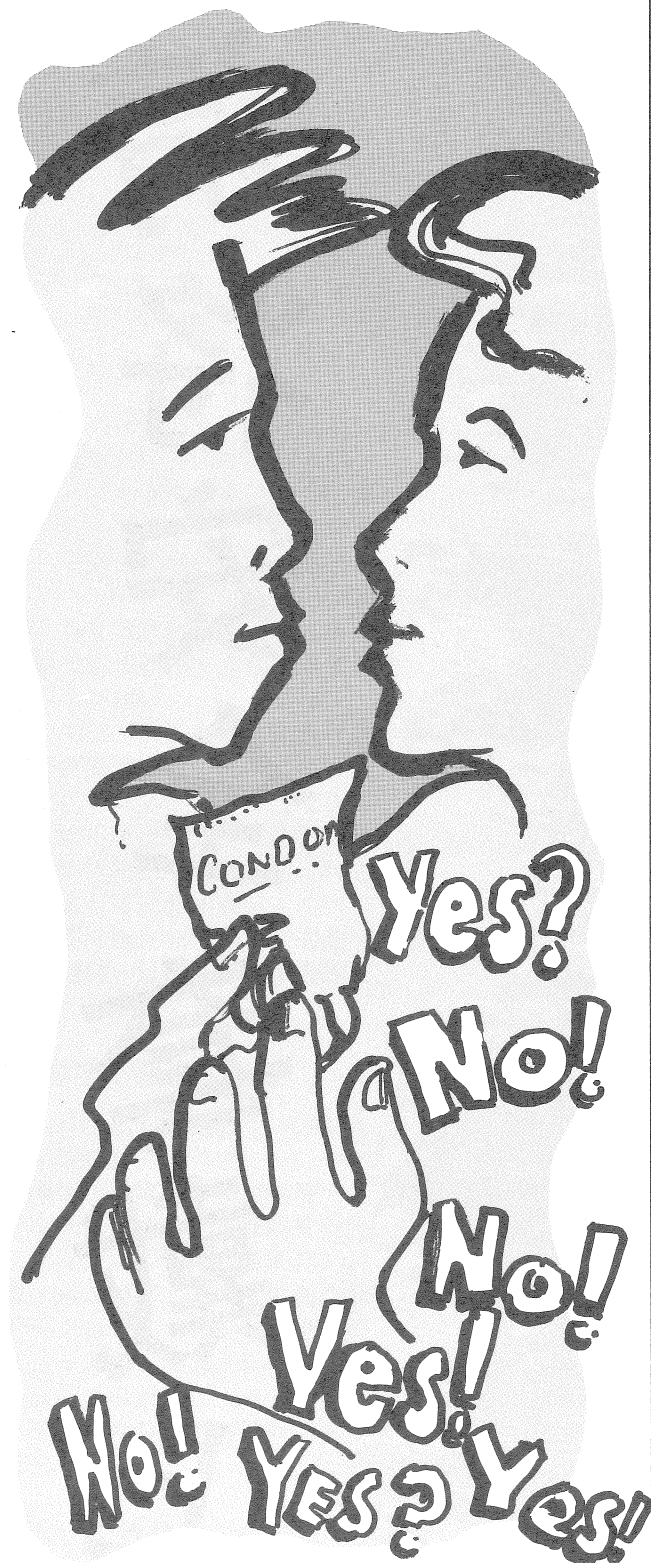
If you want 100% safe sex, start saying "No, I don't want to..., I only want to..." and control that blush on your face.

If you plan on getting penetrative sex tonight, make sure you are carrying a new condom with you. Don't leave home without it. If it is going to be at your place, make sure you can just reach out for it under your pillow in the dark. Condoms are tricky to put on in the dark and a slick inconspicuous routine only comes with practice.

Water-based lubricant will reduce breakage. Do you know that condoms come in all shapes and sizes, and expiry dates? Buy some and do your homework before going for real.

Parting shots

Unfortunately, most guys are brought up to feel that sexual needs are personal matter that should be kept private. AIDS prevention requires learning to negotiate for safe sex. This can only be achieved if a guy feels confident enough to talk about his sexual needs and calling the shots.



**SO GUYS,
ARE YOU READY
TO TALK ABOUT
SAFE SEX?**

(By the way, girls reading this
could learn a thing or two too.)

By Sheungzy

请将安全套戴上吧！

如果你只有一个性伴侣，从来没有与除了他以外的人发生性关系，不曾使用过针管药物，那么你所实践的就已经是安全性交了。如果不是，你或许应该考虑在阴道性交、口交和肛交时使用安全套。

导致爱之病的HIV病毒可以通过带有此病毒者的体内分泌液（如精液、阴道分泌液或血液等）传染给你。所以为了避免此类事件发生，最佳的方法就是使用安全套。

然而困扰着许多女性的问题就出在安全套得套在男性身上，不象避孕药及其它女性避孕方法般，能让女性有主宰的能力。

安全套

安全套是一种极薄的塑胶护套。其目的是套在阴茎上以收集射出的精液。它应是在阴茎勃起时，但在接触阴道之前被套上的。安全套虽然只有一种尺码，但却具有极大的伸缩性。你可很方便的在各超级市场、药房、家庭计划诊所和家居附近的二十四小时商店(7-Eleven)买到。

他

他可能是你的丈夫、男友、朋友、泛泛之交或仅是一夜的激情，但凡他有阴茎，就能套上这安全套。如果他是一名现代的新加坡男性，他或许会对使用安全套不大感兴趣。不过别担心，他很可能只是关注到会失去知觉而非是有损他的男子气概。但切记应以比较婉转的方式来商讨这个问题。别让他感觉到你认为他身上带着致命的疾病。安全套能防止意外的受孕、各种各样的传染病及HIV病毒。至于失去知觉，只要经一试，就会发现这根本不是个问题。

他(1) (贯彻始终的一个伴侣)

可喜可贺！不带有病毒，何来传染

他(2) (多个性伴侣)

如果你不止有一个性伴侣，或者你怀疑他不忠，那么请不要让你或他危害到彼此的健康。请他选择用安全套，因为你可能是那种对避孕丸产生敏感的女性。再则，你可能会忘记服用。所以最理想的方法是开诚不公的讨论。然而如果你无法与你同床共枕的人沟通，无法直接或间接的请他戴上安全套，那么就别与他性交。尽管他对你很重要并是你生命中不可缺少的一份子，但试想如果他把车子的刹车器取掉，你还会坐上这部车吗？

你会让你的孩子也同坐上这部车吗？

他(3) (一个非固定的性伴侣)

如果你不常与他人性交，就算你有，你也许不太熟悉安全套是什么样子及摸上去的感觉，那就买一包来瞧瞧吧！试把它套在黄瓜上。懂得如何把安全套在男人身上并不意味着男女乱交。这就好比买班纳度并不代表你有头疼一样。你并不希望头疼，但碰到真正头疼时，有备总是无患的。当你置身于性欲高涨的处境时，尝试在衣服还没脱个精光之前说：“如果你用安全套，我会觉得保险些。”或“你可否套上安全套？”或微笑着把一个递给他。

你可能认为仅仅的一次，仅仅的一个男人并不会带给你多大的危险。但没有了安全套，你所面对的危险就不仅仅是他一人而已。而是所有曾经与他有性接触的人，更间接的与所有曾和这些人有性接触的人。你是否真的要冒这个险呢？很多带有爱之病病毒的人看起来都很健康。没有经过验血，你根本就无法分辨究竟谁带有此病毒。

有些人相信，只要在男性还没有射出精液之前将阴茎抽出，那就算是安全了。但这往往不属实。因为在还没有射出精液时，就可能已经有少许的精液及传染性的生物体流出了。纵使适时抽出，你还是有可能受孕或染上性病，甚至是二者都可能发生。（可笑的是，有人荒唐的相信，只要不与外国人性交就可算得上是安全性交了。）

何时才不需要安全套

- (1)行手淫。HIV病毒只能由受感染的人传播，而非性行为。
- (2)接吻、拥抱、按摩、互相摩擦等，及一切没有接触到体内分泌液的性行为。
- (3)女性与女性之间的性行为所面临的风险较低。但却仍有一宗由女性传染给女性的爱之病事件。如果你想谨慎些，而又找不着橡皮障或是保鲜纸，请在会导致细微撕裂的性工具上套上安全套，并在交换位置或方式时套上新的安全套。

跨出安全性交的第一步

买一包安全套。

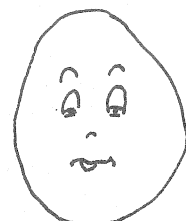
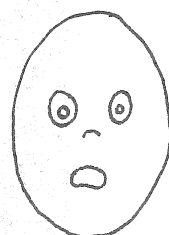
甚至是买两包安全套，并把其中的一包送给你的朋友。

原著：Ovidia Yu

翻译：Teri & Hui Tee

原著：Ovidia Yu

翻译：Teri & Hui Tee



AfA Ongoing Projects

The following are AfA ongoing projects and the kind of volunteers needed for each project.

The Home & Hospital Care Service

Trained volunteers are needed to visit AIDS patients, providing them with nursing care, support and basic equipment such as wheel chairs and bed pans. Family members will be given control training and emotional support.

Doctors, dentists and nurses who are willing to tend to healthy HIV positive people are needed for this project.

Clinical Project

Subsidy is given to the drug, Aerosolised Pentamidine and AZT, which are used to combat Pneumocystis carinii pneumonia (PCP).

Funding, especially corporate, is needed.

Outreach Program

This program is tailored for people engaging in high risk activities not directly addressed by governmental organisations.

Help is needed in organising outreach sessions, leading workshops, promoting better awareness of HIV risks and safer alternative practice.

Counselling Program

AIDS education counselling course are conducted periodically to create a pool of volunteer counsellors to provide information and help to the public. Training programs includes prevention of infection, HIV testing protocol and living with AIDS.

Anonymous HIV Test Site

A one-year moratorium Infectious Disease Act is granted since December 1991 to ensure confidentiality on the identity of the people who come for the HIV test.

HIV blood testing and counselling (before and after test) are available at 31 Kelantan Lane, #02-16, every Saturday, 1-4 pm. A \$5 fee is charged.

Volunteers who are interested in becoming counsellors will have to go through the AIDS education package, a counselling course, and careful screening before they can practise. Medical doctors and nurses are needed.

Public Education

Public lectures on HIV are given to groups and schools upon request. Materials are available but the project is severely limited by the lack of volunteer speakers.

A new committee formed for the project, "HIV in the Work Place", is committed to providing education, instruction and legal information for employers and employees in dealing with HIV/AIDS cases at work. Seminars and public lectures are available to corporations.

Legal advisors and graphic designers are needed.

Organization and Project Teams

Volunteers are needed to plan and execute projects on both short-term and long-term basis.

Public Education/Counselling

This project needs medical personnel who are willing to train others to provide public health talks counselling services.

Publicity and Design

We need creative people in copywriting, layout, artwork, medical and publication liaison. Writers, English and Chinese, for the newsletter are most welcomed.

Secretarial Services

Volunteers skilled in typing, word processing, and computer knowledge are needed to help with administration work and sorting out volunteer lists.

| PROGRAMES | CONTACT PERSON | TELEPHONE |
|---|-----------------------------------|-------------------------------|
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| HAIRING IMPAIRED GROUP | MUNJEET SINGH | 3595235 |
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GONDOM BOYS

ADVICE
PAGE!

ERIC
KHOO
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NOW, THAT'S WHAT
I CALL SMART!!!
SERIOUSLY FOLKS... IF YOUR
PARTNER DOESN'T AGREE ON
USING ME THEN FORGET ABOUT IT!!!
AND REMEMBER, IF YOU NEED TO
USE A LUBRICANT WHILE USING ME...
ALWAYS INSIST ON WATER BASED ONES!
NOT OIL BASED.

