want both of you to be tested.

- Males who have had or are having unprotected anal intercourse with other males.

- Anyone who has a sexual infection.

Safe sex requires decision making skills

Practice in decision making, started early and continued over the years the child is at home, can help develop the ability to assess situations and take action, rather than letting events just sweep them along. See Chapter 13.

Safe sex requires health maintaining attitudes

Looking after one's sexual health is complex, as we have discussed above. However, if the young person has been raised in a family where sex is discussed openly, and where ways of maintaining sexual health have been examined, discussed, and rehearsed; and if the child has a good sense of self respect, then you have a better than average chance that your young adult will make sound sexual health decisions and work to carry them out.

Explaining safer sex and risky sex

Explaining safer sex and risky sex is mostly a matter of helping children integrate the knowledge they are beginning to have, and to think about how to apply it to sexual practices they might engage in, with sexual partners they might have.

Please note. It also must involve discussing the specifics of various kinds of sexual practices, as suggested in previous chapters. *There is no other way to talk about how to practice safer sex.*

It should also include rehearsal for talking to your partner about what kinds of sexual activities you are going to have.

SUGGESTED WORDS FOR PRESCHOOLERS & OVER

Children will hear about condoms and safe sex much sooner than earlier generations did.

1. Safe sex means ways of having sex without getting any disease.

2. Safe sex means ways of having sex without getting any semen or vaginal fluids into your body.

3. When grownups have intercourse, they use condoms. If neither one of them has any sexual disease, then they don't have to use condoms.

SUGGESTED WORDS FOR EIGHT-YEAR-OLDS & OVER

At these ages, you can start to give more details about sexual infections and HIV, as indicated in Chapters 7 and 9. Help them begin to discuss information about sexual practices and sexual partners.

1. Can you tell me how diseases are spread by intercourse between people?

2. What do you think you would want to do about using condoms when you grow up? Do you think it is a good idea?

3. It is not too early to bring home some condoms for examination, particularly if they are hearing about them and are curious as to what they are.

4. Did you know that there are some sexual infections which can spread even if the two people are using condoms? For instance, there's one called herpes which causes sores, and can spread to any skin that touches the sores.

SUGGESTED WORDS FOR 10-YEAR-OLDS & OVER

1. Engage them in discussions of the hierarchy of sexual practices from safe to risky, outlined above. Ask what they are discussing in school about safe sex.

2. Review sexual infection and HIV information with them, and discuss injecting drug use and the unwisdom of having sex while drunk or high on drugs.

3. Develop scenarios about safe and unsafe sex, in the 'What if...' format. What if your new girlfriend or boyfriend wanted to have intercourse without a condom. What would you do?

4. Bring home some condoms and lube, and look at them with the children. Discuss proper use. Practice putting on and taking off with assorted veggies, such as carrots or zucchini.

5. Discuss what is meant by 'one partner', and 'monogamy'. Help them think through the sexual infection possibilities of the serial monogamy pattern many of them are likely to follow. Discuss multiple partners, and how that increases risk.

6. Engage them in values discussions about sexual partners, sexual practices, making sexual choices, preserving sexual health.

7. Get them to tell you how they would persuade their sexual partner to have safer sex; or how they would turn down a partner who insisted on unsafe practices.

8. Talk with them about the sexual infections which can spread via skin to skin contact. Get them to think through how they would try to find out if a