

# REVOLUTION



# BEGINS HERE

A REVOLUTIONARY SEXUAL  
HEALTH ZINE FOR YOUTH.

Brought to you by: CASCADE AIDS PROJECT

WHO DOES CASCADE AIDS  
PROJECT THINK THEY ARE?!

CASCADE AIDS  
PROJECT

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PORTLAND, OR 97204

CALL:

503.223.5401

VISIT:

CASCADEAIDS.ORG

Cascade AIDS Project's Youth HIV Prevention program is a dynamic youth education program that empowers youth ages 14 to 24 at high behavioral risk for HIV and other STD's with the information, resources and skills to protect themselves and engage others in a number of issues related to HIV. This is done in a number of different ways, including:

-**Teen to Teen (T2T):** CAP trains 10-12 youth ages 15-19 to lead numerous projects throughout the year, such as presentations, outreach, and fundraising. T2T'ers also provide the trainings for Agents. Recruitment for T2T begins in September, with 75 hours of training in October, lots of meetings throughout the year, which ends in July.

-**Agents:** Agents attend a one-day training at CAP and participate in an outreach event. Afterwards, they are 'Agents' providing accurate information and resources such as safer sex materials and zines to their community in their own creative ways. *Agent Trainings for 2006-2007 will be held on December 2<sup>nd</sup>, February 3<sup>rd</sup>, March 3<sup>rd</sup>, and April 7<sup>th</sup>.*

-**Sexuality Education:** Cascade AIDS Project also provides comprehensive sexuality education in the Portland Metro area. Want us to come into your school, youth group, or agency? Give us a call!

Revolution Begins Here: A Revolutionary Sexual Health Zine for Youth is intended to provide accurate information and resources to young people that are sexually active or just thinking about it. Cascade AIDS Project and our Youth HIV Prevention Program are not responsible for the actions of those who read this zine. There is much more information to be found and explored about sexuality, this is just the beginning.

Please do not reproduce without permission. That's a good rule in general.

# ☆ DRY HUMMING SAVES LIVES... ☆

this is AN INFORMATIVE ZINE ALL ABOUT HEALTHY LIVING... designed to EXPAND your KNOWLEDGE AROUND HEALTHY SEXUALITY, SPARK NEW IDEAS, HELP YOU PASS INFORMATION ON TO OTHERS [SHARE THE LOVE!] AND MAYBE LAUGH A FEW TIMES IN BETWEEN. INSIDE YOU'LL FIND INFO ABOUT:

ANATOMY.

COMMUNICATION.

RESOURCES.

STI'S.

GENDER.

L-O-V-E.

HIV/AIDS.

TESTING.

BODY IMAGE.

HEPATITIS.



... AND MORE, OF COURSE!

ONCE YOU'RE FINISHED READING THIS ZINE YOU CAN: KEEP IT FOREVER. PASS IT ON. USE IT AS A RESOURCE.

# COMMUNICATION?!

WHY WOULD ANYONE WANNA TALK ABOUT SEX?

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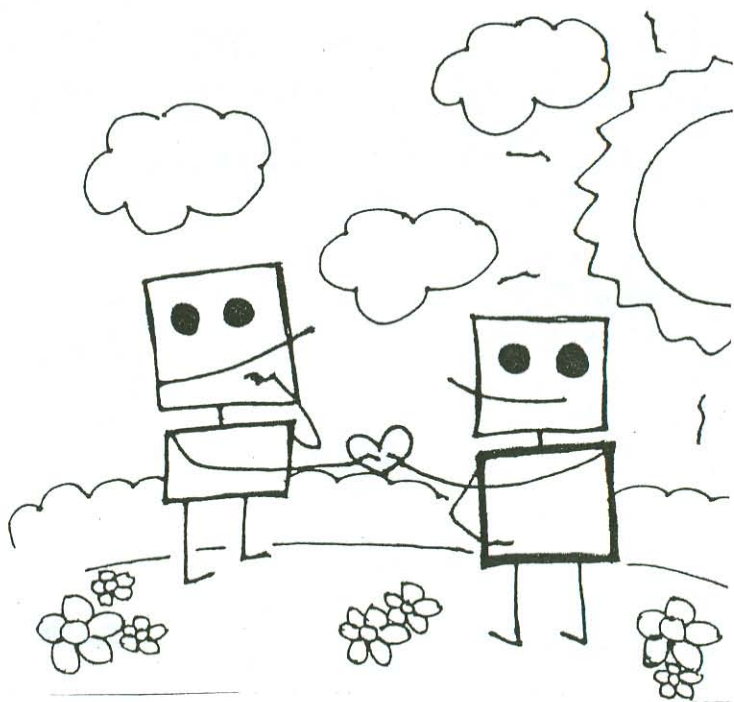
OPEN COMMUNICATION BETWEEN PARTNERS IS KEY TO A HEALTHY RELATIONSHIP... COMMUNICATION IS NECESSARY TO SET BOUNDARIES, GAIN UNDERSTANDING OF WANTS & NEEDS AND BUILD TRUST. [AMONG OTHER THINGS, OF COURSE.]

• **BOUNDARIES**: BOUNDARIES ARE GENERALLY DEFINED AS HOW "FAR" ONE WILL OR WILL NOT GO. THESE CAN BE FORMED BY INFLUENCE OF FAMILY, PEERS, MEDIA AND/OR RELIGION. BOUNDARIES AREN'T SOMETHING YOU NECESSARILY WRITE DOWN EACH DAY... NOR ARE THEY SET IN STONE... IT'S JUST WHAT YOU FEEL COMFY PARTICIPATING IN. [I.E. "THERE ARE JUST SOME THINGS I DON'T FEEL COMFORTABLE DOING..!"]

• **WANTS & NEEDS**: THIS ONE IS PRETTY SELF-EXPLANATORY... IT'S WHAT YOU WANT, NEED OR EXPECT OUT OF THE RELATIONSHIP. THIS IS EXTREMELY IMPORTANT TO DISCUSS, BEFORE ENGAGING IN ANY SORT OF SEXUAL ACT. WITHOUT ANY KNOWLEDGE OF YOUR PARTNER'S EXPECTANCIES, IT COULD LEAD TO POTENTIALLY EMBARRASSING SITUATIONS AND BROKEN HEARTS. ♡ IF YOU OR YOUR PARTNER[S] DON'T FEEL COMFORTABLE DISCUSSING THESE ISSUES, PERHAPS SUCH SEXUAL ACTS SHOULD BE THOUGHT OVER AGAIN...

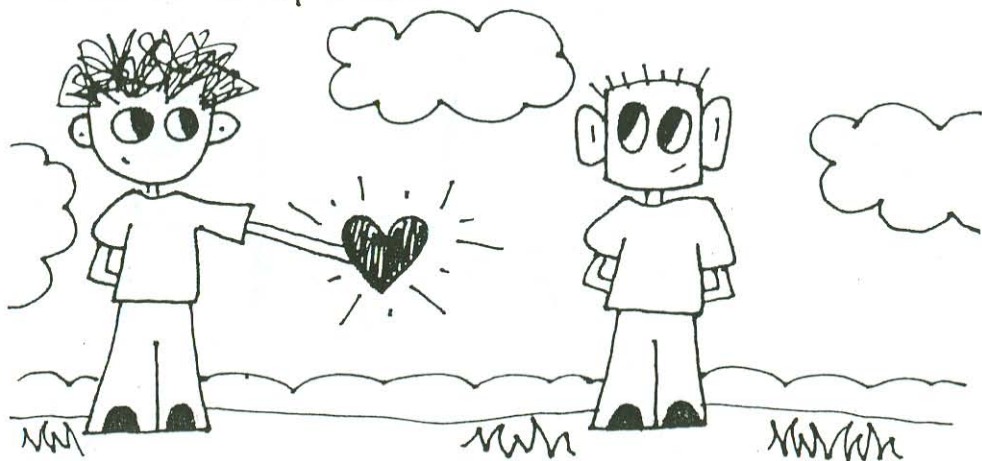
• **TRUST**: A DEMONSTRATION OF TRUST IS

BASICALLY THE FOUNDATION OF ANY HEALTHY SEXUAL RELATIONSHIP. TRUST BUILDS FROM COMMUNICATION, AND CAN CREATE INTIMACY AND TOGETHERNESS. WHEN YOU RELY ON YOUR PARTNER WITH YOUR SEXUAL HEALTH, IT'S LIKE PUTTING YOUR LIFE IN THEIR HANDS. BE SURE TO WEIGH YOUR VALUES WHEN WITH SOMEONE... BECAUSE ALTHOUGH YOU MAY TRUST THEM 100%... PEOPLE MAKE MISTAKES. [WE ARE ONLY HUMAN.]



# SOMETIMES WE JUST NEED SOME... ♥ L.O.V.E. ♥

Here's the deal... At some point in your life [if it hasn't happened already] you're gonna be in a relationship with someone that is different than you... it doesn't matter if that relationship lasts 24 hours or 2 years. And it doesn't matter if your differences are between choice of music, religion or HIV/STD status. get it?... **it doesn't matter!** the sooner you start getting over issues like these, the sooner stigmas are erased. Wanna know the secret to getting over these differences? it's a little thing called: **COMMUNICATION.** [Yeah... it's really that easy.] Acknowledge that we're human and move on. You can call it love. Acceptance. Whatever... just practice it on a daily basis.



# ♡ BODY IMAGE ♡...♡

... THINK ABOUT HOW MUCH ENERGY YOU'D HAVE IF YOU WEREN'T CONSTANTLY STRESSING OVER:  
**YOUR FEET. YOUR HAIR. YOUR WEIGHT. YOUR MAKEUP.**  
WHAT IF YOU SPENT YOUR MORNINGS BEING EXCITED ABOUT THE DAY, INSTEAD OF WISHING YOU WERE JUST FIVE POUNDS LIGHTER?...

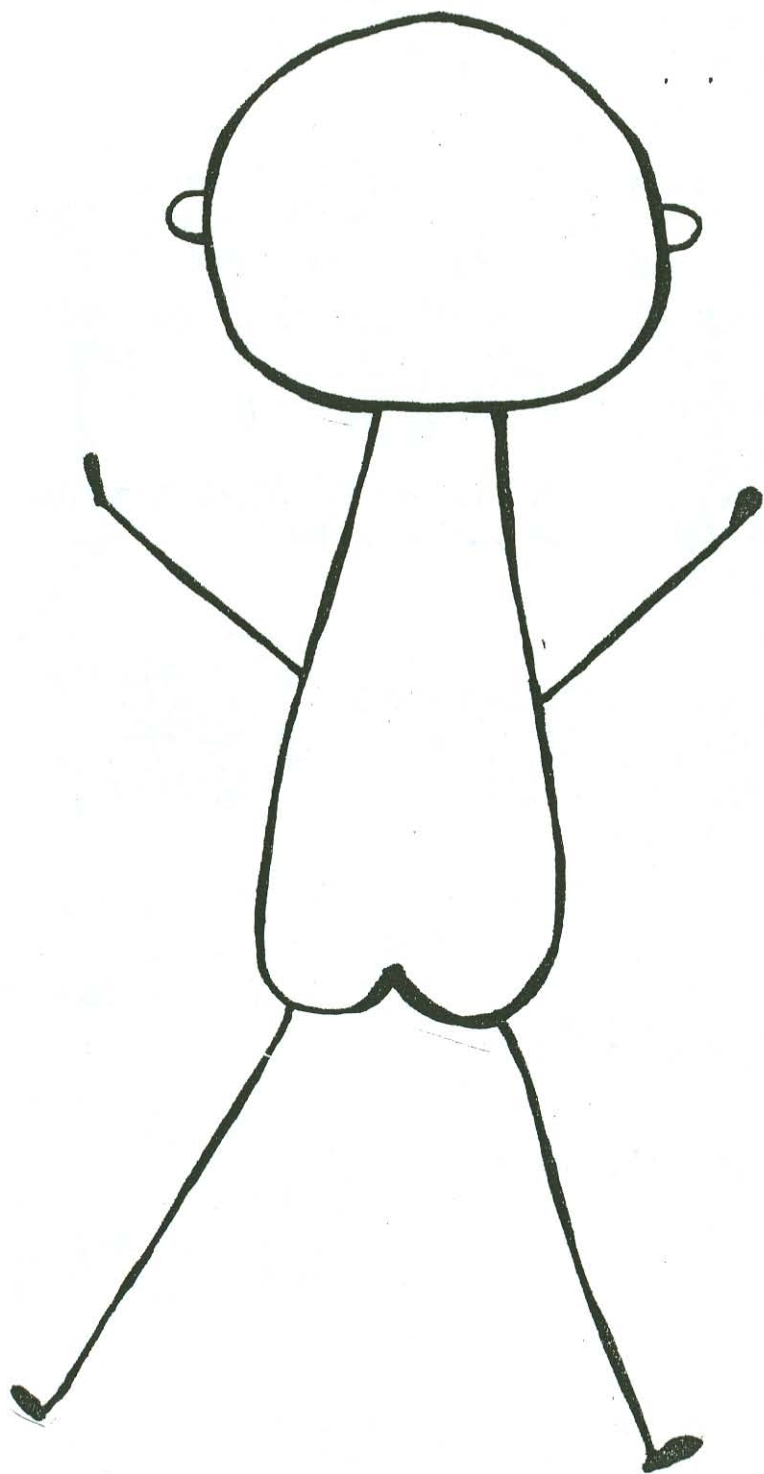
... HERE'S YOUR ASSIGNMENT: ON THE MAP, ON THE NEXT PAGE, CIRCLE THE PARTS OF YOUR BODY YOU DON'T LIKE. DRAW HEARTS AROUND THE PARTS YOU DO LIKE.

... HERE'S THE GOAL:  
TRY TO HAVE MORE HEARTS THAN CIRCLES... EVEN IF IT'S JUST ONE!

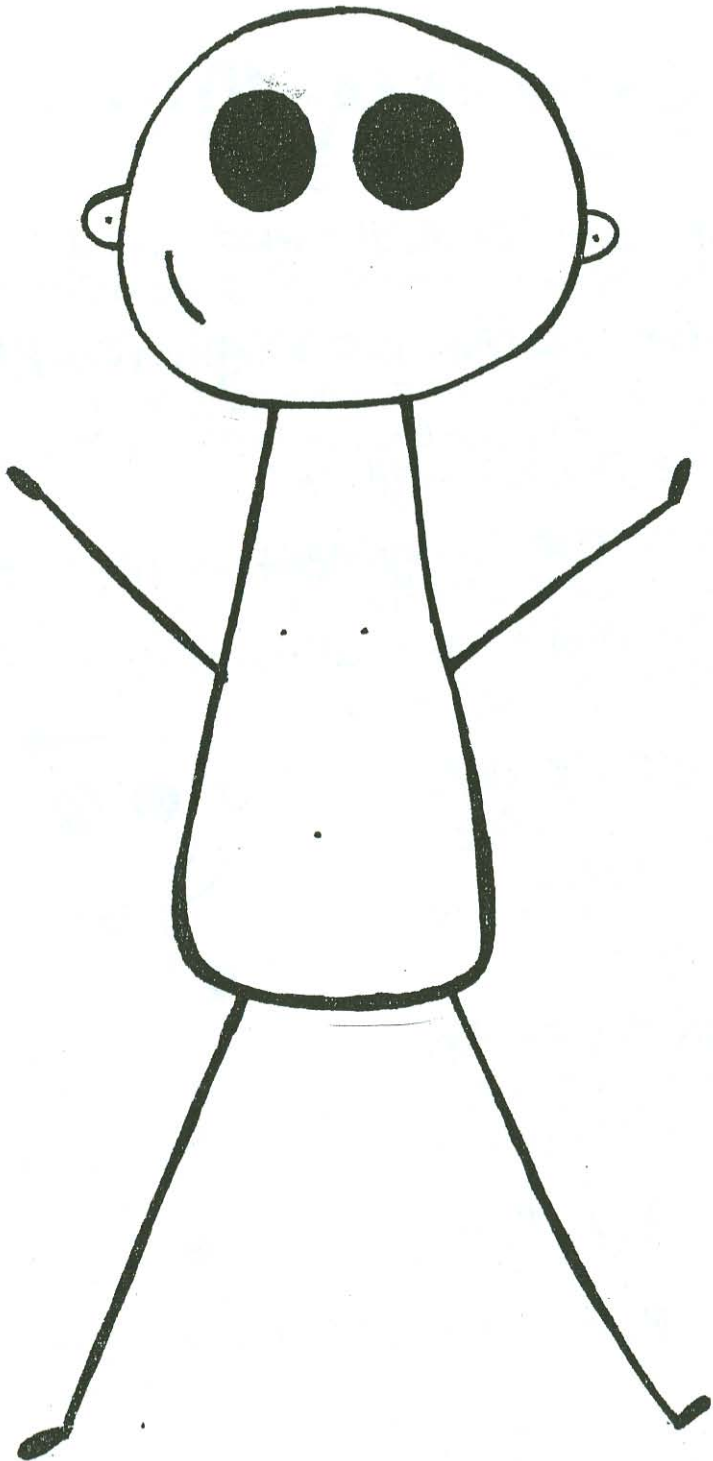
... WHEN YOU'RE DONE:  
EVALUATE WHY YOU CHOSE WHAT YOU DID...

... FOCUS ON THE HEARTS:  
FORGET ALL ABOUT THOSE CIRCLES! FIND ANOTHER WAY TO EXERT ENERGY! FLABBY ARMS OR CHUBBY THIGHS SHOULD NOT RUIN YOUR DAY OR EVEN MAKE YOU CHANGE CLOTHING...









# GENDER GUMMI!

GENDER AND ORIENTATION CAN BE REALLY COMPLICATED TO UNDERSTAND... BECAUSE THEY CHANGE FREQUENTLY. AN EASY WAY TO HELP ACCEPT IT IS: GENDER GUMMI. IT'S AN ANDROGENOUS [EXPRESSIVE OF BOTH GENDERS.] FIGURE, DESIGNED TO MAP OUT EVERYONE'S INDIVIDUAL IDENTITY.

THE FIRST LINE:

**BIOLOGICAL SEX.** THIS IS THE PHYSICAL SEX YOU WERE BORN WITH...

THE GENDER A PERSON FEELS EMOTIONALLY... THIS CAN BE DIFFERENT FROM THE BIOLOGICAL SEX.

THE SECOND LINE:

**GENDER IDENTITY.**

THE THIRD LINE:

**GENDER EXPRESSION.**

THE WAY THAT YOU EXPRESS YOURSELF WITH CLOTHES, HAIR, SPEECH, ETC

THE SEX SOMEONE IS ATTRACTED TO...

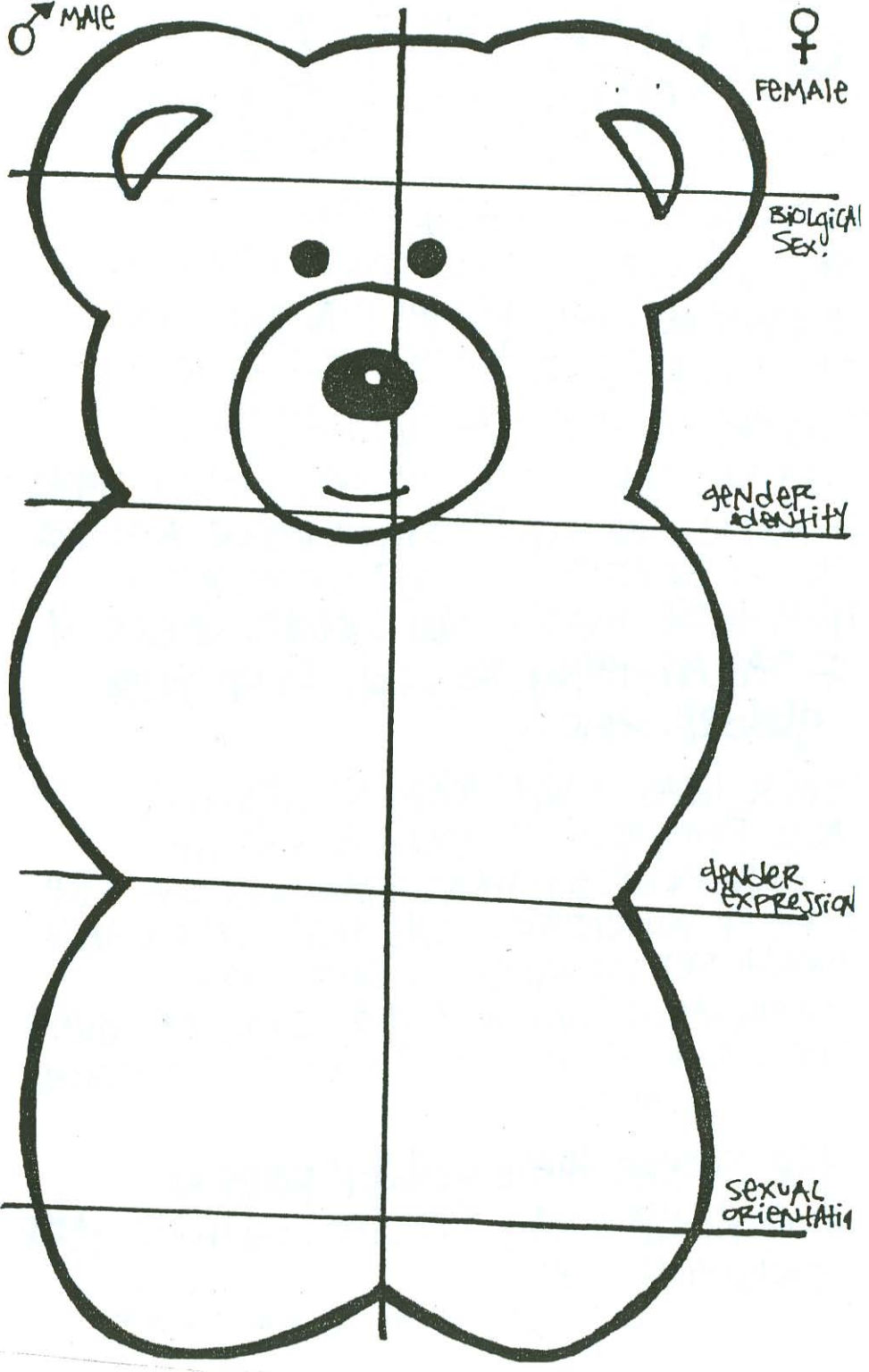
THE FOURTH LINE:

**SEXUAL ORIENTATION.**

♥ MAP OUT YOUR GENDER GUMMI ON THE NEXT PAGE! NO ONE'S GUMMI IS IDENTICAL. AND YOUR'S CAN CHANGE BY THE DAY, HOUR OR MINUTE...

♂ MALE

♀ FEMALE



Biological  
Sex:

gender  
identity

gender  
expression

SEXUAL  
ORIENTATION

# GENDER ROLES...

gender roles are a huge part of our everyday lives... We are constantly being bombarded with images that reaffirm the gender role you are "supposed" to hold.

[Boys are the ones that play with action figures. girls play with dolls.] these sorts of ideals are worthless. it's important for you to be able to separate yourself from these images... you can do, dress in or say anything, regardless of your gender. seriously.

these ideas of what everyone should be also reinforce stigmas and double standards. stigmas that boys can't be soft or vulnerable and that girls can't want sex as much as boys. double standards that if a girl sleeps around, she's "a slut"... but if a boy sleeps around, he's "a man."

the sooner these gender roles are broken, the sooner we live healthier, more satisfying lives.

♡ discuss them. change them. ♡

# GENDER ROLES & MYTHS TO THINK ABOUT...

guys SHOULD pay  
FOR  
dinner.

Boys Love  
competition.  
ALWAYS.

ART  
is  
FEMININE.

Boys  
innately  
HATE PINK.

girls  
innately  
love  
PINK.

ALL  
Boys  
ARE  
MACHO.

girls  
ARE  
WEAK.

ONLY  
girls  
SHOULD  
wear  
MAKE-UP.

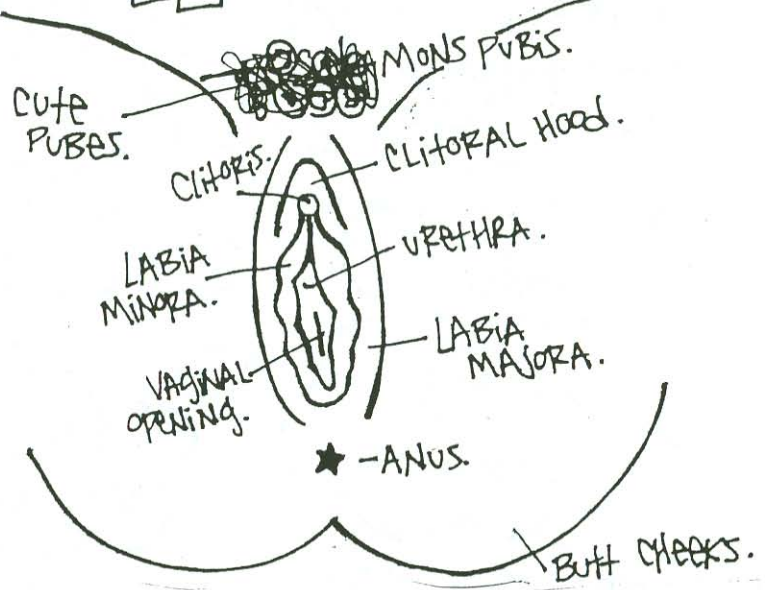
ONLY  
girls  
like  
BARBIES.

guys like  
SEX WAY  
MORE THAN  
girls do.

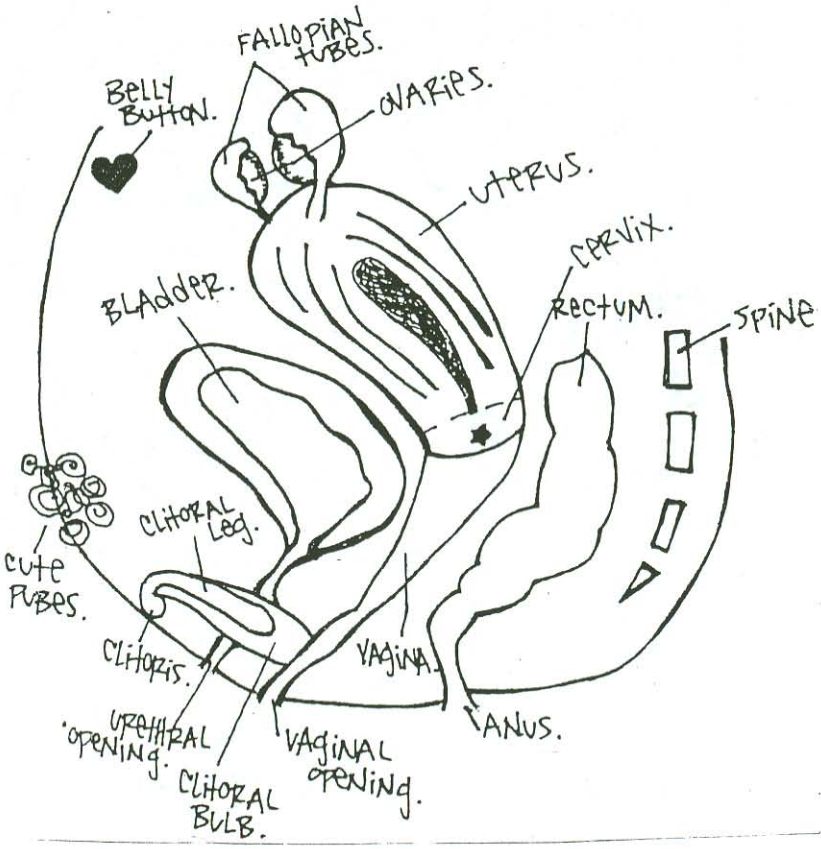


# FEMALE ANATOMY 10!

OUTER...



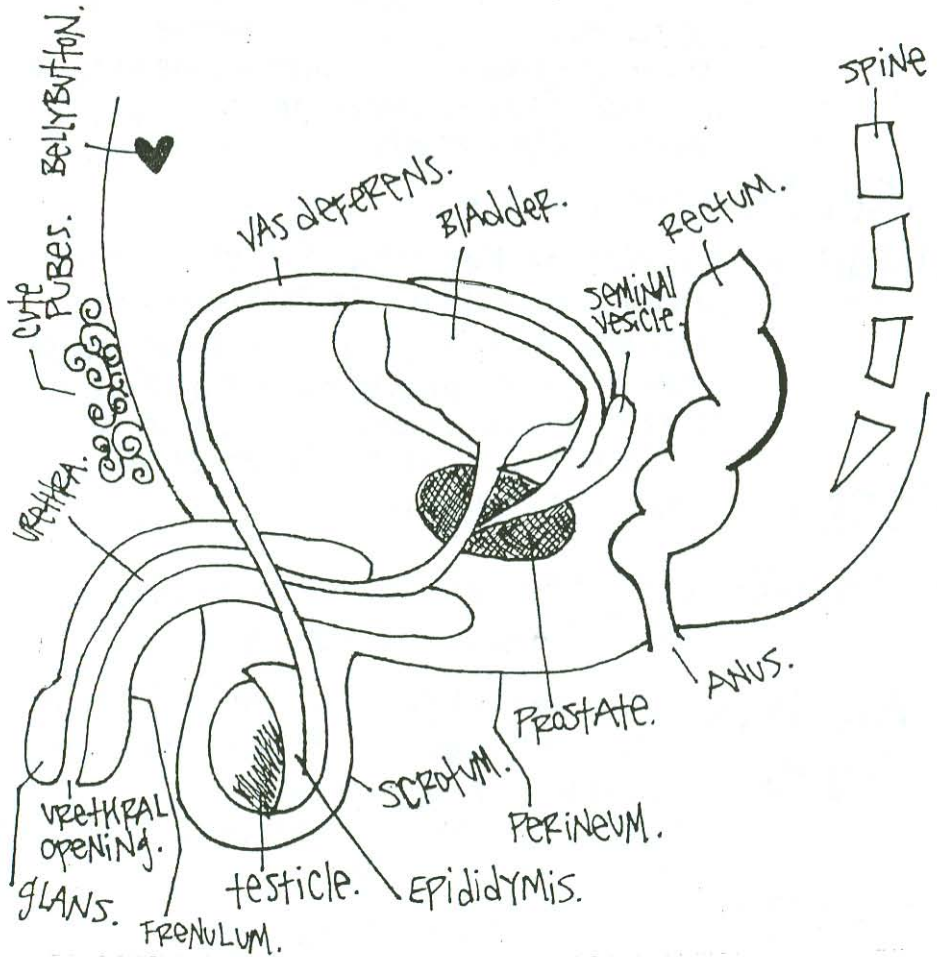
INNER...



- **MONS RUBIS**: the pad of fatty tissue covering the pubic bone... usually covered in pubes.
- **LABIA**: two sets of lips surrounding the clitoris, vaginal opening, and urethra. the outer, aka labia majora. the inner, aka labia minora.
- **CLITORIS**: the only organ in the human body [both male and female] whose only purpose is to transmit sexual sensation. Woo! the clitoris has 6,000-8,000 nerve endings. [about 4x as much as the head of the penis.] the clitoris has "legs" which extend into the body up to five inches.
- **URETHRA**: the "pee hole."
- **VAGINA**: the passage between the cervix and the outside world... approximately 3-5 inches in length. [but during arousal, the back 2/3 of the vagina can double in length and width.] continuously producing secretions to keep clean.
- **CERVIX**: the end of the vagina.
- **UTERUS**: where a fetus grows. A non-pregnant uterus is about the size of a kiwi.
- **FALLOPIAN TUBES**: about four inches long, these identical tubes transport eggs. they float near the ovaries, and during ovulation release an egg into the uterus, in hopes of it finding sperm.
- **OVARIES**: they serve two functions: to produce eggs. and to produce female hormones. [estrogen and progesterone.]

# MALE ANATOMY 101.

... i'm sure everyone learned this in elementary school, but a little refresher couldn't hurt! [check out the next page for all the details.]





• **FRENULUM**: A very sensitive thin strip of skin on the underside of the penis. [CONNECTS THE HEAD TO THE SHAFT!]

• **URETHRAL OPENING**: Your "pee hole." DUH.

• **URETHRA**: thin tube that runs from the bladder to the urethral opening... it transports urine from the bladder and prostatic fluid from the prostate & semen from the testicles when you ejaculate. Woo!

• **TESTICLES**: or testes. These bad boys produce testosterone and sperm. The sperm exit the testicles into the epididymis... which connects to the vas deferens.

• **SCROTUM**: the sack that keeps your testicles cozy and safe. [AWW!]

• **VAS DEFERENS**: two small tubes that connect to the epididymis to the urethra for sperm expulsion. [collecting semen ingredients along the way.]

• **SEMINAL VESICLE**: produces nutrients for semen.

• **SEMEN**: white gold. Come, man juice... A mixture of sperm, prostatic fluid, and nutrients. Expelled from the urethral opening during ejaculation.

• **ANUS**: Your bum-hole. the external opening of the digestive tract. consists of two sphincter muscles that form the inch-long, tubelike anal canal.

• **THE EXTERNAL SPHINCTER**: you control this... most of the time, at least.

• **THE INTERNAL SPHINCTER**: about an inch past the first sphincter. typically responds involuntarily.

• **RECTUM**: transports food from the large intestine to the anus. [outta the body.] It's designed purely as a passageway... it's the colon where feces is stored. AKA poop chute. YOUR ASS.

# LIFE BEHAVIORS OF A SEXUALLY HEALTHY PERSON.

BEING SEXUALLY HEALTHY IS A LIFE LONG PROCESS. EVERYONE DEVELOPS SKILLS AND CHARACTERISTICS AT THEIR OWN RATE, TIME, LEVEL, ETC.

...MAYBE YOU EXHIBIT A CHARACTERISTIC TODAY, BUT YOU DON'T FEEL THE SAME WAY TOMORROW...  
...MAYBE YOU DON'T HAVE AS MANY SKILLS AS YOU'D LIKE...

**RELAX.** THIS IS THE BEAUTY OF IT BEING A PROCESS. YOU CAN'T CONQUER THE WORLD IN ONE NIGHT.

- EXPRESS LOVE & INTIMACY IN APPROPRIATE WAYS.
- APPRECIATE YOUR OWN BODY.
- DEVELOP & MAINTAIN MEANINGFUL RELATIONSHIPS.
- SEEK FURTHER INFORMATION ABOUT REPRODUCTION.
- DEVELOP CRITICAL THINKING SKILLS.
- ENJOY AND EXPRESS YOUR SEXUALITY THROUGHOUT LIFE
- INTERACT WITH ALL GENDERS IN RESPECTFUL AND APPROPRIATE WAYS.
- AVOID EXPLOITATIVE OR MANIPULATIVE RELATIONSHIPS.
- TAKE RESPONSIBILITY FOR YOUR BEHAVIOR.
- ENJOY SEXUAL FEELINGS WITHOUT ALWAYS ACTING ON THEM.
- IDENTIFY AND LIVE ACCORDING TO YOUR OWN VALUES.
- PRACTICE EFFECTIVE DECISION MAKING.

- AFFIRM YOUR OWN SEXUAL ORIENTATION AND RESPECT THE ORIENTATION OF OTHERS.
- HELP PREVENT SEXUAL ABUSE.
- USE CONTRACEPTION EFFECTIVELY TO AVOID UNINTENDED PREGNANCY.
- EXPRESS YOUR SEXUALITY WHILE RESPECTING OTHERS.
- ENGAGE IN SEXUAL RELATIONSHIPS THAT ARE HONEST, CONSENSUAL, NON-EXPLOITATIVE, PLEASURABLE AND PROTECTED.
- DEMONSTRATE RESPECT FOR PEOPLE WITH DIFFERENT SEXUAL VALUES.
- PRACTICE HEALTH-PROMOTING BEHAVIORS.
- REJECT STEREOTYPES ABOUT THE SEXUALITY OF DIFFERENT POPULATIONS.
- AVOID CONTRACTING OR TRANSMITTING A SEXUALLY TRANSMITTED INFECTION, INCLUDING HIV.
- AVOID BEHAVIORS THAT EXHIBIT BIGOTRY.
- EDUCATE OTHERS ABOUT SEXUALITY.
- SEEK NEW INFORMATION TO ENHANCE YOUR SEXUALITY.
- ASSESS THE IMPACT OF FAMILY, CULTURE, MEDIA AND SOCIETY'S MESSAGE ON YOUR THOUGHTS, FEELINGS, VALUES AND BEHAVIORS RELATED TO SEXUALITY.
- PROMOTE THE RIGHTS OF ALL PEOPLE TO ACCURATE SEXUALITY INFORMATION.

OBVIOUSLY, THIS LIST WILL NEVER BE COMPLETE, BUT ABOVE ALL IT'S ABOUT RESPECT, ACCEPTANCE, KNOWLEDGE, HEALTH, AND AWARENESS. KEEP AN OPEN MIND AND MOST OF THESE CHARACTERISTICS WILL COME NATURALLY. STAY PATIENT FOR THE OTHERS.

# WHAT EXACTLY IS ABSTINENCE?

...WHAT SHOULD YOU BE ABSTINENT FROM? HOW LONG SHOULD YOU REMAIN ABSTINENT?

ABSTINENCE IS WHATEVER YOU WANT IT TO BE... FOR HOWEVER LONG YOU WANT IT TO LAST.

IT'S COMPLETELY UP TO YOU TO MAKE THE BEST DECISIONS FOR YOURSELF BASED ON YOUR OPTIONS, INFORMATION, MATURITY, HEALTH CONCERNS AND/OR MORAL, RELIGIOUS BELIEFS. IT'S IMPORTANT TO RESPECT OTHERS' DECISIONS ON ABSTINENCE, BECAUSE THERE IS NO UNIVERSAL "RIGHT OR WRONG." EVERYTHING DEPENDS FROM PERSON TO PERSON.

... IF YOU DISAGREE WITH A PARTNER'S VIEWS: COMMUNICATE ABOUT IT. NEVER PRESSURE. AND NEVER SACRIFICE YOUR OWN SEXUAL CHOICES AND BOUNDARIES UNTIL YOU'RE READY.

ABSTINENCE IS THE POWER THAT YOU HAVE TO DO OR NOT DO SOMETHING BECAUSE IT'S HEALTHY AND RIGHT FOR YOU.



MC

MM

MM

# ABSTINENCE IS... ABSTINENCE.

# How to get your groove on...

[Without ACTUALLY groovin.]

☆ FLUID FREE groovin' pushes people to be more creative when it comes to intimacy, AND HAVING A SATISFYING SEXUAL EXPERIENCE. it's GREAT FOR THOSE WHO ARE POST PONDING FROM SEX, it OFFERS AN OPPORTUNITY TO BREAK OUT OF ROUTINE & it's ALL SAFE AND LOW-RISK. LOW RISK: NO EXCHANGE OF FLUID. i.e. VAGINAL OR SEMEN

CREATE YOUR OWN IDEAS.

EAT POP ROCKS  
While MAKING out.

UNDERWEAR  
DANCE PARTY.

Ride BIKES.

# CONDOMS!!

... there are four types of male condoms, but only two can prevent HIV and STI's.

**LATEX:** MADE OF A DURABLE RUBBER... LATEX CONDOMS ARE THE MOST WIDELY USED. EASY TO FIND & CHEAPER THAN POLYURETHANE.

**ANIMAL SKIN:** ALTHOUGH NOT SO COMMON ANYMORE, ANIMAL SKIN CONDOMS ARE USED FOR THOSE WITH LATEX ALLERGIES, TO PREVENT PREGNANCY. THEY DO NOT PREVENT STI OR HIV TRANSMISSION.

**NOVELTY:** these

CONDOMS AREN'T MEANT TO BE USED FOR SEX.

... PURELY FOR JOKES.

[ie: the world's smallest condom or singing condoms.]

**POLYURETHANE:**

POLYURETHANE IS TYPICALLY USED FOR THOSE ALLERGIC TO LATEX. IT'S STRONGER THAN LATEX, BUT HARDER TO FIND AND USUALLY MORE EXPENSIVE.

## TIPS FOR CONDOM USE:

♥ check the expiration date. ♥ feel for air bubble. [air is good.]

♥ open with your hand, as you push the condom to the side. ♥ pinch the tip as you roll it down.

♥ if you put it on upside down, grab a new condom... there is always precum on the tip of the penis.

♥ hold the base of the condom when pulling out.

♥ don't flush condoms... they clog toilets!

♥ store condoms in a cool, dry place... NOT YOUR WALLET OR LOOSE IN YOUR BAG.

# UNWANTED PREGNANCY PREVENTION!

... Here's a quick guide to a few options. It's ALWAYS BEST TO TALK TO A HEALTH CARE PROFESSIONAL TO FIGURE OUT WHAT'S BEST FOR YOU

**deprovera:** AN INJECTION EVERY 12 WEEKS THAT PREVENTS OVULATION.

**THE PATCH:** ALSO KNOWN AS ORTHO-EVRA. THE PATCH STICKS TO THE SKIN AND PREVENTS OVULATION.

**THE RING:** A SMALL, FLEXIBLE RING INSERTED INTO THE VAGINA ONCE A MONTH. IT PREVENTS OVULATION & THICKENS CERVICAL MUCUS TO BLOCK SPERM.

**THE PILL:** DAILY PILLS THAT MUST BE TAKEN ON TIME. ... THERE ARE MANY DIFFERENT KINDS.

**IUD:** A PLASTIC INSERTION IN THE UTERUS THAT LASTS 5-12 YEARS. IT BLOCKS SPERM FROM JOINING WITH THE EGG.

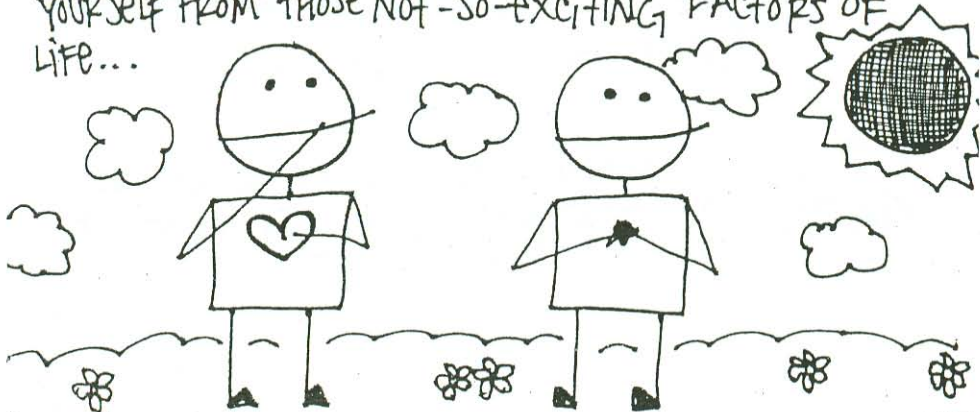
**TUBAL LIGATION:** A PERMANENT SURGICAL CLOSING OF THE FALLOPIAN TUBES, VERY EFFECTIVE, BUT TYPICALLY IRREVERSIBLE.

# SEXUALLY TRANSMITTED INFECTIONS

♥ YEAH. YEAH. YEAH. WE'VE ALL HEARD IT BEFORE... "I'M CLEAN." ASIDE FROM THIS BEING DEGRADING TO THOSE THAT DO HAVE STI'S, HERE'S THE SCOOP... MOST STI'S SHOW ABSOLUTELY NO SYMPTOMS. [Yikes!] AND WITH AMERICA HAVING THE HIGHEST RATE OF INFECTIONS, THE "I'M CLEAN" LINE SHOULD MAKE YOU RUN THE OTHER WAY. [OR AT LEAST TO A NEARBY CLINIC.]... BUT IF THAT'S NOT ENOUGH TO GET YOU TO CALL A DOCTOR, 1 IN 5 PEOPLE CURRENTLY HAVE AN STI & 1 IN 4 WILL CONTRACT ONE BY THE AGE OF 24. STILL NOT CONVINCED?! MOST STI'S WILL INCREASE YOUR CHANCE OF CONTRACTING HIV.

♥ WHETHER IT'S DENIAL, SHAME OR LACK OF EDUCATION... SOMETHING IS KEEPING PEOPLE FROM TALKING OPENLY ABOUT SEX. WHICH IN THE LONG RUN KEEPS THEM FROM TAKING CARE OF THEIR OWN HEALTH AND THOSE THEY LOVE/JUST FOR. STIGMA AND SHAME ARE BY NO MEANS AN EXCUSE TO NOT TALK TO PARTNERS, FRIENDS OR PARENTS ABOUT SEX.

♥ **MORAL OF THE STORY:** IN A PERFECT WORLD, EVERYONE WOULD BE MAKING DATES AT THE LOCAL STI CLINIC BEFORE ENGAGING IN SEX. BUT! SINCE THAT ISN'T IDEAL FOR ALL SITUATIONS AND RELATIONSHIPS, YOU SHOULD AT LEAST BE AWARE OF WHAT'S OUT THERE AND HOW TO PROTECT YOURSELF FROM THOSE NOT-SO-EXCITING FACTORS OF LIFE...





## -- HUMAN PAPILLOMA VIRUS. AKA HPV --

Also known as genital warts, HPV is the most widespread of all STIs, infecting 5 million people a year. Symptoms are warts in the urethra, anus and sometimes the throat. These sores are soft to the touch, may look like cauliflower and itch. The problem with genital warts is that they are spread through oral sex, often despite condom use, because they can appear on areas not protected by the condom. There is no cure for HPV, but there are many treatments available which reduce the risk of transmission and severity.

## -- CRABS & SCABIES. --

Both of these cause itching, small bumps, rash and discomfort in the genital area. Crabs can be seen with the naked eye, while scabies may need a clinical diagnosis. Both are spread by bedding and contact with the pubic area, or things like towels and clothing. Treatment for crabs can be purchased as an over the counter shampoo, while scabies treatment is prescription based.

## -- CHLAMYDIA. --

Chlamydia causes discharge from the penis, pain while urinating, frequent urinations, abdominal pains, nausea, fever and swelling of the rectum and/or testicles. 50% of men with Chlamydia show no symptoms. This infection is curable, using antibiotics. It's preventable by proper condom use.

## -- SYPHILIS. --

Primary symptoms include wet open sores on genitals, mouth or anus. If left untreated it can cause rashes, fatigue, hair loss, sore throat, muscle pains, and fever. Syphilis is spread mother-to-child, by anal, oral and vaginal sex, and through kissing while open sores are present. Syphilis is curable and can be treated with antibiotics. It's preventable by proper condom use.

## -- HERPES. --

Known as a cold sore when it's present on the mouth, the two types of herpes can also be spread to the genitals. Symptoms include blisters, sores and rashes of the genitals, anus or mouth. Herpes on the mouth can be transmitted to the genitals and the other way around. There is no cure, but the symptoms can be treated. Using a condom during an outbreak reduces the risk of transmission, but always tell your partners first.

## -- GONORRHEA. --

Symptoms for gonorrhea include discharge and pain during urination. 10% of men show no symptoms. If left untreated, it can cause heart problems, sterility and arthritis. It's spread through vaginal, anal and oral sex. This infection is treatable using antibiotics. It's preventable by proper condom use.

★ these descriptions are not intended to diagnose ANY infections... for more info on STI's and testing check out the resources.

YOUR OWN STI GUIDEBOOK!

# HIV 101!

the lowdown on HIV/AIDS... **TAKE NOTES!** USE EM!

**H**UMAN: ONLY AFFECTS HUMANS. THAT'S IT!

**I**MMUNODEFICIENCY: BREAKS DOWN THE IMMUNE SYSTEM.

**V**IRUS: CANNOT CURE. TRANSMITTED BY A VIRUS.

**A**cquired: YOU HAVE TO CONTRACT IT SOMEHOW...

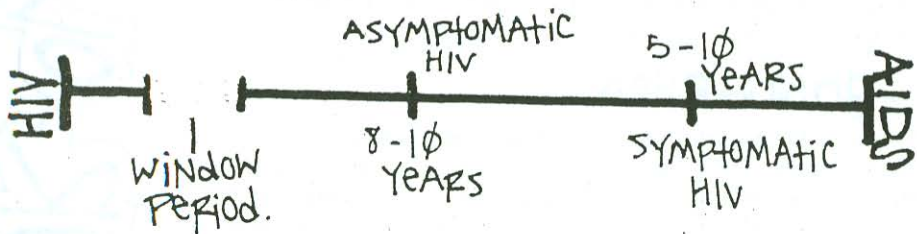
**I**MMUNO: YOUR IMMUNE SYSTEM.

**D**EFICIENCY: LACKING IN EFFICIENCY.

**S**YNDROME: A COLLECTION OF SYMPTOMS/ILLNESSES.

THE DIFFERENCE BETWEEN HIV AND AIDS IS THAT HIV REFERS TO THE ACTUAL VIRUS AND AIDS IS SEEN AS THE FINAL STAGE IN HIV PROGRESSION.

## HIV TIMELINE



...EACH TIMELINE VARIES FROM PERSON TO PERSON. NO ONE HAS THE SAME ONE! MEDICATION AND A HEALTHY LIFESTYLE HELP TO PROLONG IT...

# • INITIAL

**CONTRACTION:** WHEN A PERSON IS FIRST EXPOSED TO HIV THEY MAY EXPERIENCE FLU-LIKE SYMPTOMS 2-4 WEEKS LATER.

# • WINDOW

**PERIOD:** HERE'S THE TRICKY PART... HIV IS UNDETECTABLE ON TESTS FOR 3-6 MONTHS AFTER TRANSMISSION. IT TAKES YOUR BODY THIS LONG TO DEVELOP THE ANTIBODIES IN WHICH YOU ARE TESTED FOR. [ALTHOUGH IT DOESN'T SHOW UP ON TESTS, IT'S POSSIBLE TO SPREAD HIV FROM DAYONE.]

• **ASYMPTOMATIC:** DURING THIS PERIOD, YOU DON'T SHOW ANY SYMPTOMS AT ALL.

• **SYMPTOMATIC:** THIS IS WHERE A PERSON MAY START TO SHOW SYMPTOMS... WHICH INCLUDE: NIGHT SWEATS. NAUSEA. COLDS. DIARRHEA. FEVERS. THESE SYMPTOMS MAY LAST FOR MONTHS...

• **AIDS:** THIS IS SIMPLY A CLASSIFICATION. THERE IS NO DEFINITE DIFFERENCE BETWEEN AN HIV+ PERSON AND ONE WITH AIDS. TECHNICALLY, AIDS IS DIAGNOSED WHEN A PERSON'S T-CELLS DROP BELOW 200. [PER DROP OF BLOOD.] ONCE SOMEONE IS DIAGNOSED WITH AIDS, THEY ALWAYS HAVE IT, EVEN WHEN THEIR T-CELLS RAISE.



B B B

• YOUR T-CELLS DIRECT YOUR B-CELLS TO FIGHT OFF INFECTIONS. HIV KILLS YOUR T-CELLS, PREVENTING YOUR B-CELLS FROM KEEPING YOU HEALTHY.

# HIV TRANSMISSION!

BLOOD.  
SEMEN.  
BREAST MILK.  
VAGINAL FLUIDS.

...THERE IS A RISK OF CONTRACTING HIV IF THESE FOUR FLUIDS COME IN CONTACT WITH THE MUCUS MEMBRANES LISTED BELOW...

...THINGS LIKE URINE, SWEAT, SALIVA & TEARS DON'T HAVE ENOUGH HIV CONTENT TO TRANSMIT THE VIRUS.

HIV CAN BE TRANSMITTED IN MANY WAYS...

**Blood to Blood:**

- IV drug needles. [or steroids.
- Piercings, tattoos... etc.]
- Fighting.

**MOTHER TO CHILD:**

[SUPER RARE IN THE U.S.]

- BREAST FEEDING.
- GIVING BIRTH.
- INUTERO. [DURING PREGNANCY.]

**SEX:**

- ORAL.
- ANAL.
- VAGINAL.

YOU CANNOT TRANSMIT OR CONTRACT HIV BY CASUAL CONTACT, SHARING FOOD/DRINKS, COUGHING, SNEEZING, etc.



YOU CAN TRANSMIT HIV AND OTHER STIs.

# HIV AND STI TESTING!

getting tested FOR AN STI OR HIV CAN BE HARD AND SCARY... BUT IT'S EXTREMELY IMPORTANT WHEN YOU'RE ENGAGING IN ANY SORT OF RISKY BEHAVIORS. GETTING TESTED EVERY 3 MONTHS IS A GREAT WAY TO STAY IN CONTROL OF YOUR HEALTH. PLUS... THE MORE YOU WORK IT INTO A ROUTINE, THE LESS INTIMIDATING IT BECOMES.

## WHEN YOU GET TESTED...

THE TESTER WILL ASK YOU VARIOUS QUESTIONS. YOU MIGHT FIND SOME TO BE POTENTIALLY EMBARRASSING... BUT REMEMBER TO BE 100% HONEST. THE ANSWERS ARE CONFIDENTIAL, AND THE TESTERS HAVE HEARD IT ALL TOGETHER, THE BOTH OF YOU WILL DEVELOP A PLAN THAT WILL HELP TO KEEP YOU SAFE[R] IN THE FUTURE.

## THE MANY WAYS...

... THERE ARE A BUNCH OF WAYS TO GET TESTED. [ALL TESTS ARE 99.9% ACCURATE.] EACH WAY DEPENDS ON THE STI THAT YOU ARE GETTING TESTED FOR, THE CLINIC THAT YOU GO TO, AND THE ACTIVITIES THAT YOU'VE ENGAGED IN. FOR MORE DETAILS ON TESTING DROP BY OR CALL YOUR LOCAL CLINIC OR CHECK OUT THE RESOURCES IN THE BACK!

# HEPATITIS A

It's estimated that about 150,000 peeps get Hepatitis A each year. Most of the infections are from unknowingly ingesting infected poop. But it can be transmitted through blood, too. The virus can live on its own for about four hours at normal room temperature. [on hands, silverware, etc...]

## POPULAR FORMS OF TRANSMISSION

ARE: RIMMING. ANAL SEX. RIMMING. SHARING NEEDLES. RIMMING... AND RIMMING. [get it?!]

**SYMPTOMS INCLUDE:** FLU. PAIN IN THE GUT. DARK COLORED URINE. THESE SYMPTOMS CAN SHOW UP BETWEEN 15-50 DAYS OF EXPOSURE AND CAN LAST UP TO 5 WEEKS.

**TREATMENT:** there's no cure for Hep A, but there are meds to help prevent illness. Most people fully recover in no more than 6 months. [and once you've recovered, you're immune to Hep A and can no longer spread it.]



♥ ASK YOUR DOCTOR FOR A VACCINE AND ALWAYS USE PROTECTION FOR ORAL / ANAL SEX.

# HEPATITIS B.

THIS FORM OF HEPATITIS IS MOST CLOSELY ASSOCIATED WITH SEXUAL TRANSMISSION... IT CAN CAUSE CHRONIC LIVER DAMAGE AND DEATH. [ABOUT 4,500 EACH YEAR.]

## • POPULAR FORMS OF TRANSMISSION

**ARE:** SEMEN. VAGINAL FLUIDS. BLOOD. FECAL MATTER. SALIVA.  $\frac{2}{3}$  OF CASES ARE SPREAD SEXUALLY, BUT IT CAN ALSO BE CONTRACTED BY SHARING NEEDLES, SNORTING UTENSILS AND BEING BORN TO AN INFECTED MOTHER.

• **SYMPTOMS:** ARE THE SAME AS HEP A, BUT MAY ALSO INCLUDE HIVES, CLAY-COLORED POOP, AND/OR ARTHRITIS.

$\frac{1}{2}$  OF INFECTED ADULTS NEVER SHOW SYMPTOMS, BUT IF THEY DEVELOP IT USUALLY HAPPENS AROUND SIX-TWELVE WEEKS AFTER EXPOSURE.

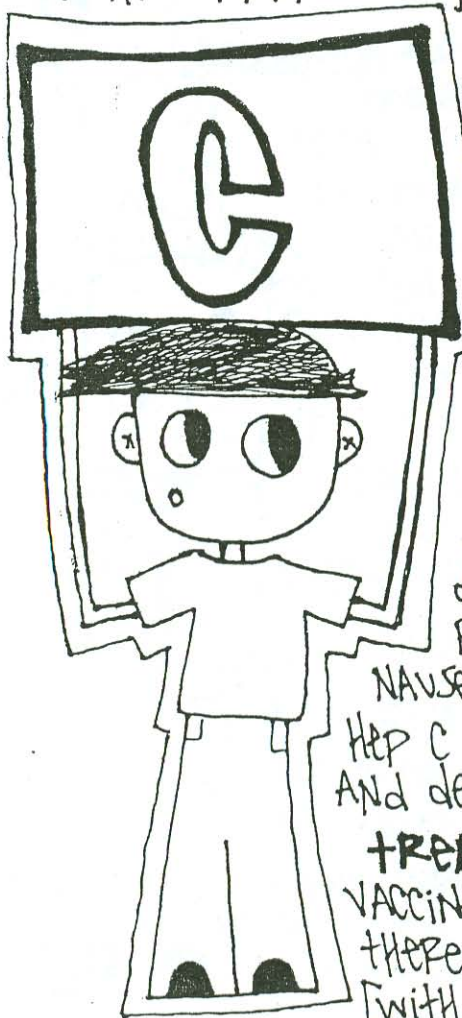
• **TREATMENT:** ASK YOUR DOCTOR FOR A BLOOD TEST. [IT MAY TAKE 2-8 MONTHS FOR HEP B TO SHOW UP ON A TEST.] IF IGNORED, HEP B CAN CAUSE CHRONIC LIVER DAMAGE AND POSSIBLY DEATH. BUT! THERE'S A VACCINE, THAT CAN PROTECT YOU FOR 12 YEARS.

[HIGH RISK INDIVIDUALS SHOULD BE SCREENED EVERY FIVE YEARS.]



# HEPATITIS C.

HEPATITIS IS KNOWN FOR BEING EASILY TRANSMITTED AND AFFECTING MORE PEOPLE THAN HIV. AROUND 4 MILLION AMERICANS ARE THOUGHT TO BE INFECTED, WITH 25,000 ADDING ON EACH YEAR...



## POPULAR FORMS OF TRANSMISSION ARE:

Blood-to-blood. INJECTION DRUG USE. PIERCING / TATTOO NEEDLES. SHARING ITEMS LIKE TOOTHBRUSHES & RAZORS.

HEP C DOESN'T DIE WITH CONTACT FROM THE AIR, SO ANY BLOOD CARRIES RISK OF TRANSMISSION.

## SYMPTOMS: FATIGUE.

DARK URINE. ABDOMINAL PAINS. LOSS OF APPETITE. AND NAUSEA.

JUST LIKE HEPATITIS B, HEP C CAN LEAD TO LIVER FAILURE AND DEATH.

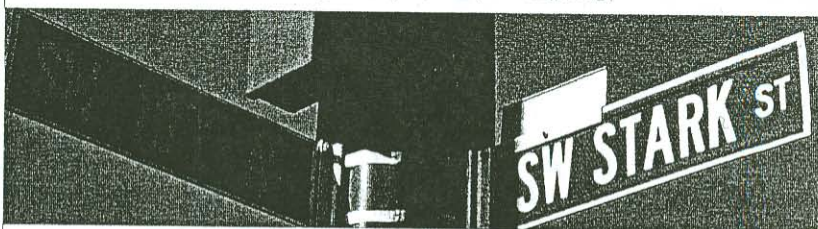
**TREATMENT:** THERE IS NO VACCINE FOR HEPATITIS C, BUT THERE IS A POSSIBLE TREATMENT [WITH A 50% SUCCESS RATE.]

♥ BE CAREFUL AROUND BLOOD & SHARING DRUG WORKS.



# Men's Wellness Center

a space for men who like men providing information,  
social events, support, testing, and resources in the  
heart of where they live, work, and play



**Men's Wellness Center hours:  
wednesday – saturday, 4pm – 10pm**

**928 sw stark st., downtown portland**

**503.445.7699 [cityguys@cascadeaids.org](mailto:cityguys@cascadeaids.org)**

*Cascade AIDS Project*



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# PORTLAND-METRO RESOURCES!

Multnomah County Clinic

426 SW Stark st. 6<sup>th</sup> floor  
Portland, or 97204  
503.988.3700

Washington County Health Department

12550 SW 2<sup>nd</sup>  
Beaverton, or  
503.846.4965 or 503.846.8851

15296 SW Royalty Parkway  
Tigard, or  
503.846.4965 or 503.846.8851

Clackamas County Community Health

1425 Beavercreek Rd.  
Oregon City, or  
503.655.8417

Westover Heights Clinic

2330 NW Flanders Suite 207  
Portland, or 97210  
503.226.6678

Outside In

1132 SW 13<sup>th</sup> ave.  
Portland, or 97204  
503.535.3800

# MORE RESOURCES...

The Escape.

Portland's only all-ages gay dance club!  
[HIV testing fourth Saturday of every month.  
10pm-1am.]

333 SW Park ave.

Portland, or 97204

The Trans/Identity Resource Center

1030 SW 13<sup>th</sup> ave.

Portland, or 97204

503.535.3895

Sexual Minority Youth Resource Center

[HIV testing first and third Friday of every  
month. 8:00-10:00pm]

2100 SE Belmont

Portland, or 97202

503.872.9664

Planned Parenthood

3231 SE 50<sup>th</sup> ave.

Portland, or 97206

503.775.0861

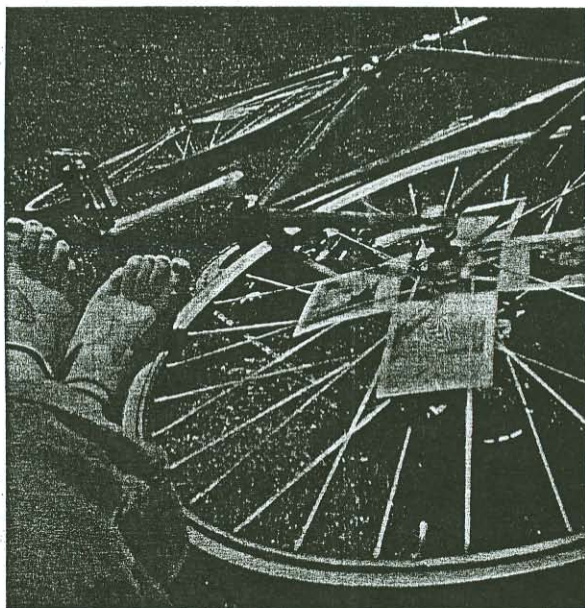
3531 NE 15<sup>th</sup> ave. Suite B

Portland, or 97214

503.288.8826

♥ THE END. ♥

THIS  
BEAUTIFUL  
ZINE WAS  
CREATED BY  
BETH  
MYRICK  
AND  
CASCADE  
AIDS  
PROJECT!



... BETH MYRICK

IS A PEER EDUCATOR / SOCIAL MARKETING  
EXTRAORDINAIRE AT CASCADE AIDS  
PROJECT, WHICH IS WHERE SHE CREATES  
ALL SORTS OF EDUCATIONAL MATERIALS.  
[LIKE ZINES AND BUTTONS!]

IF YOU HAVE QUESTIONS FOR BETH OR JUST  
WANNA TELL HER SHE'S NEAT:  
BETH - MYRICK @ YAHOO.COM