

WORKSHEET FOR THINKING ABOUT SAFER SEX

It's not easy to make a change in your sex practices. We can understand that you're not in a place to be ready to always have safer sex. We encourage you to continue to think about this and explore your feelings further. It can be helpful to consider these questions:

What I like about unprotected sex

What I don't like about unprotected sex

What would need to be different in my life for me to consider making a change?

What help would I like from my doctor?

Strategies for making the most of your medical appointment:

1. **Have a clear agenda** before you go to your appointment.

What are my goals for this appt.? _____

2. **Write down questions** you might ask your doctor today:

Why is safe sex important if I am already HIV-positive?

Are there STDs that you can acquire without knowing it?

3. At the start your appointment, **share your agenda and questions** with your doctor.

4. If your questions are not addressed during the appointment, **reframe the discussion** to meet your needs. You might say, "Dr. _____, *can we take some time to talk about my questions?*"

5. **Let your doctor know why it might be difficult** for you to make changes.

I find it hard to have safer sex because _____

6. **Let your doctor know how he can help** you make those changes.

Resources. For information and support about safer sex, call the CDC National *AIDS Hotline* at (800) 342-2437 or *Stop AIDS Project* at (415) 575-0750.

UCSF Center for Health Improvement and Prevention Studies

www.ucsf.edu/chips email us at chips@ucsf.edu

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