

Risk Reduction Template

GOAL	PRACTICAL STEPS	TIME FRAME
Abstain from sex		
Remain faithful to only one partner		
Discuss condom use with sex partner		
Discuss sexual history with sex partner		
Discuss HIV testing with sex partner before having sex		
Go for HIV test with sex partner before having sex		
Always carry condoms when planning to have sex		
Always use condoms during sex		
Use water-based lubricants with condoms		
Always use dental dams when rimming		
Always use finger cots when finger fucking		
Always withdraw before ejaculating		
Abstain from sex with high risk sex partner (e.g. commercial sex worker or injecting drug user)		
Decrease or eliminate alcohol / drug use before sex		
Decrease or eliminate alcohol / drug use during sex		
Use condoms if having sex while using drugs or alcohol		
Avoid places where may be tempted to have high risk sex		

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