

Safer-Sex Chat Cheat Sheet

Talk

can be the perfect foreplay.

Conversation Starter #1:

"Before we take things to the next level, I think we should get tested for HIV. No matter the results, at least we'll know how to keep each other safe and healthy."

Conversation Starter #2:

"If we're going to have sex, we should use condoms."

Conversation Starter #3:

"I really like you, and like where this is going, but before we go any further, there's something I want to tell you. I'm HIV-positive."

Conversation Starter #4:

"I got tested for HIV and other stuff the first time about a year ago, have you ever been tested?"

Conversation Starter #5:

"Can we talk about sex? Safer sex is really important to me."

Conversation Starter #6:

"You should know that for anal sex, condoms are non-negotiable for me. Are you ok with that?"

Conversation Starter #7:

"So we haven't really talked about it, but can we agree that when the time comes, we'll use condoms to keep each other safe?"



Start Talking. Stop HIV.

Get the facts and tips on how
to start the conversation at
cdc.gov/StartTalking.



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