

mongamous relationship with an uninfected person, he is wrong. Denial can be very dangerous.

Without minimizing the risks involved (which may be considerable), when you find yourself having unsafe sex, the point isn't to berate yourself for the fact that it happened, but instead to figure out how it can be avoided in the future. Learn how to change the circumstances which may make you more prone to unsafe sex. For example:

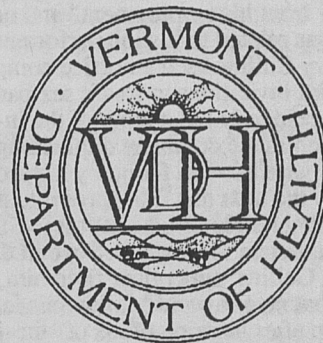
- if being high or drunk contributes to it, then learn to separate drinking or drugs from sexual activity, or consider treatment if you have a problem with chemical dependency.
- if you sometimes go ahead and fuck without condoms when they aren't handy, make sure you plan ahead and always have rubbers and lube available.
- if you find yourself unable to negotiate when a partner wants unprotected sex, try to role play first with a friend, so at least you have some pre-

rehearsed lines for the next time the situation comes up. And if that doesn't work, consider some short-term counseling to help deal with assertiveness skills and self-image questions. And if the same guy keeps pressuring, dump the jerk! You've got the right to insist that your body is treated the way you want, and you're better off without someone who is willing to risk your health for his pleasure.

The list could keep going, but the point is rather simple: when unsafe sex happens (or comes close to happening) try to figure out how you ended up in that situation, and develop a concrete plan to deal with it.

Others can help: talk about it, ask people you trust about how they've dealt with it, and figure out how you can keep having sex safely. Just remember, you aren't the only one struggling with these issues - most of us also face them continually. No one said it would be easy, but the potential pay-offs are tremendous. ▼

For confidential AIDS Information



Call
1-800-882-AIDS

Health Resource Organizations

AIDS HOTLINES:

Vermont	1-800-882-2437
New Hampshire	1-800-752-2437
New York State	1-800-541-2437
Massachusetts	1-617-522-4090
Maine	1-800-851-2437
National	1-800-342-2437
Canadian	1-613-563-2437

AIDS Community Action Project (ACAP)

c/o Caledonia Home Health Agency
PO Box 383
St. Johnsbury VT 05819
(802) 758-8116

AIDS Community Resource Network (ACoRN)

PO Box 2057
Lebanon NH 03766
(603) 448-4400

Bennington Area AIDS Project

PO Box 1066
Bennington VT 05201
(802) 442-4481 or
1-800-845-2437

Brattleboro AIDS Project

PO Box 2403
4 High Street, Suite 2-3
Brattleboro VT 05301
(802) 254-4444 (Helpline)
(802) 254-8263 (Office)

Franklin-Grand Isle AIDS Task Force

8 Ferris Street
St. Albans VT 05478
(802) 524-6554

H.E.A.L. Vermont (Holistic Education and AIDS Alternatives Liaison)

PO Box 795
Montpelier VT 05602
(802) 229-4325

Lesbian Cancer Support Group

(802) 660-8386

Northeast Kingdom AIDS Coalition

PO Box 40
Newport VT 05855
(802) 334-2437

North Star (Holistic Health Care)

RR2 Box 3255
Morrisville VT 05661
(802) 888-2858

Vermont AIDS Council

PO Box 275
Montpelier VT 05601
(802) 229-2557

Vermont C.A.R.E.S. (Committee for AIDS Resources, Education, and Services)

PO Box 5248
30 Elmwood Avenue
Burlington VT 05401
(802) 863-2437 (Burlington)
1-800-649-2437 (Rutland and Washington County support groups)

Vermont Department of Health
1-800-882-2437 (AIDS Hotline) or
(802) 863-7245 (AIDS Program office)

Vermont Friends of the Quilt

PO Box 1422
Burlington VT 05402

Vermont Women's Health Center

336 North Avenue
Burlington VT 05401
(802) 863-1386