

Pilot Test Study for the HIV Risk Reduction Educational Tool

Attachment 8: Message Topics

What is HIV?

- General HIV information
- HIV in the United States
- Stages of HIV infection
- Acute HIV infection
- Superinfection
- Undetectable viral load

HIV Testing

- Different types of HIV tests
- Window period

How safe are different activities for getting or transmitting HIV?

- *Sexual activities*
 - Abstinence
 - Masturbation
 - Kissing
 - Mutual masturbation
 - Outercourse
 - Fingering and fisting
 - Watersports
 - Playing with sex toys
 - Oral sex
 - Vaginal sex
 - Anal sex
- *Needle/syringe use*
 - Injecting drugs and sharing needles/syringes
 - Injecting hormones and steroids and sharing needles
 - Injecting silicone (pumping silicone) and sharing needles
 - Getting HIV from needle use: less common ways
- *Pregnancy, Childbirth, and Breastfeeding*

What are things that influence my chances of getting or transmitting HIV?

- *Using barriers and lubricants*
 - Male condoms
 - Female condoms
 - Dental dams
 - Lubricants
- *Sex and My Sexual Partners*
 - Reducing number of sexual partners
 - Having multiple sexual partners who overlap in time
 - Monogamy
 - Choosing partners with the same HIV status (Serosorting)
 - Being a top or bottom to prevent HIV

- Withdrawal or pulling out
 - Negotiated safety
 - Sex agreements
 - Disclosure of status
 - Power differences in relationships
- *Alcohol and drug use*
 - Alcohol misuse
 - Getting treatment for alcohol and drug use
 - Drug use
- *Taking medicines*
 - Antiretroviral therapy (ART) for treating HIV
 - Pre-exposure prophylaxis (PrEP) for uninfected persons
 - Post-exposure prophylaxis (PEP) for uninfected persons
- *Other health conditions*
 - Sexually transmitted diseases (STDs)
 - Mental health conditions
- *Background factors*
- *Other Medical Approaches*
 - Male Circumcision
 - Vaccines
 - Microbicides
- What are some of the best actions I can take to decrease my chances of getting or transmitting HIV?