

Excerpts from *Healthy, Happy and Hot: A young person's guide to their rights, sexuality and living with HIV*

*"Young people living with HIV may feel that sex is just not an option, but don't worry — many young people living with HIV live healthy, fun, happy and sexually fulfilling lives. You can too, if you want to! Things get easier (and sex can get even better) as you become more comfortable with your status." (Page 1)*

*"This guide is for young people living with HIV who are interested in dating and having sex with people of the same sex or opposite sex, as well as those who are exploring and questioning their sexual orientation." (Page 2)*

*"You have the right to decide if, when, and how to disclose your HIV status." (Page 2)*

*"You know best if and when it is safe for you to disclose your status. There are many reasons that people do not share their HIV status. They may not want people to know they are living with HIV because of stigma and discrimination within their community. They may worry that people will find out something else they have kept secret, like they are using injecting drugs, having sex outside of a marriage or having sex with people of the same gender. People in long-term relationships who find out they are living with HIV sometimes fear that their partner will react violently or end the relationship." (Page 3)*

*"Some countries have laws that say people living with HIV must tell their sexual partner(s) about their status before having sex, even if they use condoms or only engage in sexual activity with a low risk of giving HIV to someone else. These laws violate the rights of people living with HIV by forcing them to disclose or face the possibility of criminal charges." (Page 6)*

*"Get involved in advocacy to change laws that violate your rights." (Page 6)*

*"Your skin is the largest erogenous zone on your body, and your mind plays a big role in your desire for sex and sexual pleasure. Caress and lick your partner's skin. Explore your partner's body with your hands and mouth. Mix things up by using different kinds of touch from very soft to hard. Talk about or act out your fantasies. Talk dirty to them. Tickle, tease and make them feel good." (Page 8)*

*"Play with yourself! Masturbation is a great way to find out more about your body and what you find sexually stimulating. Don't stop there: Find out how your partner's body works, what makes them feel good and what gives them pleasure." (Page 8)*

*“Young people living with HIV have the right to sexual pleasure.” (Page 9)*

*“Sex can feel great and can be really fun! Many people think sex is just about vaginal or anal intercourse... But, there are lots of different ways to have sex and lots of different types of sex. Sex can include kissing, touching, licking, tickling, sucking, and cuddling. Some people like to have aggressive sex, while others like to have soft and slow sex with their partners. There is no right or wrong way to have sex. Just have fun!” (Page 9)*

*“Some people have sex when they have been drinking alcohol or using drugs. This is your choice. Being drunk or high can affect the decisions you might make about sex and safer sex. If you want to have sex and think you might get drunk or high, plan ahead by bringing condoms and lube or putting them close to where you usually have sex. That way you won’t forget them in the heat of the moment. Your partner must be able to freely consent to sexual activity. It is not okay to have sex with someone who is so drunk or high that they are staggering, incoherent or have passed out.” (Page 11)*

*“Sometimes people choose not to have safer sex. If this is something you and your partner agree to, then it is your choice.” (Page 12)*

*“Women may have an unplanned pregnancy, even if they and their partner(s) use contraceptives, and may wish to terminate their pregnancy by having a safe abortion.” (Page 14)*

*“You should find out whether there any centres [where you can access information and health services] . . .near to you where you can go without needing the permission of your parents or guardians.” (Page 16)*

*“Healthy, Happy and Hot is a guide for young people living with HIV to help them understand their sexual rights, and live healthy, fun, happy and sexually fulfilling lives. The guide aims to give information on how young people living with HIV can increase sexual pleasure, take care of their health, practice safer sex, have children, develop strong intimate relationships and access support.” (Back cover)*