

*Slay*

**ME**

**SAFELY!**

**PrEP**

**A Sexual Health Guide**

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## Foreward

This brochure is inspired by Los Angeles Lesbian, Gay, Bisexual, and Transgender (LGBT) Center's **Slay Me Safely!** Campaign. We have modified it for use at the Center for Adolescent and Young Adult Health at the Johns Hopkins Harriet Lane. The focus of this guide is to help young men who are having sex, or thinking about having sex, to be prepared and safe.

**Slay** is a term commonly used by some young people to describe a good sexual experience. **Safely** is about talking openly and honestly about **HIV**, pre-exposure prophylaxis (**PrEP**), and **sexually transmitted infections (STIs)**.

Whether you're getting **slayed** or are **slaying**, it's very important to know your body, potential threats to your sexual health, and the best ways to protect yourself and your partner!

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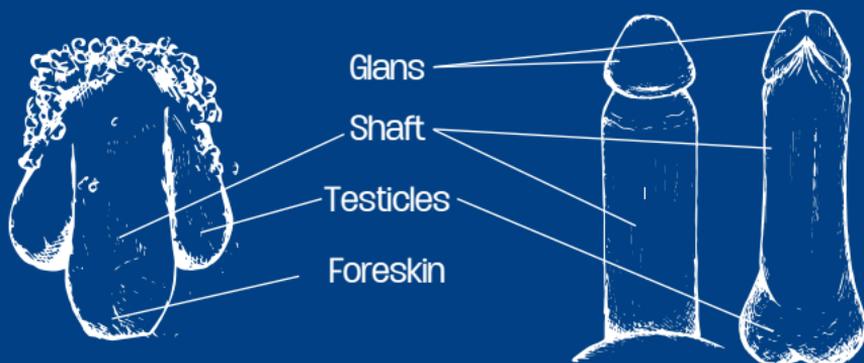
# What is Sexual Health?

- How you think and feel about the sex you are having or want to have;
- Being able to experience pleasure and satisfaction from the sex you are having or want to have;
- Being able to enjoy a healthy body and healthy relationships and having peace of mind about the relationships and sex you are having or want to have;
- Staying sexually healthy no matter if you're having sex or not;
- Taking care of yourself and seeing a doctor at least every year but more if needed;
- Knowing sexual and reproductive health and health care is a right for all persons, including teens and young adults no matter how you identify your sexual identity or who you are attracted to and if you are having sex or not.

***Here are tips to keep you sexually healthy!***

# Know Your Body: Penile Health

**Penis, dick, wood, cock, trade**—whatever you call your penis making sure it's in good health is very important to your overall sexual health. As a refresher, the penis is one part of the male reproductive system. The penis consists of the shaft - the main part of the penis, the glans - the tip of the penis, and the scrotum - the sack of skin that protects the testicles - where sperm is produced.



Some guys have skin that covers the head of the penis called “foreskin”, while others do not; this is commonly referred to as being either “circumcised or uncircumcised” or “cut or uncut.”

The main functions of the penis are to get rid of excess fluids (urine) produced by the kidneys and to release ejaculate (semen or cum). Sometimes guys judge the health of their penis based on if they can get it and keep it hard—but there are other ways of checking to make sure your penis is in good shape.

1) **Not Just the Tip of the Iceberg:** The tip of your penis has a pink opening (the urethra). This is one way that bacteria and viruses can enter your penis and cause infections. Some infections can make your penis itch, burn, or create pus—if this occurs, you should see a medical provider as soon as possible—but remember not all sexually transmitted infections cause symptoms so it's still important to get tested even if you don't have any symptoms!

2) **Skin is Important:** Some sexually transmitted infections (STIs) are passed simply through skin-to-skin contact—like genital warts. It can be hard to tell if a person has a genital wart on their anus, penis, or vagina because they don't all appear in the same way. Inspect your penis regularly and look out for bumps, sores, folds of skin, or other changes and talk about this with your doctor.

3) **Clean Under the Hood:** If you are uncircumcised/uncut, you should pull back the foreskin and clean underneath it daily. Gently pull the foreskin back, rinse the tip of the penis and the inside part of the foreskin with soapy water, rinse it off, and return the foreskin back over the tip of the penis.

4) **Houston, We Have a Problem!:** Sometimes guys have a tough time getting or keeping their penis hard during sex. This can be caused by many different issues and happens to most guys at some point. It might not be an easy topic to talk about with your doctor or partner. Not being able to get hard and stay hard can be embarrassing, but talking about it with your doctor privately may help you come up with some solutions that may work for you.

5) **Self-pleasure:** Masturbation is a safe and normal activity and can be important to your sexual health. Some guys masturbate as a way to explore themselves. Other guys masturbate as an alternative to having sex with another person, to relieve stress, and many other reasons. Whatever your reason, know that masturbation can be a useful activity in your sexual health toolkit.

# Know Your Body: Anal Health

## ANUS

The anus is the opening leading to the anal canal and rectum. Rich in blood vessels and nerves, it's considered one of the most sensitive parts of the body. The outside is surrounded by hair follicles.

## ANAL CANAL

From the anus, the anal canal is the tube shaped entryway leading to the rectum. It's less than an inch long. The outer 2/3 is made of soft tissue that is sensitive to touch. The inner 1/3 is lined with a mucous membrane and is sensitive to pressure. It is also has lots of veins and arteries connected to a ring of muscle surrounding the opening on the inside and outside of the anus.

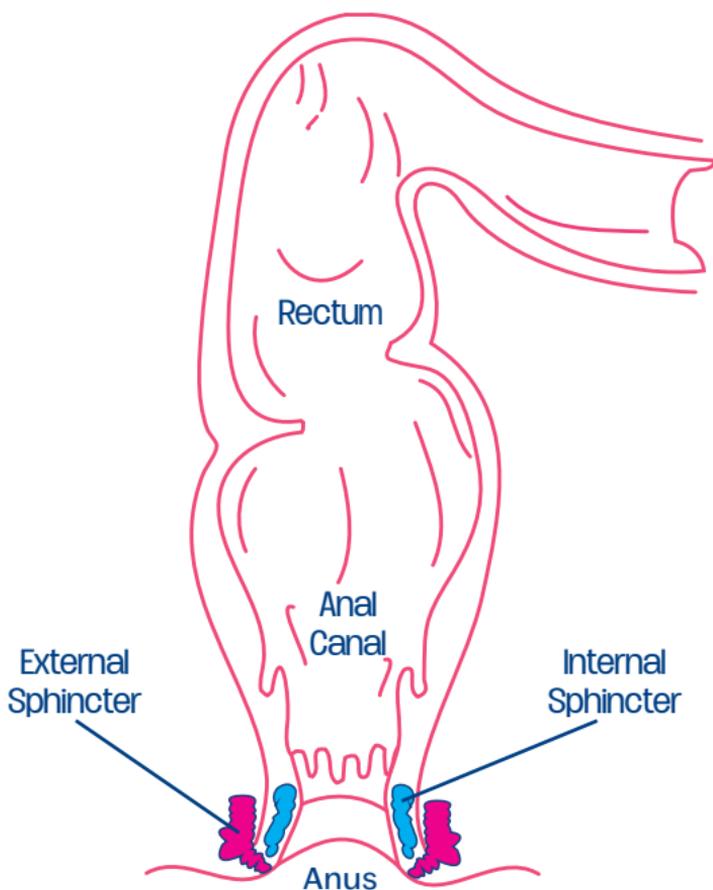
## ANAL SPHINCTERS (circular muscle tissues)

- **External sphincter:** This is closer to the anal opening, controlled voluntarily, and can be relaxed and contracted.
- **Internal sphincter:** This cannot be controlled voluntarily. It relaxes under certain reflexes or stimuli (Ex: pooping or pressure). Using plenty of lubrication, deep breathing, and constant communication with your sex partner during anal sex is best for helping to avoid painful and dangerous anal health outcomes such as painful sex and an anal fissure (tear).

## RECTUM

The rectum starts at the end of the anal canal and measures between 8 or 9 inches. Roomier and more spacious than the anus and anal canal, the rectum is formed by muscles and highly porous tissue that is more delicate than the anus.

The walls of the rectum are sensitive to pressure. The rectum has two curves: one towards the back, the other towards the front. These curves should be taken into consideration when having sex.



# Squeaky Clean: Anal Douching

## **What is anal douching?**

Anal douching is the process of passing fluid inside the butt, or anus, for removal of any residue or stool.

## **Why do people douche?**

People douche to prepare and be cleaner for anal sex or play.

## **Are there risks to douching?**

YES, if done too often, douching can put you at risk for HIV, other STIs, and bacterial infections by:

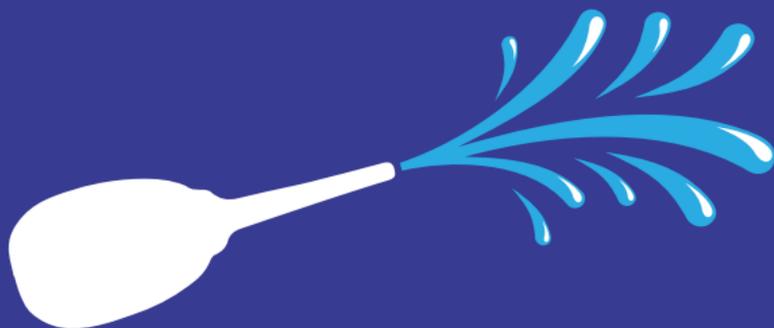
- causing tears and cuts to the tissues inside your butt
- getting rid of the good bacteria that protects against harmful bacteria

## **Do doctors generally recommend douching?**

NO, because of the risks stated above. There are alternatives to douching - see below, and if you choose to do recommended ways to do so - see panel to the right.

## **Are there other options?**

YES. Eating a high-fiber diet can limit your need for douches. Eating healthy can make bowel movements more regular.



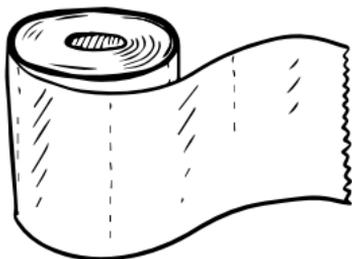


## How do you douche?

1. Set yourself up within reach of the toilet.
2. Fill the douche with warm water.
  - ❗ **DO NOT** use hot or cold water or liquid soap.
3. Lubricate the nozzle of the douche (use water or silicone-based lube).
4. Pick a position:
  - Lie on your side with the top leg bent over the lower leg, or kneel and lower your head to the ground.



5. Insert it a few inches into the butt.
6. Gently squeeze the bulb to allow the water to flow into your body.
  - ❗ **DO NOT** let go of the bulb or used water will go back into the douche.
7. Massage your stomach to get the water moving.
8. Wait until you feel the natural urge to flush the liquid, and get on the toilet.
9. Repeat this until the water you flush out is clear.



# Know Your Body: Oral Health



So much attention is given to anal and vaginal sex—oral sex and health often get let out. When we think about oral health we often think about brushing and flossing our teeth or visiting a dentist for a check-up. However, oral health is so much more! Oral sex is a very common sexual activity. Whether you are performing oral sex on a penis, anus and/or vagina there are some health issues you should know about.

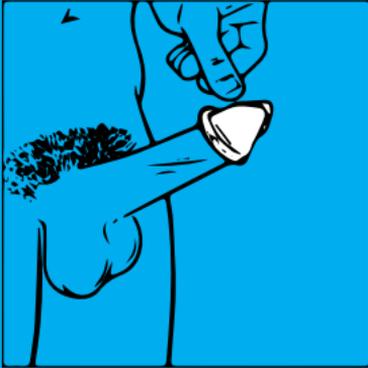
Our mouths (like the vagina, anus, and penis) have pink portions which are mucous membranes and can get infected with a bacteria and viruses pretty easily. Understanding how to best protect your oral health can be an important part of your sexual health goals:

- 1. Low Risk Ain't No Risk!** While oral sex is often thought of as a low risk activity, this usually refers to the risk of getting/passing HIV through oral sex, which while very low is not zero. The same is NOT true for getting/passing syphilis, gonorrhea, chlamydia, herpes, and genital warts. These infections can be easily transmitted from an infected partner to an uninfected partner through oral sex.

- 2. Don't Forget the Throat!:** It is becoming more and more common for young people to get a urine sample to test for chlamydia and gonorrhea—but often the mouth and throat are left out of the picture. Next time you see your doctor tell them if you have had oral sex and tell them you should get a throat swab to test for chlamydia and gonorrhea.
- 3. Spit vs. Swallow:** Sometimes while performing oral sex your mouth may come in contact with your sex partner's pre-cum or semen. Pre-cum and semen can carry bacteria and/or viruses into the mouth and can cause a sexually transmitted infection whether you spit or swallow. The best way to avoid an infection is to use a condom or dental dam for oral sex. There are even flavored condoms available!



# Sexually Transmitted Infections



## INTRODUCTION

**Sexually transmitted infections (STIs)** are just that—infections that are passed from one person to another through sexual contact. The truth about STIs is that they are out there and they are not fun!

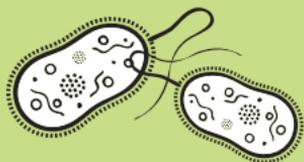
For example, getting treated for syphilis isn't the greatest experience in the world and no one likes the feeling of having to tell a sex partner they've just tested positive for gonorrhea and should go get tested.

One way to avoid some of these situations is to know what's out there and how to avoid it. STIs can be tricky because they don't always have symptoms—so you might be feeling phab but gonorrhea might be having a party in your throat.

**This section is to provide you with some basic information about common STIs, describe how you might know you've got one, and give some advice on what to do about it!**



# Chlamydia



## What is it?

Bacteria that infects the inside of your penis, throat, or anus.

## How do I know if I have it?

Depending on where the infection is, you might have clear or white discharge from your penis; a burning sensation when peeing; painful or swollen testicles; anal discharge, pain, or bleeding when having a bowel movement (or pooping).

## How do I get it?

Oral, anal, or vaginal sex without a condom with a partner who has chlamydia.

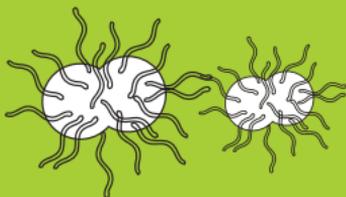
## How do I get rid of it?

Chlamydia can be treated and cured easily with antibiotics.

## How can I lower my risk?

Use a condom everytime. Talk to your partner about getting tested for STIs before having sex together.

# Gonorrhea



## What is it?

Bacteria that infects the opening of your penis, throat, or anus.

## How do I know if I have it?

You might have a burning sensation when urinating; white, yellow, or green discharge from the penis; painful or swollen testicles; anal discharge, pain, or bleeding when having a bowel movement (or pooping).

## How do I get it?

Oral, anal, or vaginal sex without a condom with a partner who has gonorrhea.

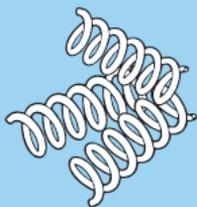
## How do I get rid of it?

Gonorrhoea can be cured easily with antibiotics.

## How can I lower my risk?

Use a condom everytime. Talk to your partner about getting tested for STIs before having sex together.

# Syphilis



## What is it?

Bacteria that causes sores on the mouth, penis, anus and spreads throughout the body.

## How do I know if I have it?

The 1st sign of syphilis is a small painless sore called a chancre, which you may or may not notice. After the initial sore heals, the 2nd stage causes a skin rash on body, palms of hands, and bottoms of feet. In this stage, you may also have painless bumps (or warts) between your butt cheeks.

## How do I get it?

Oral, anal, or vaginal sex without a condom with a partner who has syphilis.

## How do I get rid of it?

Syphilis can be treated and cured with injection(s) of antibiotics or antibiotics taken by mouth for two to four weeks.

## How can I lower my risk?

Use a condom.

**BACTERIA**

# HPV/Warts

(Human papillomavirus)



## What is it?

A virus that can cause warts on your penis, throat or anus.

## How do I know if I have it?

Small and often painless bumps (or warts) may appear on your mouth, genitals, or anal area.

## How do I get it?

From skin-to-skin contact with an infected area (even if no warts are present).

## How do I get rid of it?

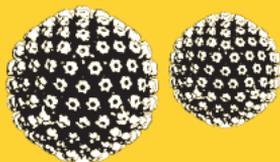
There is no cure for genital warts but warts can be removed by a doctor.

## How can I lower my risk?

Ask your doctor about vaccines to prevent against getting HPV.

**VIRUS**

# Herpes



## What is it?

A virus that can cause painful sores on your penis, mouth and anus.

## How do I know if I have it?

Herpes sores usually appear as one or more blisters on or around your penis, mouth or anus. The blisters break and leave painful sores and may take weeks to heal.

## How do I get it?

From skin-to-skin contact with someone who has herpes (even if they don't have a herpes sore).

## How do I get rid of it?

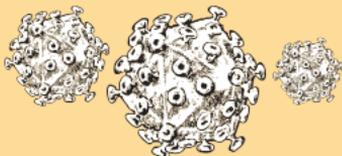
There is no cure for herpes. There are medicines that can prevent or shorten outbreaks and reduce the risk of giving someone else herpes.

## How can I lower my risk?

Use a condom everytime. If you or your partner has herpes, ask your doctor about anti-herpes medication.

# HIV

(Human Immunodeficiency Virus)



## What is it?

A virus that attacks your immune system.

## How do I know if I have it?

2-4 weeks after infection with HIV, people may experience a flu-like illness.

## How do I get it?

Anal, oral, vaginal sex without protection (no condom or no PrEP) with someone who has HIV or from sharing needles with someone who has HIV.

## How do I get rid of it?

There is currently no vaccine or cure for HIV. However, HIV treatments are very effective in helping people with HIV live long and healthy lives.

## How can I lower my risk?

Use a condom. Talk to your doctor about PrEP (see next page) or PEP. Don't share needles.

# Post-Exposure Prophylaxis (PEP):

**Post-Exposure Prophylaxis (PEP)** is an **EMERGENCY MEDICATION** that can prevent HIV infection if you had oral, anal or vaginal sex without a condom with someone who has, or might have, HIV. PEP can also prevent HIV if you were exposed while injecting drugs or hormones. PEP can be used if you have recently been forced to have sex against your will.

**When to take PEP?** PEP works best if started right away. Go to an emergency room or clinic as soon as possible and ask about PEP. You should begin PEP within 72 hours after the exposure.

**Take PEP for 28 Days.** PEP is taken in pill form for 28 days. You need to take PEP each day to keep enough medicine in your body to stop HIV. If you want to stop taking PEP, talk to your doctor first.

**Are there any side effects?** PEP can have mild side effects, like upset stomach, nausea, and headache.

**Follow-up with your healthcare provider.** After you finish taking PEP, your healthcare provider will give you an HIV test to make sure PEP worked.

## How do I access PEP?

Call your doctor or the Center for Adolescent and Young Adult Health at the Johns Hopkins Harriet Lane as soon as possible, or go to an emergency room and let them know that you need **"PEP for HIV Exposure."**

# PrEP: The HIV Prevention Pill

## *One Pill, Once a Day Can Prevent HIV!*



### **What is PrEP?**

Pre-exposure prophylaxis, known as PrEP, is a pill to prevent you from getting HIV. PrEP involves taking a daily dose of Truvada, made of two drugs—Tenofovir and Emtricitabine. After taking them for a period of time, they can prevent HIV from infecting healthy cells. When these drugs build up in the human body, they can stop HIV from replicating and establishing an infection.

### **How effective is PrEP?**

**When used correctly, PrEP provides up to 99% reduction in HIV risk for HIV-negative individuals who take the pills every day as directed.** PrEP is even more effective when it is used with a condom everytime you have sex.

### **Do I still need to use condoms if I'm on PrEP?**

Some people will keep using condoms while on PrEP and others will decide to stop using them. If you are already using condoms consistently, and doing so makes you feel comfortable and protected, then keep doing what feels right to you. Many people struggle with using condoms consistently, which is one reason why PrEP was developed. You have to decide for yourself what level of protection feels right and gives you the peace of mind to lead a sexually fulfilling life.

## **Will PrEP also protect me from other sexually transmitted infections (STIs)?**

PrEP **does not** offer protection from STIs such as gonorrhea, chlamydia, or syphilis. Consistent and correct use of condoms can reduce your risk of getting or giving STIs. It is important for you to be tested for these infections and to be treated promptly if you find out that you are infected.

## **How often do I need to take PrEP for it to be effective?**

PrEP is highly effective if taken every day and is less effective if pills are not taken every day. Before starting PrEP, it's important for you to determine if you are able to take a pill every day to prevent HIV.

# **PrEP only works if you take it!**



**When starting PrEP, it takes at least (7) seven days to reach effective levels of protection against HIV for anal sex.**



**If you do miss a dose, don't panic. Take the pill as soon as you remember, unless it is already time to take the next dose (in that case, do not take a double dose).**

## How can I decide if PrEP is right for me?

PrEP is not right for everyone but may be helpful if you know you are HIV-negative and are having sex with someone you know is HIV-positive, or if you are at risk for getting HIV either through sex or if you are injecting drugs.

If you can answer **YES** to any of the questions below, then PrEP may be one HIV prevention strategy to consider.

- Do you use condoms sometimes or not at all?
- Have you ever had an STI in your butt?
- Have you ever has an STI in your penis?
- Have you taken post-exposure prophylaxis (PEP) more than once in the past year?
- Are you HIV-negative and in a relationship or have a partner who is HIV-positive?
- Are you having sex with someone whose HIV status you don't know?
- Are you in an open relationship or having anal and/or vaginal sex with multiple partners?
- Are you having sex with someone in a city or region where HIV is common?

**IMPORTANT:** PrEP is more than just about taking a pill every day. If you decide to take PrEP, you'll need to see your health care provider at least every three months for routine care and HIV testing.

## What about side effects from taking PrEP? How will my body be affected?

PrEP is generally safe and does not have many side effects. Some people in clinical studies of PrEP had side effects early on such as nausea, upset stomach, diarrhea, mild headache, or dizziness, but these were mild and usually went away after 1-3 few weeks.

For some people, PrEP may also cause a small decrease in how your kidneys work and in the strength of your bones however, research suggests that side effects when using PrEP are not common (less than 1 in 10 people will have a side effect) and mild or not serious. For people who had side effects, they went away after PrEP was stopped and no one had a serious side effect.

You should tell your doctor if these or other symptoms become severe or do not go away, but **DO NOT STOP taking PrEP without first speaking to your doctor.**

If you have Hepatitis B (HBV) infection, PrEP may make your HBV worse. If you also have HBV and take TRUVADA, your hepatitis may become worse if you stop taking TRUVADA.

# Sexual Health and PrEP Resources

## **PrEP is for YOUTH Program**

**The Center for Adolescent and Young Adult Health at  
the Johns Hopkins Harriet Lane**

David M. Rubenstein Child Health Building  
200 N. Wolfe Street  
Baltimore, MD 21287

## **HOURS OF OPERATION:**

Monday through Friday: **8:30 AM–4:30 PM**

## **Want to make an appointment?**

Call: **(443) 287-9067** or **410-955-5710**

Johns Hopkins PrEP Hotline: **(410) 614-PRÉP (7737)**

Visit us online: **[www.prepisyouth.org](http://www.prepisyouth.org)**

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**[www.prepmaryland.org](http://www.prepmaryland.org)**

PrEP Maryland is an informational website designed to help people learn more about PrEP and local PrEP providers.

**[www.y2connect.org](http://www.y2connect.org)**

Y2CONNECT is a resource guide for youth in Baltimore. The site aims to connect Baltimore youth to clinical- and community-based health and non-health programs and resources to assist them in becoming successful adults. It is designed for easy and direct access by youth-serving professionals, parents/guardians and other caring adults, and youth.

## Note Pad:

*Do you have more questions about sex or PrEP?*

Write them down HERE to remember. If your sex life is a hard topic to talk about, **say that to your doctor.** It can help to start the conversation!





# PrEP is for YOUTH

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@The Harriet Lane Clinic



Initiative to Maximize  
Prevention, Access,  
Care & Treatment

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A Baltimore City Health  
Department **campaign**

**CENTER FOR ADOLESCENT AND YOUNG ADULT  
HEALTH AT THE JOHNS HOPKINS HARRIET LANE**