

Bondage, Domination, Sadism, and Masochism (BDSM)

BDSM activities can follow the safer sex practices in this menu. Extra care can be taken for high-risk activities that involve drawing blood. To prevent the exchange of bodily fluids, you can avoid contact between bodily fluids and your or your partner(s)' mouth, vagina, anus, penis or an open cut or sore.

Tattoos and Body Piercing

Activities that break the skin, such as body piercing and tattooing, are activities that require sterile precautions such as new needles, new ink, proper after care and sterilization every time. The steps might not be available to a do-it-yourselfer. Professional technicians should adhere to proper sterilization and safety procedures.

Desserts

There is no such thing as a bad desert. The following activities are all "No Risk", safe, calorie-free fun:

- Fantasizing
- Sensual Touch and massage
- Hand Holding
- Cybersex / Phone Sex
- Hugging
- Masturbation/Mutual masturbation
- Videos
- Bubble Baths

Welcome to the Risk Reduction Cafe! This menu will explain your choices of sexual activity and the level of risk of HIV transmission associated with each one.

Safer sex is...

- About reducing your risk
- Fun, stimulating, sexual, exciting, and erotic
- For everyone, regardless of gender, age, race, orientation, or # of partners

Browse through this menu and plan a meal that reduces the risk of HIV infection without spoiling your appetite. Here's how we've rated the menu:

- **No Risk:** To our knowledge, none of the practices in this group has ever led to HIV infection.
- **No Real Risk:** The practices in this category present a potential for HIV transmission because they involve an exchange of bodily fluids. However, there are no confirmed reports of infection from these activities.
- **Low Risk:** These practices present a potential for HIV transmission. There are few reports of infection from these activities.
- **High Risk:** These practices present potential for transmission and many reports of HIV infection are associated with these activities.

Appetizers

Kissing (sucking face, necking, smooching)
Kissing.....No Risk

Fellatio (giving/getting head, blow job, sucking off)
Receiving.....No Real Risk
Giving.....Low Risk

Cunnilingus (eating out, diving, going down)
Receiving.....No Real Risk
Giving.....Low Risk

Analingus (rimming, tossing salad, eating out)
Receiving.....Low Risk
Giving.....No Real Risk

Analingus may carry risk for Hepatitis A

These dishes are also available a la mode (with a condom). Using a condom substantially reduces the risk of infection if you are giving or receiving. Using a water-based lubricant is also a great way to increase stimulation and decrease risks.

Finger Foods

Digital/ Manual Intercourse: Anal or Vaginal
Receiving.....No Real Risk
Giving..... No Real Risk

Sex Toys (vibrators, dildos etc)
Unshared.....No Risk
Shared, with a new condom.....No Real Risk
Shared, disinfected and rinsed.....No Real Risk
Shared.....Low Risk

Hors d'Oeuvres

Scatophilia (Scat, Poop play, brown)
Onto the body (on unbroken skin)No Risk

Into the bodyNo Real Risk

Urolagnia (urinating, golden showers, watersports)
Onto the body.....No Risk
Into the body.....No Real Risk

Entrees

Vaginal Intercourse (Getting laid, screwing, making love)
With a condom.....Low Risk
Without a condom.....High Risk

Anal Intercourse (anal, screwing, getting laid, making love)
With a condom.....Low Risk
Without a condomHigh Risk

Use of condoms with Nonoxynol-9 (a chemical that kills sperms and prevents pregnancy) is considered risky because the harsh chemicals in it can damage the lining of the vagina or rectum and provide a transmission route for HIV.

Chef's Specials

All of the best establishments suggest you always bring your own condom-ents. For a special taste sensation, try flavored, water-based lubricants and flavored latex condoms. They are just as safe and wont leave you with a bad taste in your mouth.