

# **Safer-Sex Chat Cheat Sheet**

# Talk

can be the perfect foreplay.

## **Conversation Starter #1:**

"Before we take things to the next level, I think we should get tested for HIV. No matter the results, at least we'll know how to keep each other safe and healthy."

## **Conversation Starter #2:**

"If we're going to have sex, we should use condoms."

## **Conversation Starter #3:**

"I really like you, and like where this is going, but before we go any further, there's something I want to tell you. I'm HIV-positive."

## **Conversation Starter #4:**

“I got tested for HIV and other stuff the first time about a year ago, have you ever been tested?”

## **Conversation Starter #5:**

“Can we talk about sex? Safer sex is really important to me.”

## **Conversation Starter #6:**

“You should know that for anal sex, condoms are non-negotiable for me. Are you ok with that?”

## **Conversation Starter #7:**

“So we haven’t really talked about it, but can we agree that when the time comes, we’ll use condoms to keep each other safe?”



# Start Talking. Stop HIV.

Get the facts and tips on how  
to start the conversation at  
**[cdc.gov/StartTalking](https://www.cdc.gov/StartTalking)**.

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