



## Who gave you this kit?

The Washington Heights CORNER Project (WHCP) is an office and street-based outreach program. We are a HARM REDUCTION program, which means that we don't make judgments on your personal choices but will help you stay safe and minimize the risk that those choices may have on your body, mind and spirit.

We offer **FREE** syringe exchange services, safer smoking supplies and safer sex supplies.

In addition to these services, we also provide referrals for any services you may be interested in. This includes, but is not limited to, drug treatment, support and counseling, healthcare, housing, legal and other services you may need.

You can obtain more of these kits and learn more about our program by coming into the office or speaking to one of our staff during outreach hours.

### Outreach Hours

(175th to 181st from Wadsworth Ave over to below the GW Bridge)  
Monday - Friday 10AM-11AM  
Monday/Tuesday/Thursday 6PM-7PM  
Friday 2PM-4PM

Call our outreach phones if you can't find us:  
English: (917) 504-9931  
Spanish: (917) 569-4877

### Office Hours & Location

76 Wadsworth Avenue, Ground Floor (@ 176th Street)  
Monday-Wednesday-Friday 9AM-5PM  
Tuesday-Thursday 9AM-6PM  
Sunday 9AM-3PM

**FUCK SAFE. SHOOT CLEAN.**  
[www.cornerproject.org](http://www.cornerproject.org)



## SAFER SEX TIPS

**GOAL #1 Keep yourself as safe as possible! Staying safe does not only mean physical safety; it can also mean sexual, spiritual, and emotional safety.**

**GOAL #2 To get the most enjoyment out of sex as possible without putting yourself at risk for HIV/STIs and/or other risks**

There is NO such thing as SAFE sex, but there is SAFER sex!

The materials in this kit will help you to practice safer sex, but it is up to you to use these supplies correctly and consistently.

### Other things to consider if you are having sex:

**Birth Control** -- if you or your partner are not trying to get pregnant, using a regular form of birth control (e.g. pills, patch, ring, IUD, Depo shot) can decrease your chances of accidental pregnancy. But remember, these forms do NOT protect against HIV/STIs so use condoms as back up.

**Emergency Contraception (EC)** -- condom broke? Forgot your pill? Just started getting your period again and you didn't know you could get pregnant? You can buy EC in the pharmacy or get it at a local clinic to use up to **5 DAYS** after unprotected sex to prevent pregnancy-- the sooner the better!

**HIV/STI Testing** -- If you have noticed any changes 'down there', you might want to get tested. WHCP provides HIV/HCV testing every Wednesday from 10AM-4PM. For other STI tests, come in for a referral!

Want one of these services but not sure where to go? Come into the office or meet us on outreach and we will gladly give you a referral to get these services that are often **FREE** and always **CONFIDENTIAL**.



## SAFER SEX KIT

### What's in this kit & how does it protect me?

**Male Condoms** -- Used for oral/vaginal/anal sexual activity to prevent exchange of sexual fluids. These come in many varieties-- take your pick! Non-lubricated and flavored may be preferred for oral sex. Make sure to 'pinch the tip' of the condom when putting it on or --pop-- condom will break!

**Female Condoms**-- Used for vaginal/anal sexual activity to prevent exchange of sexual fluids. These are NON-LATEX and great for those with allergies. The female condom can be inserted up to 8 hours before a sexual encounter-- if you are the one wearing it, this may also mean more control for you if your partner wants to negotiate condom use.

**Lubricant** -- used with or without condoms to minimize friction during sexual activity to minimize the chances of getting small tears in the vaginal and rectal cavity-- these tears can make STI/HIV/HCV transmission more likely.

*\*\* Both male & female condoms minimize your chances of unwanted pregnancy and STIs/HIV \*\**

*\*\*\* Use only ONE at a time as using both at the same time increases friction and actually increases the likelihood one or both will break/slip off! \*\*\**

**Dental Dam** -- Used during oral sex (mouth to vagina or anus) to prevent transmission to STIs and Hepatitis A. Make sure to secure the dental dam with your hands to cover genital area and do NOT flip it over!

**Towelette** -- used for cleaning hands or other body areas to wipe away body fluids and bacteria. HIV does not discriminate. You are at risk if you're engaging in any type of sexual activity that involves exchange of sexual fluids!

**SAFE SEX is the BEST SEX!**