

ABSTINENCE

Abstinence means to keep away from all types of sexual activity, including vaginal sex, oral sex, anal sex, outercourse (dry sex or grinding), mutual masturbation, etc.

Abstinence is the only 100% safe and effective way to prevent STI's including HIV, and preventing pregnancy.

Some tips on maintaining sexual abstinence:

- Occupy your time - e.g. take part in sports
- Avoid material that promotes sexual activity e.g. porn videos and books etc.
- Embrace moral beliefs that encourage sexual abstinence
- Surround yourself with persons who embrace sexual abstinence
- Engage in more safe group activities
- Avoid alcohol and drugs



SOME VOLUNTARY COUNSELLING & TESTING (VCT) SERVICES

National Care and Treatment Centre

(formerly GUM Clinic)

Newmarket & Thomas Streets, Georgetown

Tel: 226-0664 / 227 3744

Guyana Responsible Parenthood Association (GRPA)

70 Quamina Street, Georgetown

Tel: 225-6493

St. Joseph Mercy Hospital

130 132 Parade Street, Georgetown

Tel: 227-2072/5

Lifeline Counseling Services

11 Lamaha Street, Georgetown

Tel: 226-8684

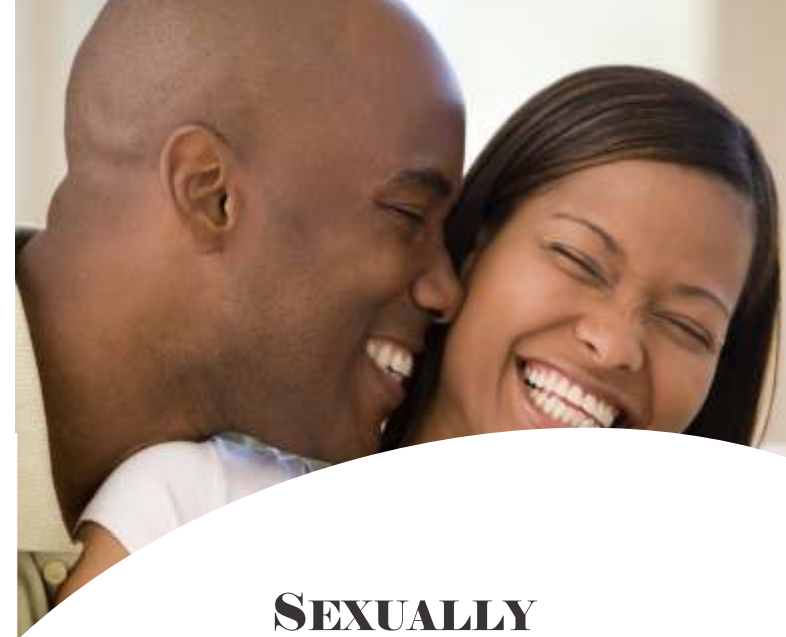
David Rose Health Centre

274 West Ruimveldt

Tel: 223-6365



GUYANA RESPONSIBLE PARENTHOOD ASSOCIATION



**SEXUALLY
TRANSMITTED INFECTION
(STI) PREVENTION**

&

YOU

BARBERS & HAIRDRESSERS

**HIV
PREVENTION
PROGRAMME**