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

Sexually Transmitted Infection (STI) Prevention & YOU

Barbers & Hairdressers HIV Prevention Programme