

Body:

(suggestions taken from HOOK online)

Try and keep pubic hair trimmed short it makes it easier to check for lice and STD's.
Try and inspect your date's dick or vagina for any signs of STD's before the sex.

Try and use body language that shows confidence and control. Try and stay focused and make sure your limits are clear.

Try not to brush your teeth or eat hard candies before a date....this can make sores in your mouth that infections can get into.



Try and keep your mouth moist, drink a lot of water especially if you are getting high, drugs dehydrate you.

Do what you can to eat well and get enough sleep.

Be in control, it is dangerous to let a date tie you up, blindfold you or handcuff you. If your date wants to play like that (SM, bondage, golden showers, brown showers etc.) you stay in control.

Helpful Numbers:

-Needle Exchange-

Boston Needle Exchange:
1-800-383-2437
617-592-7828 outreach cell phone

Cambridge Needle Exchange:
617-599-0246

-Health Centers-

Sidney Borum Health Center:
617-457-8140

Clinic for people ages 14-29
Sex worker friendly!!

Fenway Community Health Center:
617-267-0900

Lynn Community Health Center:
1-781-586-6500

-Transgender Support- GISST:

Gender Identity Support Services
617-292-0102
617-792-3582 24 Hour Cell #

-HIV Testing and HCV Testing-

Project Trust:
617-414-4495

-Referral Hotline-

Massachusetts Helpline
1-800-327-5050 (24 Hours)

-Domestic Violence Resources-

REACH

90 Day Emergency Shelter
1-800-899-4000 (24 Hours)

Safe Link

1-877-785-2020 (24 Hours)

Health and Safety Tips for Sex Workers



Condoms:

Oil can rot a condom in 60 seconds!!!

There is oil in:

Lipstick, chapstick, hand/face cream, vaseline, ointment for yeast infection and hemorrhoids.

Try and wipe off lipstick, chapstick and any other stuff with oil in it before you have sex or give head with a condom.



Try and use only WATER-BASED LUBE....Slippery Stuff, ID Glide, Wet, Astroglide

Silicone lube is safe for latex condoms and is good for anal sex too....it doesn't dry up, but you have to wash it off.

Flavored condoms can give women yeast infections....the lube has a lot of sugar in it....but they are great for oral sex!

AVOID CONDOMS WITH NONOXYNOL-9!!

Many people have allergic reactions...this causes sores which makes it easier for HIV to get into your body....and it makes your mouth numb!

Health:

Try and use condoms for every sex act...vaginal/anal/oral.

PEE OFTEN!!!! This will keep you from getting urinary tract infections.

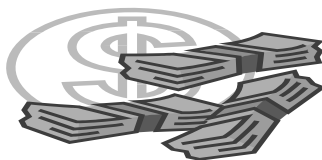
Your clothes and accessories should be attractive but SAFE! Try not to wear stuff that will slow you down if you need to run.

For Women:

Tight pants, nylon underwear and stockings can cause yeast infections. Try cotton underwear, crotchless or none at all!

Try and wear shoes that are easy to run in or easy to take off....and comfortable.

Try using tampons rather than pads, pads can cause infections!



MONEY:

ALWAYS GET YOUR MONEY UP FRONT!!!!!!

Decide on price and service outside the car. Check how many people are in the car.

Try and have a price list and time limits....try and stick with them!

Safety:

Try and pick your own setting, somewhere you know and feel is safe...parking spots, hotel, wherever.

Charging high prices for anal sex can sometimes keep away cheap dates...if you do have anal sex use a condom, lots of lube and BREATHE!!!!



In a hotel or room:

Don't let the trick block your exit, know where they are and keep your eyes on them!!

In the Street:

Try and use a buddy system. If you work alone pretend you have a friend with you. When you get in the car call out the plate number to someone.

Warn each other of violent dates or dates who don't pay. Make your jobs safer....work together, support each other, keep other safe from rape, violence or death.

Try and stay alert, going to work really high or really drunk can be dangerous.

TRUST YOUR INSTINCTS!!!!

BE SAFE!!!!!!