

This is a list of some supplies that we distribute on outreach. If you are a woman who knows other women who work, you can schedule a bulk delivery by calling 866-509-SAFE.

Alcohol wipes: Kills many bacteria on skin. Do not use alcohol wipes to clean a fresh wound. Alcohol dries your skin and makes it take longer for the wound to heal. Also, alcohol makes it harder for a fresh wound to stop bleeding.

Band-Aids: Covers your cuts

Lubrication: Keeps condoms from breaking.

Dental Dams: Creates a barrier between the mouth and vagina or anus during oral sex or anal rimming.

Tampons: For when you have your period. Remember that menstrual blood can transmit blood-borne viruses such as HIV and Hepatitis C.

Female Condoms: Take control of condom use! You can wear one in your vagina for up to six hours before a date. Female Condoms are made of polyurethane instead of latex. If you or your date is allergic to latex, try a female condom instead.

Condoms: Make intercourse, blow jobs, and hand jobs safer. Flavored condoms should only be used for oral sex because they tear more easily than regular condoms.

Local Resources:

Healthcare

Planned Parenthood	215-351-5560
Women's Therapy Center	215-567-1111
Maternity Care Coalition	215-627-7390
Catholic Worker Free Clinic	215-423-0222
Street Side Health Project	215-787-0112

Domestic Violence/Rape

Women In Transition	215-751-1111
Domestic Violence Hotline	866-723-3014
Congreso de Latinos Unidos	215-763-8870
Women Organized Against Rape	215-985-3333
Women Against Abuse	215-386-7777
Lutheran Settlement House	215-426-8610

Shelter

Project H.O.M.E.	215-232-1984
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Drug Treatment Info and Services

Prevention Point Philadelphia	215-634-5272
BHSI (if you don't have insurance)	215-546-6435
CBH (if you have Medical Assistance)	888-545-2800
Project SAFE	866-509-7233

How to Stay Safe

This is a harm reduction based health guide for safer dating in Philadelphia. It contains both educational material and information that might reduce the risks involved with working. It also lists some of the supplies we distribute during outreach and a brief description of their purpose.

Project SAFE
PO Box 42016
Philadelphia, PA 19101
866-509-SAFE
www.safephila.org
safephila@gmail.com

Project SAFE believes in every woman's right to health and well-being as well as in women's competency to protect and help themselves, their loved ones, and their communities.

Risk Reduction

Only you can decide how best to keep yourself safe. Here are some ideas for you to consider:

Preparation:

- Check your Bad Date Sheet
- Wear shoes that you can run in or that come off easily.
- Don't wear anything around your neck that could be used to strangle you.
- Wear small earrings, clip-ons, or none at all.
- Wear clothing that does not need to be completely removed for sex.
- Consider using a female condom. You can put wear one for up to six hours before having intercourse. Always use a new condom for each date.
- Brush your teeth, douche, or use enemas AFTER work, NOT BEFORE or between dates. Brushing teeth, douching, and enemas can all cause tiny cuts or scrapes that can make you more vulnerable to infections.

Buddy System:

- While you're dating, find a partner who will know where you are or how long you expect to be away.
- If you don't have a partner, fake it and pretend that you do by shouting out what time you'll be back.
- Give your buddy as much info as you can about your date in case something goes wrong. Helpful information includes your date's name and/or physical description, a description of the date's car (color, size, make, model, license plate, etc.), where you're going, etc.

- Share information with other women – for example, tell them about bad dates, ways you've learned to keep yourself safe, etc.

Negotiation

- Trust your gut.
- Be aware of your surroundings and pick your own settings.
- Make sure your client is alone.
- Figure out what the client wants before you agree to go on a date.
- Negotiate prices and services before you get in a car.
- Get your money up front and keep it separate from the rest of your money until you leave the client. This way, if he robs you, he won't take everything.
- Check for broken door handles or locks before getting into a car.
- Check for extra people before getting into a car.
- Do not leave your neighborhood with a client.

When Working:

- Try to be on top during intercourse (it will be easier to escape if your client turns violent).
- Use LOTS of lube to prevent tearing. This is extra important if you use drugs because drugs dry you out.
- Always use lube for anal sex.
- If you're having both vaginal and anal penetration, it's important to keep the bacteria from your butt out of your vagina. Use one condom for anal sex and another for vaginal sex, ask your date not to use the fingers he's put in your butt in your vagina, or do vaginal penetration before anal penetration.

- Avoid bacterial infections and bladder infections by urinating frequently after sex.
- If your client doesn't want to use a condom, try to sneak one on with your mouth, or use a female condom instead of a male one.
- If you are attacked, scream loudly and escape towards people and well-lit areas.

Bad Date Alert:

Rape is always rape, even when you are working. You can report a violent client to Project SAFE and we will post an anonymous description of the incident and your attacker on the Bad Date Alert. We do not share this information with the police or other governmental organization, but we can help you if **you** wish to make a police report or get a rape kit exam. If you want to get a rape kit exam done at a hospital, **YOU DO NOT HAVE TO GIVE YOUR NAME** and **YOU DO NOT HAVE TO FILE A POLICE REPORT.**

Prevention:

- Know your status! Get tested regularly for HIV, STD's and hepatitis C. Affordable treatment is available.
- Hep C can live in dry or wet blood for up to three weeks.
- HIV and other STD's can be transmitted through oral sex. Use a dental dam or other rubber barrier during oral sex.