

## This leaflet gives information about anal sex and HIV.

### What is anal sex?

Anal sex is when a man puts his penis into his partner's anus or rectum. This is not the same as when the penis is inserted into the vagina "from behind" or "from the back".

### Who has anal sex?

Although most people are embarrassed to talk about it, all kinds of people have anal sex. Both men and women have anal sex, regardless of their sexual orientation.



### Why might people have anal sex?

There are lots of reasons why people engage in anal sex, some of which include: curiosity, pleasure, boredom, faster ejaculation, tighter sensation, to please a partner, money, during pregnancy or menstruation, as a form of contraception, to maintain 'virginity', to increase intimacy, and many other reasons.

### Can HIV be transmitted through anal sex?

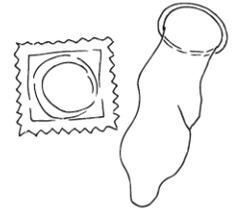
Yes. In fact, unprotected anal sex puts people at higher risk for acquiring HIV than any other sexual behavior. Unprotected anal sex is riskier for women than unprotected vaginal sex when it comes to acquisition of HIV other STIs.

### Why is unprotected anal sex so risky?

HIV can easily be transmitted through anal sex because tissue in the rectum is very delicate and lacks natural lubrication. Rectal tissue is easily damaged during un-lubricated anal sex, providing an easy point of entry into the body for the HIV virus.

### How can I protect myself from HIV during anal sex?

The best way to protect yourself from HIV while having anal sex is to use condoms and water-based lubricants (like KY jelly). Oil-based lubricants (like Vaseline or body lotion) will damage condoms. Even though water-based lubricants should not be used vaginally in ASPIRE, they are ok to use during anal sex. Other risk reduction options include reducing the number of sexual partners and replacing anal sex with less risky sexual behaviors. The ring should never be inserted rectally.



### Why is it important to talk about anal sex in ASPIRE?

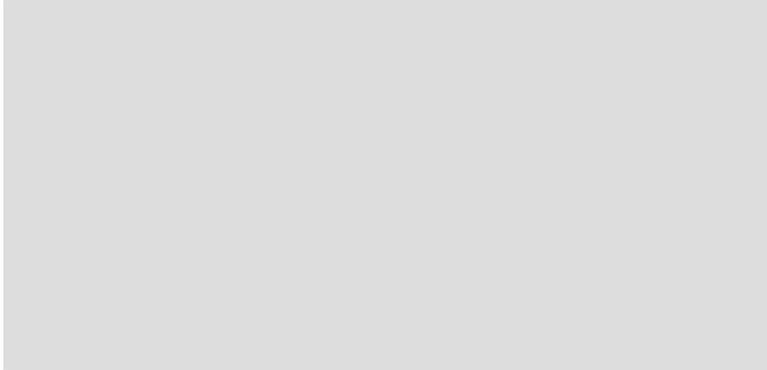
Many women and men are unaware that unprotected anal sex puts them at higher risk for HIV and other STIs. Study staff ask for open reporting of anal sex practices in the study to make sure that participants have the information they need to protect themselves. Additionally, if study participants have unprotected anal sex and become infected with HIV, it will be difficult for researchers to know if seroconversion was due to unprotected anal sex or the ring not working during vaginal sex. The ring was not designed to protect from HIV transmission through anal sex, so if a participant acquires HIV during the study, knowing about anal sex behaviors will help the research team understand if the infection could have been transmitted due to sexual practices that are not protected by vaginal ring use.

### The study staff are here to help.

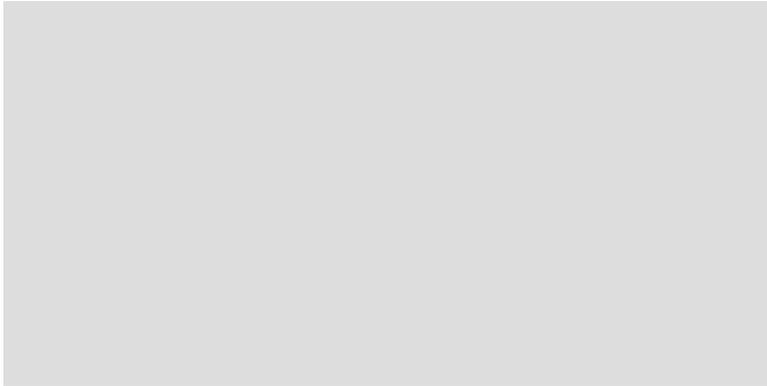
Study staff are available to inform and counsel study participants, their partners, and other community members about anal sex and any questions or concerns they may have, and will do so on a non-judgmental and professional way.



If you have questions or need more information, please visit the study clinic:



If you have any immediate questions or concerns, you may also contact:



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## Information about Anal Sex

