HIV/STI Prevention Toolkit

- Engaging in safer sex practices (e.g., using a condom or dental dam)
- PrEP (pre-exposure prophylaxis) and PEP (post-exposure prophylaxis) to help prevent HIV
- The HPV vaccine to reduce your risk of getting HPV-related cancers and genital warts
- Getting tested regularly for HIV and STIs

Tips for Using Condoms

- Experiment with different condoms to find one that fits and feels right for you
- Practice talking to your sex partners about using condoms
- Practice putting a condom on and taking it off correctly
- Use a water-based or silicone lube to increase pleasure and help prevent the condom from breaking

HIV & STIs: What do gbMSM need to know?

In 2019, 40% of new HIV cases in Canadian adults were among gbMSM.

Rates of syphilis, chlamydia, and gonorrhea have been increasing among men.

Sexually transmitted human papillomavirus (HPV) is a leading cause of oral and anal cancer among men.

Condoms Are an Important Part of Your HIV/STI Prevention Toolkit

When used consistently and correctly, condoms:

- Are highly effective in preventing the sexual transmission of HIV
- Reduce the risk of other STIs including syphilis, gonorrhea, chlamydia, and HPV

3 Center for Disease Control and Prevention. https://www.cdc.gov/cancer/hpv/statistics/cases.htm