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Attorneys for Plaintiffs

UNITED STATES DISTRICT COURT  
DISTRICT OF OREGON

POWELL'S BOOKS, INC.; et al.,

Plaintiffs,

v.

HARDY MYERS, in his official capacity as  
ATTORNEY GENERAL OF THE STATE OF  
OREGON, and the DISTRICT ATTORNEYS  
of the 36 Counties, in their official capacities  
as DISTRICT ATTORNEYS,

Defendants.

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CV '08 - 0501 - 10  
Civil No. \_\_\_\_\_

DECLARATION OF  
REBECCA HARMON

I, REBECCA HARMON, certify and declare as follows:

Background

1. I am the associate executive director of Cascade AIDS Project (“CAP”), a plaintiff in this action. I submit this affidavit on behalf of CAP, its employees, volunteers, and the recipients of its services, in support of plaintiffs’ motion for a preliminary injunction to enjoin the State from enforcing ORS 167.051 through 167.057 (the “Statute”), an unconstitutional censorship law which will apply to institutions, such as CAP, who provide sexuality education programs.

2. CAP has been an Oregon nonprofit corporation organized for the public benefit since 1985. CAP’s mission is preventing new HIV infections, caring for people affected and infected by HIV/AIDS, educating communities to eliminate stigma and shame, and advocating for immediate action in combating the pandemic. As part of that mission, CAP has implemented the Teen2Teen program, a group of passionate, activated youth ages 15-19 who volunteer for an entire year and are trained as peer educators in HIV/AIDS and sexuality education. The young people in Teen2Teen dedicate their time to learning and educating about HIV/AIDS, sexuality, gender, sexual orientation, healthy relationships, and more. As a part of that program and other sexuality education efforts, CAP distributes materials including descriptions or depictions of sexual behavior.

Fear of Prosecution Under the Statute

3. CAP fears that its agents, employees, and volunteers may be at risk of criminal prosecution under the Statute for permitting minors to access constitutionally protected material which could be deemed “sexually explicit” or to appeal to a person’s “sexual desires” under the meaning of the Statute.

4. Under ORS 167.054, it is a crime to “intentionally furnish” or “intentionally permit” anyone under the age of 13 to view “sexually explicit material” if the accused “knows that the material is sexually explicit material.” Such material includes material containing visual images—including paintings and drawings—of masturbation, intercourse or genital/oral/anal contact between people. *See* ORS 167.051(5). It could be interpreted to include materials used by CAP. “[F]urnish” is defined broadly, including “to sell, give, rent, loan or otherwise provide.” *See* ORS 167.051(2).

5. There are two exceptions under ORS 167.054. First, under ORS 167.054(2)(a), certain persons, including employees of museums, schools, medical treatment providers, or public libraries, are not subject to prosecution. CAP does not fall into that exception. Second, under ORS 167.054(2)(b), CAP would not be subject to prosecution if the sexually explicit portions of the material furnished, or permitted to be viewed, “form merely an incidental part of an otherwise non-offending whole and serve some purpose other than titillation.” I believe that exception is vague. I have no way of knowing, and do not understand, what specific material qualifies for that exception.

6. I understand that, under ORS 167.054(3), an affirmative defense exists for a criminal defendant who can prove that the material was furnished “solely for the purpose of sex education.” CAP may be able to assert that defense. However, asserting that defense does not guarantee CAP immunity from prosecution or a successful defense to prosecution. In addition, even if CAP were able to assert the defense successfully, the defense would not exempt CAP from the expense, inconvenience, and stigma of a criminal prosecution. Further, I believe HIV prevention activities executed in areas of Oregon with relatively less experience delivering healthy sexuality education will be prone to scrutiny by local jurisdictions with little experience

understanding these materials and could serve to exacerbate further the chilling effect. Therefore, the availability of the affirmative defense does not remove the chilling effect that the Statute has on CAP's constitutionally protected activities.

7. Under ORS 167.057, it is a crime to disseminate to anyone under the age of 18 a "visual representation or explicit verbal description or narrative account of sexual conduct" for the purpose of "arousing or satisfying the sexual desires of the person or the minor . . ." I understand that is a very broad provision encompassing material with textual descriptions, as well as visual depictions. It could be interpreted to include materials used by CAP. I also believe that ORS 167.057 is vague because the phrase "arousing or satisfying the sexual desires" is open to a wide variety of interpretations. ORS 167.057 is also vague because it contains the same undefined and vague "incidental part" exception contained in ORS 167.054.

8. Under ORS 167.057, furnishing a 17-year-old minor with prohibited materials is a crime if the material is furnished for the purpose of satisfying the sexual desire of the minor. As described above, some materials that CAP provides contain sexually related content that may be sexually arousing to some teenagers. Under ORS 167.057, CAP would be committing a felony if a 17-year-old obtained materials from CAP to satisfy his or her sexual desire or to become sexually aroused while reading those materials.

9. Under both ORS 167.054 and ORS 167.057, there is an affirmative defense if a defendant had reasonable cause to believe that the person receiving the offending materials was not under 13 (ORS 167.054) or under 18 (ORS 167.057). It would be quite arduous, if not impossible, for CAP to determine the age of each recipient of its materials without substantially limiting or eliminating the means of distributing those materials. In addition, although CAP might be able to assert that defense in some circumstances, the fact that CAP would have to

plead and prove the defense would create the same problems described above regarding the other affirmative defense CAP might be able to assert.


10. As stated above, certain materials employed by CAP in its Teen2Teen program, and in other educational activities, include depictions or narrations of sexual activity in order to demonstrate safe sexual behavior. CAP provides those materials to the peer educators in the Teen2Teen program for the purpose of having the peer educators learn about healthy sexuality and having them pass on that information to others in their peer groups. The peer educators are between the ages of 15 and 19. CAP does not know (and could not possibly know) the precise ages of peer group minors who receive materials from the peer educators. The materials provided to the peer educators (and, by extension, to their peer groups) are necessarily sexually explicit and are likely constitute “sexually explicit material” and / or “visual representations or explicit verbal descriptions or narrative accounts of sexual conduct” that may appeal to a person’s “sexual desires” under the Statute. Exhibit A contains an example of one pamphlet used in the Teen2Teen program. It is impossible to tell, given the vagueness of the statute, whether Exhibit A and other materials used by CAP “serve some purpose other than titillation” or whether they “form merely an incidental part of an otherwise nonoffending whole.” I believe the only way for CAP to ensure compliance under the Statute would be to stop using those materials entirely. Doing that would certainly hamper, if not eliminate, CAP’s ability to pursue its mission.

11. In short, if the Statute is not enjoined, then CAP will be forced to either risk criminal liability or to self-censor its educational materials, depriving it of the ability to carry out its educational mission. As importantly, adults and older teenagers will be restricted from accessing constitutionally protected materials.

12. For all the reasons stated above, CAP fears prosecution under the Statute and requests that such prosecution be enjoined.

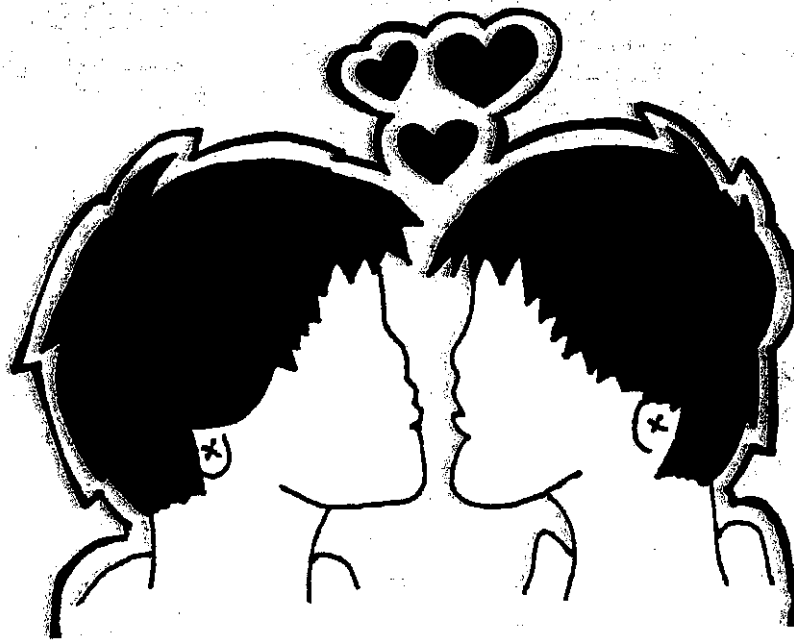
I declare under penalty of perjury that the foregoing is true and correct.

DATED: April 23, 2008.

  
Name

# A YOUNG MALE'S guide to...

♥ AN INFORMATIVE ZINE  
FOR GUYS WHO LIKE GUYS. ♥



★ WHO DOES CASCADE AIDS ★  
PROJECT ★ THINK THEY ARE?! ★

★ CASCADE AIDS  
PROJECT  
620 SW 5th Ave. Suite 300  
Portland, OR 97204

★ CALL:  
503.223.5907  
★ VISIT:  
★ CASCADEAIDS.ORG ★

This zine was commissioned by the  
Men's Prevention & Wellness Department  
of Cascade AIDS Project.

**Our Mission:** to create sexually healthy and happy people and communities by reducing stigma, intolerance, and isolation; while increasing dialogue and providing information and the means to create positive change in individuals, groups, and communities.

For more information on Men's Prevention & Wellness contact  
cityguys@cascadeaids.org

For more information on men's health visit  
www.man2manpdx.us

Look for **CityGuys**, our men's outreach team that goes out in the bars, clubs, and bathhouses providing information, support and supplies for men who like men.

The intended audience for this zine is young guys who have sex with guys, their friends, supporters, and those who provide services to YMSM. The intended age(s) are those who are 18 and over. Cascade AIDS Project and Men's Prevention & Wellness is not responsible for the actions of those who read this zine; the information in this zine is provided to empower and inform young guys.

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★ A YOUNG MALE'S GUIDE... ★

AN INFORMATIVE ZINE FOR BOYS WHO LIKE BOYS... But definitely NOT LIMITED to BOYS!  
INSIDE THIS ZINE YOU'LL FIND INFORMATION ON:

METH. COMMUNICATION. HERPES.  
STIs. RESOURCES. ANATOMY.  
HIV/AIDS. LOVE.  
BODY IMAGE. CONDOMS!  
HEALTH.



...AND A WHOLE LOT MORE. DUH!



# COMMUNICATION?!

WHY WOULD ANYONE WANNA TALK ABOUT SEX?

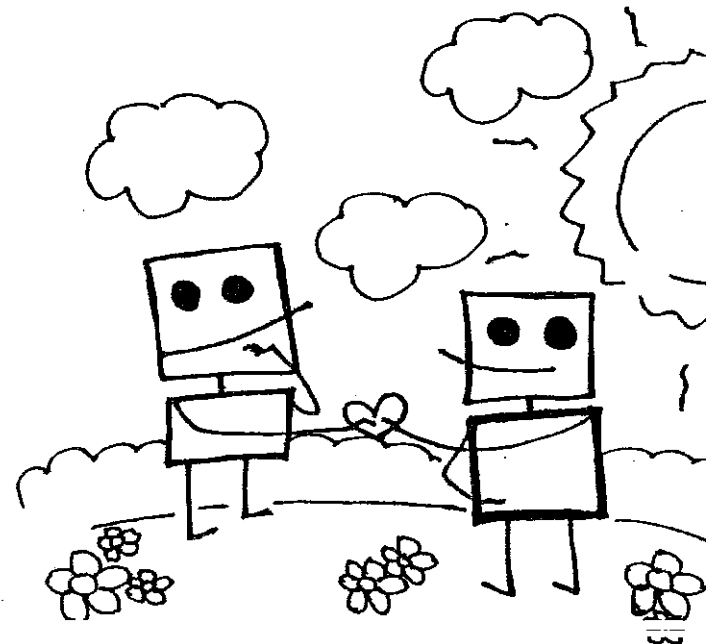
OPEN COMMUNICATION BETWEEN PARTNERS IS KEY TO A HEALTHY RELATIONSHIP... COMMUNICATION IS NECESSARY TO SET BOUNDARIES, GAIN UNDERSTANDING OF WANTS & NEEDS AND BUILD TRUST. [AMONG OTHER THINGS, OF COURSE.]

• **BOUNDARIES**: BOUNDARIES ARE GENERALLY DEFINED AS HOW "FAR" ONE WILL OR WILL NOT GO. THESE CAN BE FORMED BY INFLUENCE OF FAMILY, PEERS, MEDIA AND/OR RELIGION. BOUNDARIES AREN'T SOMETHING YOU NECESSARILY WRITE DOWN EACH DAY... NOR ARE THEY SET IN STONE... IT'S JUST WHAT YOU FEEL COMFY PARTICIPATING IN. [I.E. "THERE ARE JUST SOME THINGS I DON'T FEEL COMFORTABLE DOING..."]

• **WANTS & NEEDS**: THIS ONE IS PRETTY SELF-EXPLANATORY... IT'S WHAT YOU WANT, NEED OR EXPECT OUT OF THE RELATIONSHIP. THIS IS EXTREMELY IMPORTANT TO DISCUSS, BEFORE ENGAGING IN ANY SORT OF SEXUAL ACT. WITHOUT ANY KNOWLEDGE OF YOUR PARTNER'S EXPECTANCIES, IT COULD LEAD TO POTENTIALLY EMBARRASSING SITUATIONS AND BROKEN HEARTS. ☺ IF YOU OR YOUR PARTNER[S] DON'T FEEL COMFORTABLE DISCUSSING THESE ISSUES, PERHAPS SUCH SEXUAL ACTS SHOULD BE THOUGHT OVER AGAIN...

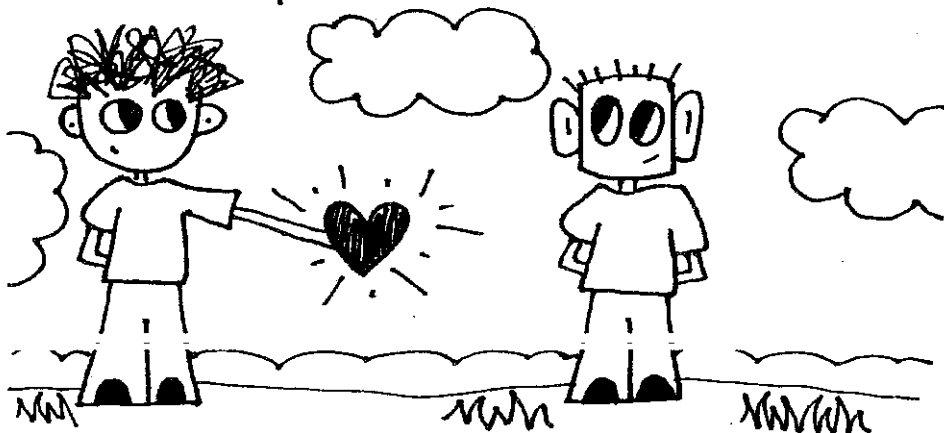
• **TRUST**: A COMMUNICATION OF TRUST IS

BASICALLY THE FOUNDATION OF ANY HEALTHY SEXUAL RELATIONSHIP. TRUST BUILDS FROM COMMUNICATION, AND CAN CREATE INTIMACY AND TOGETHERNESS. WHEN YOU RELY ON YOUR PARTNER WITH YOUR SEXUAL HEALTH, IT'S LIKE PUTTING YOUR LIFE IN THEIR HANDS. BE SURE TO WEIGH YOUR VALUE WHEN WITH SOMEONE... BECAUSE ALTHOUGH YOU MAY TRUST THEM 100%... PEOPLE MAKE MISTAKES. [WE ARE ONLY HUMAN.]



# SOMETIMES WE JUST NEED SOME... ♥ L.O.V.E. ♥

Here's the deal... At some point in your life if it hasn't happened already you're gonna be in a relationship with someone that is different than you... it doesn't matter if that relationship lasts 24 hours or 2 years. And it doesn't matter if your differences are between choice of music, religion or HIV/STD status. get it? ... **IT DOESN'T MATTER!** the sooner you start getting over issues like these, the sooner stigmas are erased. WANNA know the secret to getting over these differences? it's a little thing called: **COMMUNICATION.** [Yeah... it's really that easy.] acknowledge that we're human and move on. you can call it love. acceptance. whatever... just practice it on a daily basis.



# ♥ BODY♥ IMAGE♥♥

... THINK ABOUT HOW MUCH ENERGY YOU'D HAVE IF YOU WEREN'T CONSTANTLY STRESSING OVER: **YOUR FEET. YOUR HAIR. YOUR WEIGHT. YOUR MAKEUP.** WHAT IF YOU SPENT YOUR MORNINGS BEING EXCITED ABOUT THE DAY, INSTEAD OF WISHING YOU WERE JUST FIVE POUNDS LIGHTER?...

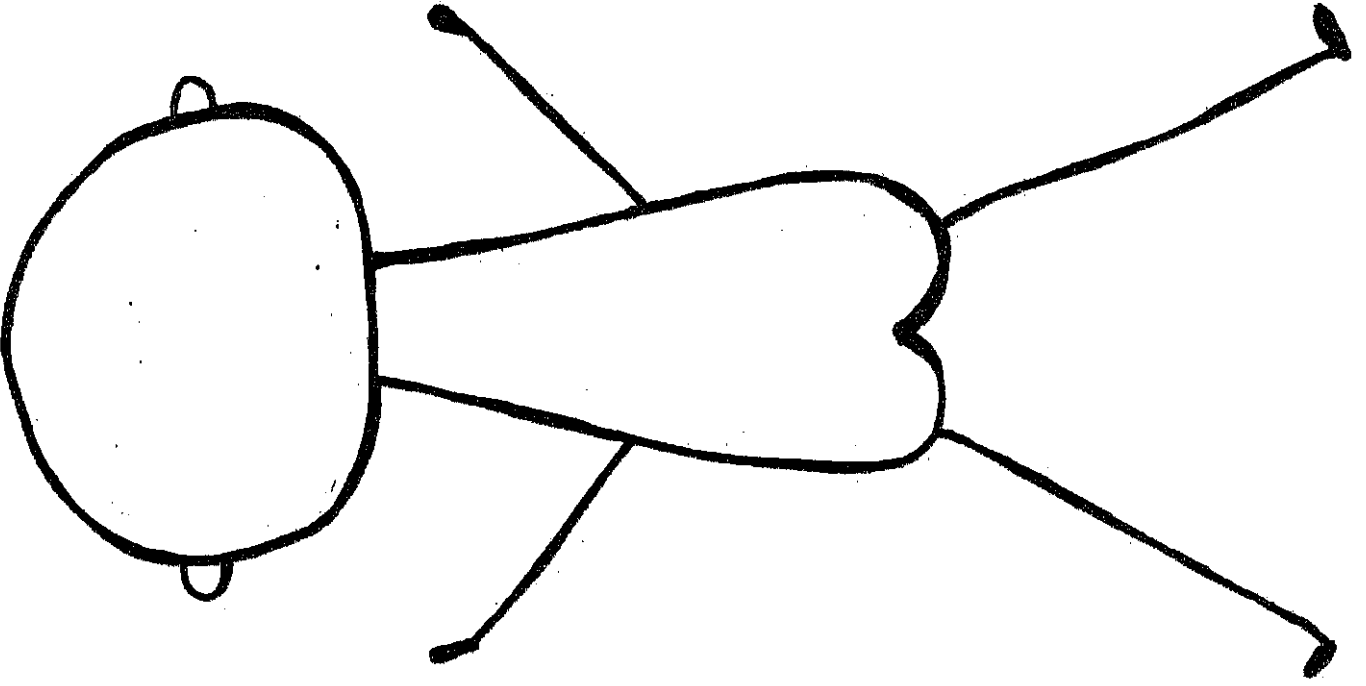
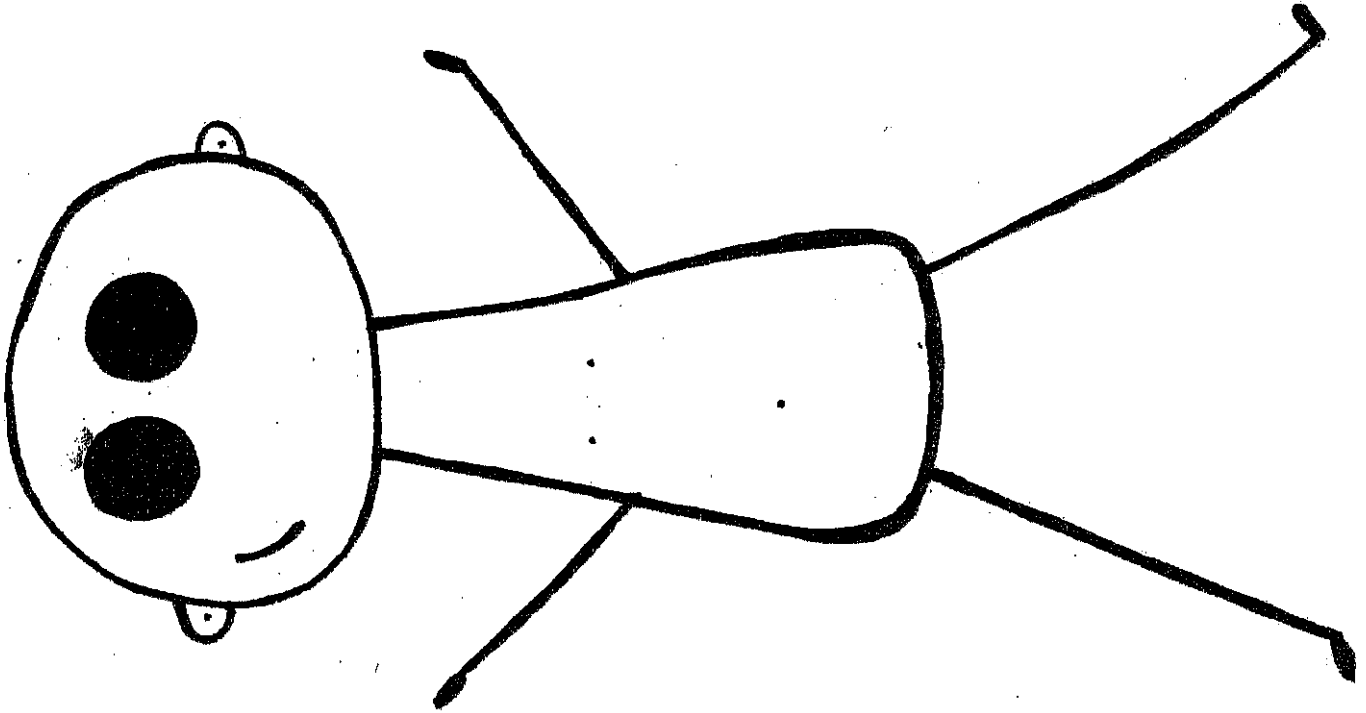
... HERE'S YOUR ASSIGNMENT: ON THE NEXT PAGE, CIRCLE THE PARTS OF YOUR BODY YOU DON'T LIKE. DRAW HEARTS AROUND THE PARTS YOU DO LIKE.

... HERE'S THE GOAL: TRY TO HAVE MORE HEARTS THAN CIRCLES... EVEN IF IT'S JUST ONE!

... WHEN YOU'RE DONE: EVALUATE WHY YOU CHOSE WHAT YOU DID...

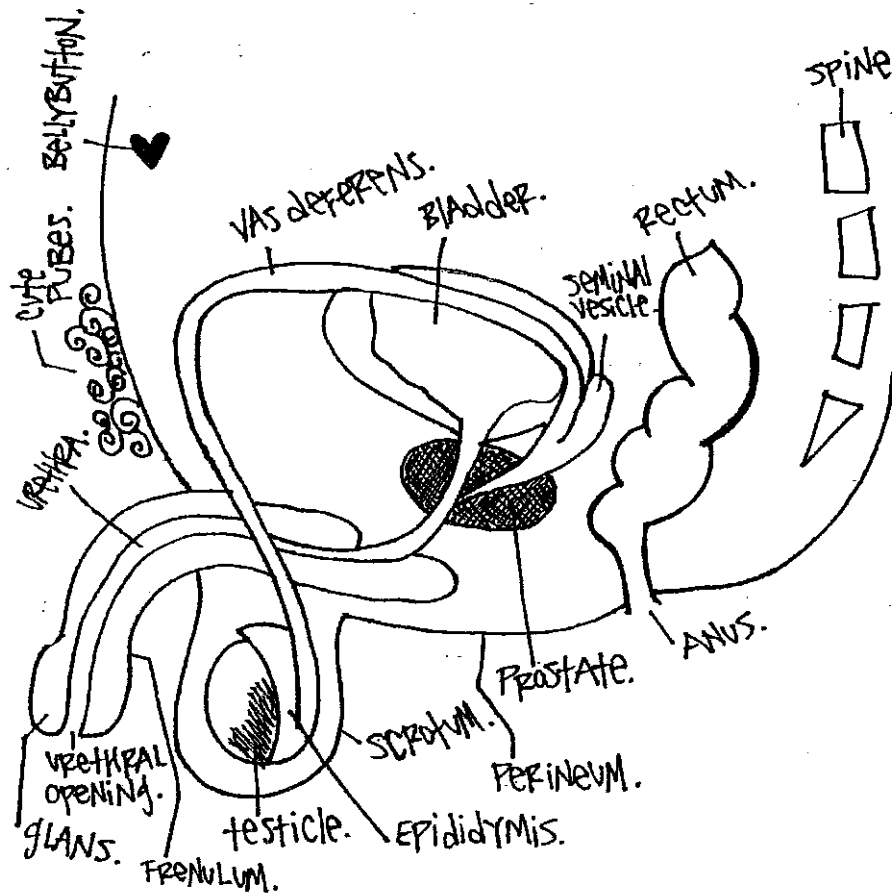
... FOCUS ON THE HEARTS: FORGET ALL ABOUT THOSE CIRCLES! FIND ANOTHER WAY TO EXERT ENERGY! FLABBY ARMS OR CHUBBY THIGHS SHOULD NOT MAKE YOU CHANGE CLOTHING... YOUR DAY OR EVEN





# MALE ANATOMY 101.

... I'm sure everyone learned this in elementary school, but a little refresher couldn't hurt! [check out the next page for all the details.]



• **FRENULUM**: A very sensitive thin strip of skin on the underside of the penis. [connects the head to the shaft!]

• **URETHRAL OPENING**: Your "pee hole." duh.

• **URETHRA**: thin tube that runs from the bladder to the urethral opening... it transports urine from the bladder and prostatic fluid from the prostate & semen from the testicles when you ejaculate. Woo!

• **TESTICLES**, or testes. These bad boys produce testosterone and sperm. The sperm exit the testicles into the epididymis... which connects to the vas deferens.

• **SCROTUM**: the sack that keeps your testicles cozy and safe. [AWW!]

• **VAS DEFERENS**: two small tubes that connect to the epididymis to the urethra for sperm expulsion. [collecting semen ingredients along the way.]

• **SEMINAL VESICLE**: produces nutrients for semen.

• **SEMEN**: White gold. Come. Man juice... A mixture of sperm, prostatic fluid, and nutrients. Expelled from the urethral opening during ejaculation.

• **ANUS**: Your Bum-Hole. the external opening of the digestive tract. consists of two sphincter muscles that form the inch-long, tube-like anal canal.

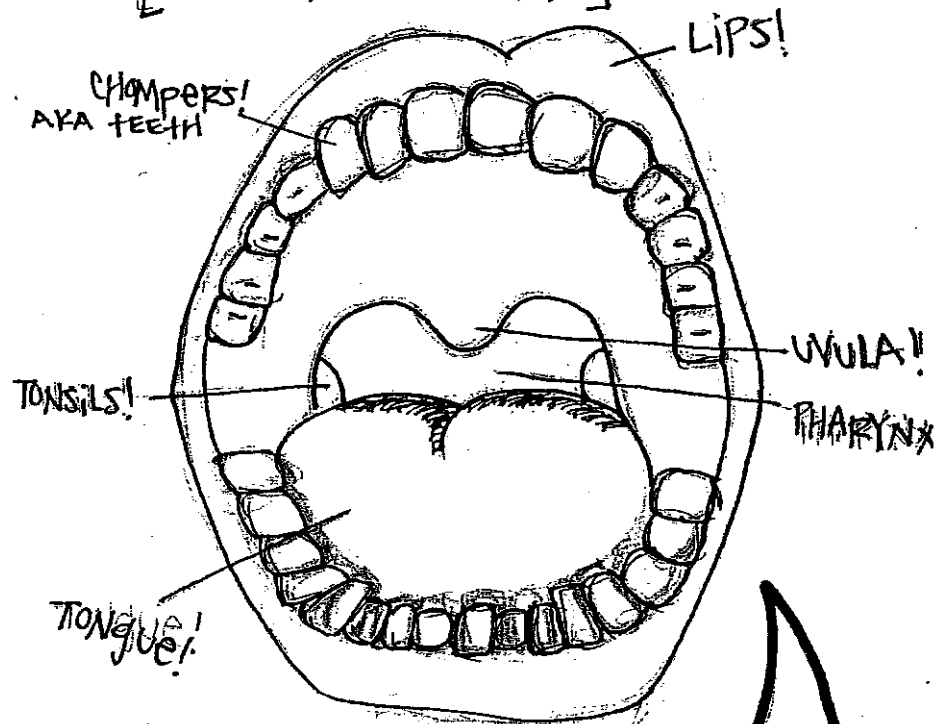
• **THE EXTERNAL SPHINCTER**: you control this... most of the time, at least.

• **THE INTERNAL SPHINCTER**: about an inch past the first sphincter. typically responds involuntarily.

• **RECTUM**: transports food from the large intestine to the anus. [outta the body.] It's designed purely as a passageway. it's the colonic contents of the rectum is stored. AKA poop chute. your ass.

# MOUTH

[AKA ORAL CAVITY!]



ORAL CARE IS EXTREMELY IMPORTANT, ESPECIALLY IF YOU ARE ENGAGING IN ORAL SEX... THE MORE PROBLEMS YOU HAVE IN YOUR MOUTH AND THROAT, THE HIGHER RISK YOU'RE AT IF EXPOSURE TO AN STI OCCURS. **SOME TIPS:** DON'T EAT CRUNCHY FOODS BEFORE PERFORMING ORAL. DON'T SWALLOW! IF YOU WANT FRESH BREATH: USE AHOIDS.

# LOVIN' YOUR FORESKIN.

[IN CIRCUMCISION - HAPPY AMERICA...]

ROUTINE CIRCUMCISION BEGAN IN THE 1880'S... THANKS TO A MAN NAMED JOHN HARVEY KELLOGG. [YEP. FOUNDER OF THE CEREAL COMPANY.] THIS ANTI-MASTURBATION ACTIVIST BELIEVED THAT BOYS WOULDN'T PLAY WITH THEMSELVES IF THE FORE IN WASN'T THERE TO RUB ON THE HEAD OF THE PENIS. **BOY OH BOY WAS HE WRONG!**... LESS THAN 10% OF NEW BORN BOYS ARE CIRCUMCISED IN THE UK... ASIDE FROM INCOME BOOSTS, THERE ARE NO MEDICAL REASONS TO PERFORM ROUTINE DICK DOCKING. [A US. PHYSICIAN MAKES \$150-\$300 FOR EACH TEN MINUTE PROCEDURE.] MAMMM!

♥ THERE ARE, HOWEVER, PLENTY OF REASONS WHY BOYS ARE BORN WITH FORESKINS... RICH IN NERVE ENDINGS, KEEPS THE HEAD OF THE PENIS MOIST, AND YOU HAVE ADDED SLIDING PLEASURE FOR INTERCOURSE & MASTURBATION!

...REGARDLESS OF BEING CIRCUMCISED OR NOT... PENISES COME IN DIFFERENT SIZES, SHAPES AND COLORS. SO YOU SHOULD LOVE YOUR PENIS! [IT'S THE ONLY ONE YOU'VE GOT.]

★ CHECK OUT: CIRCUMCISION.ORG ★

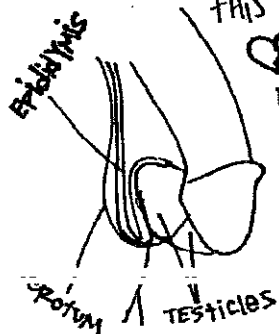


# HEY BOYS: TOUCH YOUR BALLS

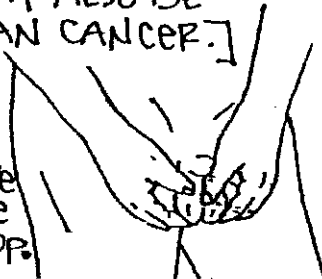
NO, SERIOUSLY. DOCTORS RECOMMEND THAT MEN AGES 15-35 GIVE THEMSELVES SELF-EXAMS EACH MONTH. [BUT DO IT MORE IF YOU'D LIKE...] TESTICULAR CANCER HAS RISEN 25% OVER THE PAST 20 YEARS. AND SINCE THERE IS LIMITED RESEARCH AS FOR THE CAUSE, IT'S VITAL THAT EVERYONE IS AWARE OF THE SYMPTOMS. THEY INCLUDE: A LUMP. CHANGE IN SIZE OF ONE OF THE TESTICLES. A DULL ACHE IN THE LOWER STOMACH OR GROIN. [THESE SYMPTOMS MAY ALSO BE CAUSED BY INFECTIONS OTHER THAN CANCER.]

♥ HERE'S THE DEAL... DO A SELF-EXAM ONCE A MONTH AFTER A WARM BATH OR SHOWER. [THE HEAT CAUSES THE SCROTAL SKIN TO RELAX.] ♥ THE INDEX & MIDDLE FINGERS SHOULD BE PLACED UNDER THE TESTICLE WHILE THE THUMBS ARE ON TOP. ROLL THE TESTICLE GENTLY BETWEEN THE THUMB AND FINGERS. [ONE MAY FEEL LARGER THAN THE OTHER... THAT IS NORMAL.] ♥ FEEL FOR CHANGES THAT WEREN'T THERE BEFORE.

**THE EPIDIDYMIS:** IS CORD-LIKE. IT CAN BE FELT ON THE TOP AND BACK OF THE TESTICLES. IT STORES AND MOVES SPERM. IT MAY BE SENSITIVE TO TOUCH. DON'T CONFUSE THIS WITH A LUMP.

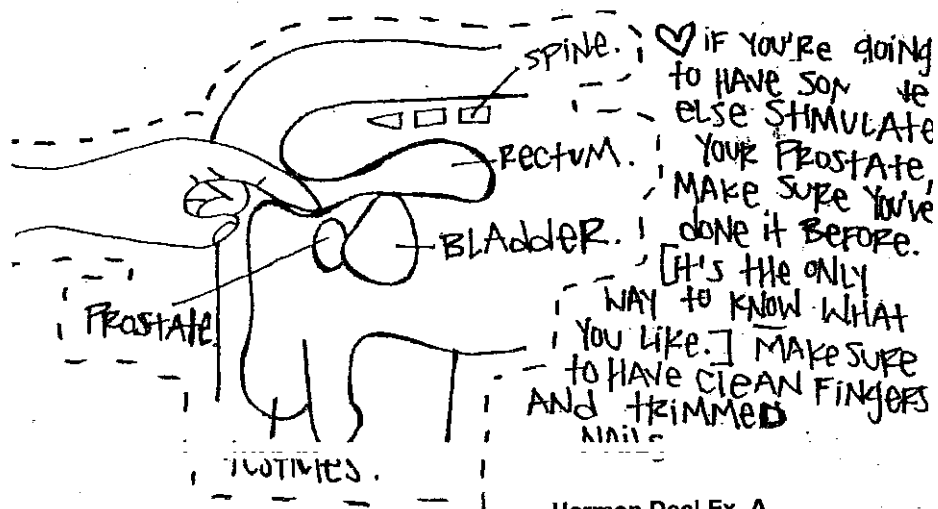


♥ IF YOU FEEL A LUMP, CALL YOUR DOCTOR. NOT ALL LUMPS ARE CANCER. TESTICULAR CANCER ALMOST ALWAYS OCCURS IN ONLY ONE TESTICLE. REGULAR TESTICULAR SELF-EXAMS ARE SHOWER AND CHECK FOR LUMPS.



# X MARKS THE SPOT.

... YOUR GUIDE TO FINDING THE PROSTATE GLAND. WHICH SOME BOYS MIGHT CALL TREASURE. ... YOU MAY HAVE HEARD THE PROSTATE GLAND BEING REFERRED TO AS THE 'MALE G-SPOT'. THIS IS BECAUSE WHEN IT'S STIMULATED, IT CAN INCREASE ORGASM SENSATION HIGHLY... IT'S TRICKY TO FEEL YOUR OWN PROSTATE. MOST MEN FIND IT EASIER TO DO WHILE IN THE SHOWER, WHERE SOAP CAN BE USED AS A LUBE. IT CAN BE FELT BY INSERTING A FINGER INTO THE ANUS. THE PROSTATE IS LOCATED AT THE BASE OF THE BLADDER, AND SHOULD BE NO LARGER THAN THE AVERAGE WALNUT. IF IT'S ANY LARGER, CALL YOUR PHYSICIAN. ALSO, IF IT'S TOUGH AND FIRM IN TEXTURE YOU SHOULD GET AN EXAM BY YOUR DOCTOR.



# MASTURBATION

♡ DON'T ♡ BREAK HEARTS...♡

...AS IF YOU REALLY NEEDED A REASON TO MASTURBATE... BUT JUST IN CASE, I'LL GIVE YOU THREE! [DEAL?]

1.) EJACULATION FLUSHES OUT YOUR PROSTATE... MAKING IT ALL SHINY AND NEW. 2.) IT'S LIKE SIT UPS FOR YOUR CROTCH! WORK THOSE MUSCLES! 3.) MASTURBATION CAN BUILD STAMINA... SAY GOOD-BYE TO PREMATURE EJACULATION.

...HOW ABOUT SOME TIPS? NO ONE KNOWS YOUR BODY LIKE YOU DO, BUT HERE SOME WAYS TO SPICE UP YOUR BOYS-NIGHT-IN SESSIONS...

♡ IT'S ALL ABOUT ACCESSORIES: A WELL LOVED TUBE SOCK. COCK RING. VELVET BLANKET. A PILLOW. BLOW-UP DOLLS. PORN. LUBE. ... GET CREATIVE, DUDE!

♡ DON'T FORGET ABOUT YOUR BOYS: TUG AT YOUR BALLS, RUB 'EM, TALK TO 'EM, MASSAGE 'EM... JUST DON'T FORGET TO SHOW 'EM SOME LOVE.

♡ EXPERIMENT: WITH YOUR BREATHING. DIFFERENT LOCATIONS. BUST OUT SOME ICE, FEATHERS OR THE MIRROR. DO IT WHILE SOMEONE'S WATCHING. ... THE POSSIBILITIES ARE ENDLESS, GENTLEMEN!

♡ PENIS UH-OH'S... THE ONLY TIME MASTURBATION MAY BREAK YOUR HEART...

● DON'T PUT YOUR PENIS IN THINGS THAT IT MIGHT GET STUCK IN. OUCH!

● DON'T WORRY ABOUT THE SIZE OF YOUR BOAT.. IT'S THE MOTION OF THE OCEAN THAT COUNTS. DON'T USE PUMPS OR PILLS TO ENHANCE YOUR 'MANHOOD.'

● DON'T LOOK IT IN THE EYE... SAMANT RIZNIC.

[Yes, even other people's eyes. DUH.]

# MENTAL & PHYSICAL HEALTH! ☆

MAINAINING YOUR HEALTH IS SUPER IMPORTANT! AND PRETTY EASY... TO MAKE IT EVEN EASIER, HERE'S A LIST OF THINGS THAT WILL KEEP YOU HAPPY & ENERGETIC!

## ☑ ROUTINE CHECK-UPS...

MAKING SURE YOUR SHOTS ARE UP TO DATE. CHECKING YOUR BLOOD PRESSURE. EXAMINING YOUR LYMPH NODES. [KNOWING YOUR FAMILY'S HISTORY WILL MAKE THINGS EASIER TOO.]

## ☑ SOCIAL SUPPORT...

HAVING A SOCIAL NETWORK [WHETHER IT'S FRIENDS OR FAMILY] IS VITAL. THIS WAY YOU HAVE AT LEAST ONE PERSON TO TALK TO AND CONFIDE IN.

## ☑ BEING ACTIVE

GO OUT WITH FRIENDS. EXERCISE. BE SOCIAL! INVOLVE YOURSELF IN SCHOOL AND COMMUNITY ACTIVITIES.

# HOW TO GET YOUR GROOVE ON...

...Without ACTUALLY groovin'!/?

☆ FLUID FREE groovin' pushes people to be more creative when it comes to intimacy and having a satisfying sexual experience. It's a great idea for those who are postponing from sex, it offers an opportunity to break out of routine and they are all safe, low-risk activities. [low risk = No exchange of fluid. vaginal or semen.]

☆ Use the following ideas as guidelines. Use em' to open discussion. Use em' to get a couple laughs. Use em' to SPARK ideas. ELABORATE ON em'.

☆ ENJOY!

CREATE YOUR OWN IDEAS

dress each other.

SKINNY  
dipping.

DRY HUMMING  
SAVES LIVES.

STRIP-TEASE.

BUILD A  
FORT.

MUTUAL  
MASTURBATION.

USE  
BLINDFOLDS.

Bike  
Rides.

erotic  
text  
messages.

SHARE  
FANTASIES.

LAP  
DANCE.

drive over speed  
bumps while holding hands

Sit on the  
washing machine  
together.

EAT POP  
ROCKS while  
MAKING OUT.

SHARE A SLEEPING  
BAG...IN THE BACKYARD

WEAR EACH OTHER'S  
UNDERWEAR.

HAVE A PICNIC  
IN A SECLUDED  
PARK.

CHOCOLATE.

LOOK AT PORN  
OR STARS.

MASSAGES.

BODY PAINT.

leave note  
in secret  
spot

take pictures  
of each other.

read erotic poetry  
together.

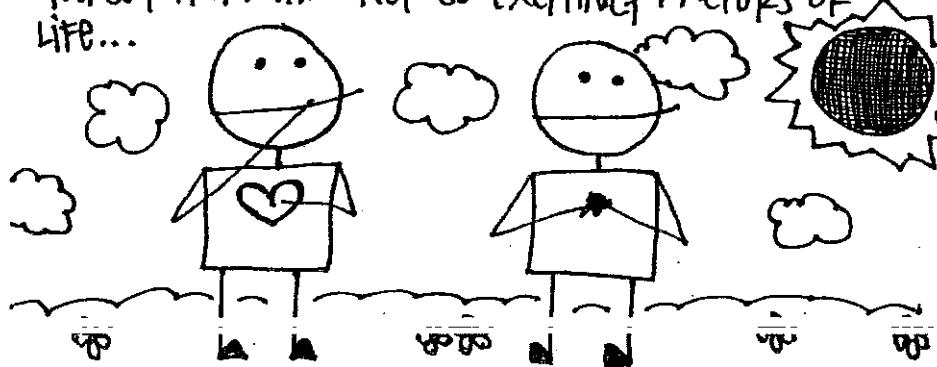


# SEXUALLY TRANSMITTED INFECTIONS

♥ YEAH, YEAH, YEAH. WE'VE ALL HEARD IT BEFORE... "I'M CLEAN." ASIDE FROM THIS BEING DEGRADING TO THOSE THAT DO HAVE STI'S, HERE'S THE SCOOP... MOST STI'S SHOW ABSOLUTELY NO SYMPTOMS. [Yikes!] AND WITH AMERICA HAVING THE HIGHEST RATE OF INFECTIONS, THE "I'M CLEAN" LINE SHOULD MAKE YOU RUN THE OTHER WAY. [OR AT LEAST TO A NEARBY CLINIC.]... BUT IF THAT'S NOT ENOUGH TO GET YOU TO CALL A DOCTOR, 1 IN 5 PEOPLE CURRENTLY HAVE AN STI & 1 IN 4 WILL CONTRACT ONE BY THE AGE OF 24. STILL NOT CONVINCED? MOST STI'S WILL INCREASE YOUR CHANCE OF CONTRACTING HIV.

♥ WHETHER IT'S DENIAL, SHAME OR LACK OF EDUCATION... SOMETHING IS KEEPING PEOPLE FROM TALKING OPENLY ABOUT SEX. WHICH IN THE LONG RUN KEEPS THEM FROM TAKING CARE OF THEIR OWN HEALTH AND THOSE THEY LOVE/JUST FOR STIGMA AND SHAME ARE BY NO MEANS AN EXCUSE TO NOT TALK TO PARTNERS, FRIENDS OR PARENTS ABOUT SEX.

♥ MORAL OF THE STORY: IN A PERFECT WORLD, EVERYONE WOULD BE MAKING DATES AT THE LOCAL STI CLINIC BEFORE ENGAGING IN SEX. BUT! SINCE THAT ISN'T IDEAL FOR ALL SITUATIONS AND RELATIONSHIPS, YOU SHOULD AT LEAST BE AWARE OF WHAT'S OUT THERE AND HOW TO PROTECT YOURSELF FROM THOSE NOT-SO-EXCITING FACTORS OF LIFE...



## - HUMAN PAPILLOMA VIRUS. AKA HPV - -

Also known as genital warts, HPV is the most widespread of all STIs, infecting 5 million people a year. Symptoms are warts in the urethra, anus and sometimes the throat. These sores are soft to the touch, may look like cauliflower and itch. The problem with genital warts is that they are spread through oral sex, often despite condom use, because they can appear on areas not protected by the condom. There is no cure for HPV, but there are many treatments available which reduce the risk of transmission and severity.

## - CRABS & SCABIES. - - - -

Both of these cause itching, small bumps, rash and discomfort in the genital area. Crabs can be seen with the naked eye, while scabies may need a clinical diagnosis. Both are spread by bedding and contact with the pubic area, or things like towels and clothing. Treatment for crabs can be purchased as an over the counter shampoo, while scabies treatment is prescription based.

## - CHLAMYDIA. - - - -

Chlamydia causes discharge from the penis, pain while urinating, frequent urinations, abdominal pains, nausea, fever and swelling of the rectum and/or testicles. 50% of men with Chlamydia show no symptoms. This infection is curable, using antibiotics. It's preventable by proper condom use.

## - SYPHILIS. - - - -

Primary symptoms include wet open sores on genitals, mouth or anus. If left untreated it can cause rashes, fatigue, hair loss, sore throat, muscle pains, and fever. Syphilis is spread mother-to-child, by anal, oral and vaginal sex, and through kissing while open sores are present. Syphilis is curable and can be treated with antibiotics. It's preventable by proper condom use.

## - HERPES. - - - -

Known as a cold sore when it's present on the mouth, the two types of herpes can also be spread to the genitals. Symptoms include blisters, sores and rashes of the genitals, anus or mouth. Herpes on the mouth can be transmitted to the genitals and the other way around. There is no cure, but the symptoms can be treated. Using a condom during an outbreak reduces the risk of transmission, but always tell your partners first.

## - GONORRHEA. - - - -

Symptoms for gonorrhea include discharge and pain during urination. 10% of men show no symptoms. If left untreated, it can cause heart problems, sterility and arthritis. It's spread through vaginal, anal and oral sex. This infection is treatable using antibiotics. It's preventable by proper condom use.

★ THESE DESCRIPTIONS ARE NOT INTENDED TO DIAGNOSE ANY INFECTIONS... FOR MORE INFO ON STI'S AND TESTING CHECK OUT THE RESOURCES.

YOUR OWN STI GUIDEBOOK!

# CONDOMS!



THE good, BAD & UGLY...

## LATEX...

MADE OF DURABLE RUBBER, THEY ARE THE MOST WIDELY USED AND CHEAP!  
**PREVENT:** HIV & MOST STD'S.  
 & PREGNANCY.

## POLYURETHANE...

STRONGER THAN LATEX, POLYURETHANE IS AN EXCELLENT ALTERNATIVE FOR THOSE WITH LATEX ALLERGIES. BUT MORE SPENDY.  
**PREVENT:** HIV & MOST STD'S.  
 & PREGNANCY.

## NOVELTY...

THESE ARE THINGS LIKE "WORLD'S SMALLEST CONDOM." DON'T USE EM' FOR ANY KIND OF SEX...  
**PREVENT:** NOTHING!

ALWAYS STORE CONDOMS IN A COOL DARK PLACE. NOT YOUR WALLET OR A PLACE THAT THEY COULD GET PUNCTURED... EXPOSED TO FRICTION... ETC.

## ANIMAL SKIN...

USED BACK IN THE DAY FOR PEOPLE WITH LATEX ALLERGIES... THE TINY PORES MAKE THEM WORTHLESS AGAINST HIV & STD'S.  
**PREVENT:** PREGNANCY.

# STI TESTING... HOOKAY!

...JUST LIKE HIV, IF YOU ARE HAVING SEX [WITH MEN, WOMEN, MULTIPLES OF.] YOU SHOULD GET AN STI SCREENING EVERY THREE MONTHS. ESPECIALLY SINCE STIS CAN HIDE IN YOUR THROAT AND ASS. **BUT!** MOST STIS DON'T SHOW SYMPTOMS... [CAN I STRESS GETTING TESTED EVERY THREE MONTHS ENOUGH?] BUT OF COURSE, IF YOU ARE EXPERIENCING A DRIP FROM YOUR CROTCH OR BUMPS AROUND THE ASS, YOU SHOULD GET IT CHECKED OUT ASAP! [MOST CLINICIANS WILL BE ABLE TO TEST AND TREAT YOU FOR AN STI AT THE SAME TIME, IN THESE CASES.]

**THERE'S A WAY:** THE WAY YOU ARE TESTED DEPENDS ON WHAT ACTIVITIES YOU ENGAGE IN... JUST BE HONEST WITH YOUR TESTER. [DUH!] IN MOST CASES, ALL RESULTS ARE READY IN 7-14 DAYS, DEPENDING ON LOCATION.

♥ **BLOOD DRAW:** A SAMPLE OF YOUR BLOOD IS TAKEN. [MOSTLY FOR SYPHILIS, HIV, & HEPATITIS.]

♥ **CULTURES:** A CLINICIAN WILL SWAB: A) YOUR THROAT. B) YOUR URETHRA C) YOUR ANAL CAVITY ...OR ANY COMBINATION OF THE THREE.

♥ **URINE:** A SAMPLE OF YOUR PEE IS TAKEN. [MOSTLY FOR GONORRHEA.] MOST PLACES DON'T OFFER THIS, SO ASK YOUR CLINICIAN.

# HIV 101!

the lowdown on  
HIV/AIDS... **take  
notes!** USE EM!

**HUMAN:** ONLY AFFECTS HUMANS. THAT'S IT!

**IMMUNODEFICIENCY:** BREAKS DOWN THE IMMUNE SYSTEM.

**VIRUS:** CANNOT CURE. TRANSMITTED BY A VIRUS.

**Acquired:** YOU HAVE TO CONTRACT IT SOMEHOW...

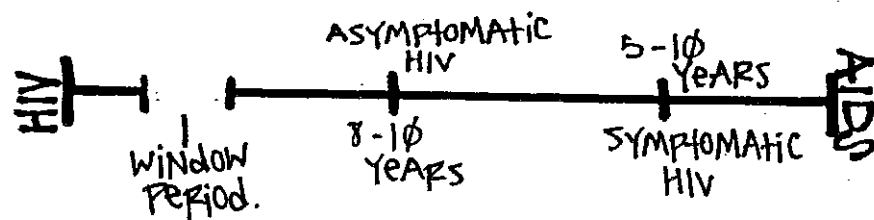
**IMMUNO:** YOUR IMMUNE SYSTEM.

**Deficiency:** LACKING IN EFFICIENCY.

**Syndrome:** A COLLECTION OF SYMPTOMS/ILLNESSES.

THE DIFFERENCE BETWEEN HIV AND AIDS IS  
THAT HIV REFERS TO THE ACTUAL VIRUS AND  
AIDS IS SEEN AS THE FINAL STAGE IN HIV  
PROGRESSION.

## HIV TIMELINE



...EACH TIMELINE VARIES FROM PERSON TO PERSON.  
Lifestyle Help to Prolong it...

• **INITIAL CONTRACTION:** WHEN A PERSON IS FIRST EXPOSED TO HIV THEY MAY EXPERIENCE FLU-LIKE SYMPTOMS 2-4 WEEKS LATER.

• **Window Period:** HERE'S THE TRICKY PART... HIV IS UNDETECTABLE ON TESTS FOR 3-6 MONTHS AFTER TRANSMISSION. IT TAKES YOUR BODY THIS LONG TO DEVELOP THE ANTIBODIES IN WHICH YOU ARE TESTED FOR. [ALTHOUGH IT DOESN'T SHOW UP ON TESTS, IT'S POSSIBLE TO SPREAD HIV FROM DAYONE.]

• **ASYMPTOMATIC:** DURING THIS PERIOD, YOU DON'T SHOW ANY SYMPTOMS AT ALL.

• **SYMPTOMATIC:** THIS IS WHERE A PERSON MAY START TO SHOW SYMPTOMS... WHICH INCLUDE:  
NIGHT SWEATS. NAUSEA. COLDS. DIARRHEA. FEVERS.  
THESE SYMPTOMS MAY LAST FOR MONTHS...

• **AIDS:** THIS IS SIMPLY A CLASSIFICATION. THERE IS NO DEFINITE DIFFERENCE BETWEEN AN HIV+ PERSON AND ONE WITH AIDS. TECHNICALLY, AIDS IS DIAGNOSED WHEN A PERSON'S T-CELLS DROP BELOW 200 [PER DROP OF BLOOD.] ONCE SOMEONE IS DIAGNOSED WITH AIDS, THEY ALWAYS HAVE IT, EVEN WHEN THEIR T-CELLS RISE.



• YOUR T-CELLS DIRECT YOUR B-CELLS TO FIGHT OFF INFECTIONS. HIV KILLS YOUR T-CELLS, PREVENTING YOUR B-CELLS FROM KEEPING YOU HEALTHY.

# HIV TESTING

getting tested for HIV can be hard and scary, but it's incredibly important! [especially if you are having sex with other dudes or multiple people.] Getting tested every three months is a great way to stay in control of your health...

## ★ WHEN YOU GET TESTED FOR HIV:

the tester will ask you various personal [and potentially embarrassing] questions... you may find yourself blushing while trying to answer these questions... just remember to be 100% honest. they've heard it all. together, you guys will develop a plan specific to you, that will help you stay safe in the future.

## ★ THE MANY WAYS TO GET TESTED:

- **BLOOD DRAW:** A sample of blood is sent off to a lab. You'll get results in 7-14 days.
- **ORASURE:** An oral fluid sample is sent to a lab. You'll get results in 7-14 days.
- **ORACQUICK:** A sample of blood is taken from your finger. [just a tiny prick!] You'll get your results in 20 minutes.
- **ORACQUICK ADVANCED:** This uses oral fluid [no blood!] and you'll get your results in 20 minutes.

[all tests are 99.4% accurate! each one! yeah!]

## WHAT IF IT COMES BACK POSITIVE?!

A.) A positive test result is just a preliminary result... you'll need to receive a second test to confirm that you are HIV positive.

[receiving your confirmatory results is extremely important. they can help you receive services, including medical.]

B.) it's not a death sentence. learning about the disease is your best defense. don't be afraid to seek out answers to your questions or just express how you are feeling. if you don't feel like going to your close friends or family there are people who can guide and assist you. if you don't feel like talking to anyone... no problem.

## WHAT IF IT COMES BACK NEGATIVE?!

A.) don't forget about the window period! the test will only show results for everything you engaged in before the last three months.

EXAMPLE: you got tested on May 15th, the test will only represent for anything prior to February 15th.

B.) refer to the plan that you and your tester came up with. often.

# HEPATITIS A.

It's estimated that about 150,000 peeps get Hepatitis A each year. Most of the infections are from unknowingly ingesting infected poop. But it can be transmitted through blood, too. The virus can live on its own for about four hours at normal room temperature. [on hands. silverware. etc...]

**• POPULAR FORMS OF TRANSMISSION ARE:** FIMMING. ANAL SEX. FIMMING. SHARING NEEDLES. FIMMING... AND FIMMING. [get it?!]

**• SYMPTOMS INCLUDE:** FLU. PAIN in the gut. DARK COLORED URINE. THESE SYMPTOMS CAN SHOW UP BETWEEN 15-50 DAYS OF EXPOSURE AND CAN LAST UP TO 5 WEEKS.

**• TREATMENT:** THERE'S NO CURE FOR HEP A, BUT THERE ARE MEDS TO HELP PREVENT ILLNESS. MOST PEOPLE FULLY RECOVER IN NO MORE THAN 6 MONTHS. [AND ONCE YOU'VE RECOVERED, YOU'RE IMMUNE TO HEP A AND CAN NO LONGER SPREAD IT.]

♥ ASK YOUR DOCTOR FOR A VACCINE AND ALWAYS USE PROTECTION FOR ORAL / ANAL SEX.



# HEPATITIS B.

THIS FORM OF HEPATITIS IS MOST CLOSELY ASSOCIATED WITH SEXUAL TRANSMISSION... IT CAN CAUSE CHRONIC LIVER DAMAGE AND DEATH. [ABOUT 4,500 EACH YEAR.]

**• POPULAR FORMS OF TRANSMISSION**

**ARE:** SEMEN. VAGINAL FLUIDS. BLOOD. FECAL MATTER. SALIVA. 2/3 OF CASES ARE SPREAD SEXUALLY, BUT IT CAN ALSO BE CONTRACTED BY SHARING NEEDLES, SNORTING UTENSILS AND BEING BORN TO AN INFECTED MOTHER.

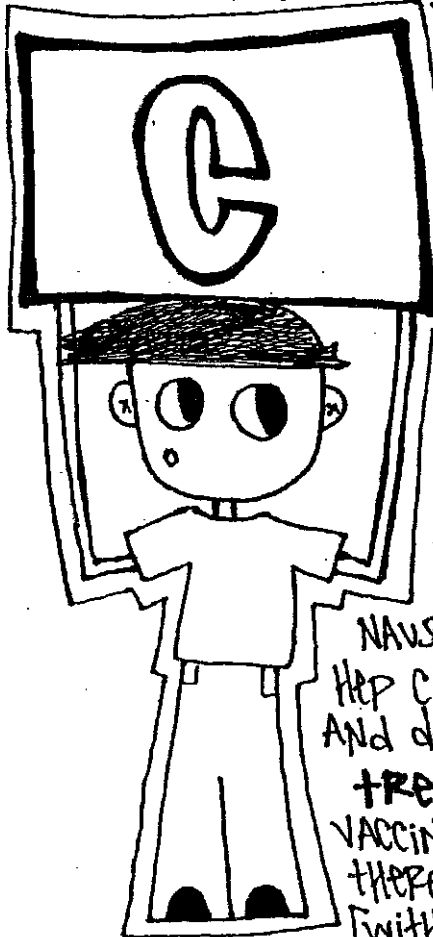
**• SYMPTOMS:** ARE THE SAME AS HEP A, BUT MAY ALSO INCLUDE HIVES. CLAY-COLORED POOP, AND/OR ARTHRITIS. 1/2 OF INFECTED ADULTS NEVER SHOW SYMPTOMS, BUT IF THEY DEVELOP IT USUALLY HAPPENS AROUND SIX-TWELVE WEEKS AFTER EXPOSURE.

**• TREATMENT:** ASK YOUR DOCTOR FOR A BLOOD TEST. [IT MAY TAKE 2-8 MONTHS FOR HEP B TO SHOW UP ON A TEST.] IF IGNORED, HEP B CAN CAUSE CHRONIC LIVER DAMAGE AND POSSIBLY DEATH. BUT! THERE'S A VACCINE, THAT CAN PROTECT YOU FOR 12 YEARS. [HIGH RISK INDIVIDUALS SHOULD BE SCREENED EVERY FIVE YEARS]



# HEPATITIS C.

HEPATITIS IS KNOWN FOR BEING EASILY TRANSMITTED AND AFFECTING MORE PEOPLE THAN HIV. AROUND 4 MILLION AMERICANS ARE THOUGHT TO BE INFECTED, WITH 25,000 ADDING ON EACH YEAR...



## POPULAR FORMS OF TRANSMISSION ARE:

Blood-to-Blood. Injection drug use. Piercing / tattoo needles. Sharing items like toothbrushes & razors.

Hep C doesn't die with contact from the air, so any blood carries risk of transmission.

**SYMPTOMS:** FATIGUE. DARK URINE. ABDOMINAL PAINS. LOSS OF APPETITE. AND NAUSEA. JUST LIKE HEPATITIS B, HEP C CAN LEAD TO LIVER FAILURE AND DEATH.

NAUSEA. JUST LIKE HEPATITIS B, HEP C CAN LEAD TO LIVER FAILURE AND DEATH.

**TREATMENT:** THERE IS NO VACCINE FOR HEPATITIS C, BUT THERE IS A POSSIBLE TREATMENT [WITH A 50% SUCCESS RATE.]

♥️ BE CAREFUL! Avoid blood & sharing drug works.

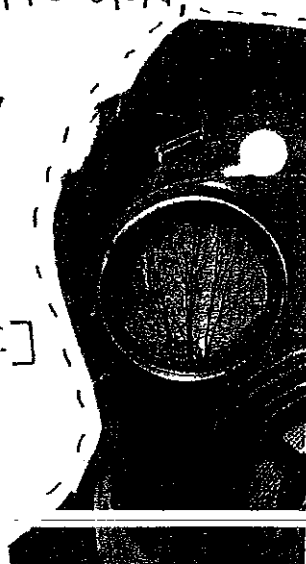
# CRYSTAL. TINA. CRANK. SPEED. METH. CRISSY. + WEAK.

...WHATEVER YOU WANNA CALL IT, METH IS AN AMPHETAMINE THAT INCREASES THE RELEASE OF DOPAMINE IN YOUR BODY. [THE CHEMICAL THAT SENDS PLEASURE MESSAGES TO THE BRAIN.] CRYSTAL IS TYPICALLY FOUND IN POWDER FORM, BUT CAN ALSO BE IN PILLS, CAPSULES OR CRYSTAL. THE MOST POPULAR METHODS OF USING ARE SMOKING OR INJECTING, OR INSERTED INTO THE ANUS. [AKA BOOTY BUMPING.]

...METH IS WIDELY USED FOR A MILLION REASONS... DESIRE TO HAVE LOTS OF SEX WITH LOTS OF PARTNERS, FOR LONG PERIODS. ABILITY TO DANCE FOR HOURS AND HOURS. IT'S CHEAP. THE HIGH LASTS A WHILE. LONLINESS. LOSE ALL SEXUAL INHIBITIONS. DEPRESSION... THE LIST GOES ON FOREVER! CRYSTAL USUALLY STARTS OUT BEING A SOCIAL EXPERIENCE, BUT CAN QUICKLY BECOME AN ADDICTION. IT MAY SEEM LIKE THE SOLUTION TO ALL PROBLEMS, BUT METH CAN LEAD TO SEVERE MENTAL AND PHYSICAL EXHAUSTION, DEPRESSION, EXTENDED PSYCHOSIS, NEUROLOGICAL DAMAGE, LIVER & KIDNEY DAMAGE, AS WELL AS OTHER HEALTH-RELATED ISSUES...

## ...RISK REDUCTION:

- ♥️ DON'T OVERDO IT... WATCH YOUR INTAKE.
- ♥️ DON'T SHARE WORKS. [NEEDLES. TUBES.]
- ♥️ EAT. DRINK WATER.
- ♥️ SLEEP. ALLOW YOUR BODY TO RECOVER.
- ♥️ DON'T HESITATE TO GET HELP.
- ♥️ LISTEN TO WHAT YOUR BODY IS TELLING YOU.



# PORTLAND-METRO RESOURCES!

**Multnomah County Clinic**  
[HIV & STD testing by appointment or limited drop-in.]

426 SW Stark st. 6<sup>th</sup> floor  
Portland, or 97204  
503.988.3700

**Clackamas County Community Health**  
[HIV & STD testing. By appointment and limited drop-in.]

1425 Beavercreek Rd.  
Oregon City, or  
503.655.8417

**Washington County Health Department**  
[HIV & STD testing.]  
12550 SW 2<sup>nd</sup>.  
Beaverton, or  
503.846.4965 or 503.846.8851  
15296 SW Royalty Parkway  
Tigard, or  
503.846.4965 or 503.846.8851

**Westover Heights Clinic**  
[HIV & STD testing by appointment and limited drop-in.]

2330 NW Flanders Suite 207  
Portland, or 97210  
503.226.6678

**Planned Parenthood**  
[HIV & STD testing by appointment only.]

3231 SE 50<sup>th</sup> ave.  
Portland, or 97206  
503.775.0861

3531 NE 15<sup>th</sup> ave. Suite B  
Portland, or 97214  
503.288.8826

**Sexual Minority Youth Resource Center**  
[HIV testing only. First and third Friday of every month. 8:00-10:00pm]

2100 SE Belmont  
Portland, or 97202  
503.572.5511

Outside in  
[HIV & STD testing by drop-in only.]  
1132 SW 13<sup>th</sup> ave.  
Portland, or 97204  
503.535.3800

**SHOP (Supporting Healthy Options for Prevention)**  
A program for people living with HIV, or at risk for contracting HIV, who are interested in talking about ways to protect themselves and their partners.

Up to six confidential prevention counseling sessions with incentives

Call for a confidential intake  
503.230.1202 or 1.888.795.7700

ASAP Triangle  
Safe, confidential Crystal Meth addiction treatment for gay or bisexual men.  
Getclean@cascadiabhc.org  
503.224.0075

**The Trans/Identity Resource Center**  
[HIV testing only. By appointment.]

1030 SW 13<sup>th</sup> ave.  
Portland, or 97204  
503.535.3895

**Steam**  
[HIV testing. Every Wednesday. 9pm-12am]  
2885 NE Sandy Blvd.  
Portland, or 97214

**The Escape.**  
Portland's only all-ages gay dance club!  
[HIV testing. Fourth Saturday of every month. 10pm-1am.]

333 SW Park ave.  
Portland, or 97204

**Club Portland**  
[HIV testing. Third Saturday of every month. 9pm-12am.]  
303 SW 12<sup>th</sup> ave.  
Portland, or 97204

# MORA KAWIKMAN!



# Free

rapid HIV testing &  
free STD screening  
for guys who have  
sex with guys.

**Tuesdays 5:30-8pm.**  
928 SW Stark Street

OUTSIDE IN  
AIDS PREVENTION  
CityGuns a program of

Community AIDS Project

CAP  
www.cap-ny.org



**men's  
wellness  
center**  
928 sw Stark

**Wed-Sat**  
**4pm-10pm**

CityGuns  
a program of

Community AIDS Project

CAP

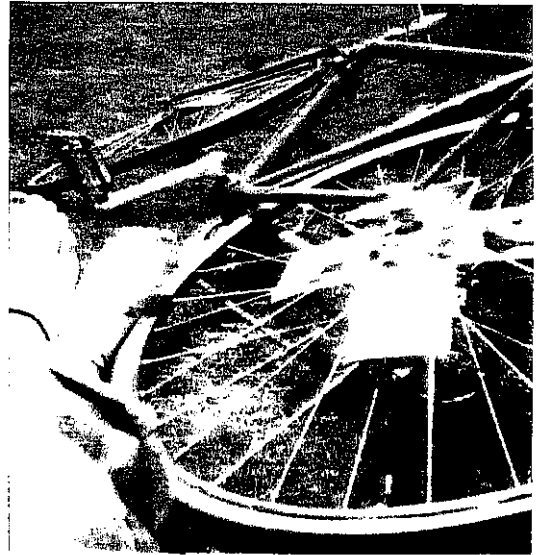


# ♥ THE END ♥

THIS BEAUTIFUL ZINE WAS BROUGHT TO YOU  
BY BETH MYRICK AND CASCADE AIDS  
PROJECT. - - - - -

BETH MYRICK  
IS A PEER  
EDUCATOR AT  
CASCADE AIDS  
PROJECT... WHICH  
IS WHERE SHE  
CREATES ALL  
SORTS OF  
AWESOME SOCIAL  
MARKETING  
MATERIALS.

[Like Buttons AND  
this zine!]



IF YOU HAVE QUESTIONS FOR BETH OR JUST  
WANNA TELL HER THAT SHE'S NEAT...

BETH\_MYRICK@YAHOO.COM

...IF YOU WANT MORE COPIES OF THIS ZINE/MORE INFO  
ON CAP & CITY GUYS:

IMCDONALD@CASCADEAIDS.ORG