Name: ________________________________

I plan to decrease my risks by (check all that apply):

**Partner Choice Strategies**
- avoiding places/people that cause me to take risks
- choosing partners based on their HIV status
- finding people I can talk to
- eliminating casual partners
- reducing the number of casual partners

**Condom/Barrier Use**
- always carrying condoms/barriers
- increasing the use of condoms/barriers

**Reduce Sexual Episodes**
- reducing episodes of anal intercourse
- reducing episodes of vaginal intercourse
- using mutual masturbation only (not exchanging fluids)
- choosing not to have sex
- not sharing sex toys

**Disclosure/Communication Strategies**
- telling my partners that I have HIV
- asking my partners if they have HIV
- talking to my partners about safer sex

**Drugs-related Strategies**
- using a needle exchange program to get clean works
- using only clean drug works
- not sharing needles/works
- not having sex while using alcohol/drugs
- reducing sex while using alcohol/drugs

**Other**
- continuing my current risk reduction plan
- ________________________________

Date: __________ Provider: __________________________