

# *Tricks of the Trade:*



# *Health & Safety Tips for Street Sexworkers*

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# Some Sex Work Basics

## Health Maintenance

**Use condoms for all services with everyone.** Use tampons, not pads during menstruation (pads can increase your risk of vaginal infections). Keep lips, gums, thighs, vagina, and rectum slippery by applying a lot of water-based lubricant, and reactivate with saliva. Prevent bladder infections by urinating frequently and wiping front to back. If you want to douche, brush your teeth or use an enema, wait until you are done with work for the day or night to do so. Anything that abrades the skin or tissue of your mouth or genitals should be avoided.

## Clothing

Clothing and accessories should be attractive to customers, but still safe. Do not wear anything that will slow you down if you have to run, or anything that can be used to hurt you. Earrings should be small, or clip-ons. Shoes that you can't run in should come off easily. Nylon underwear, pantyhose, and tight pants can cause vaginal infections. Wear cotton underwear, stockings, crotchless underwear or none at all.



## Sex

Try to negotiate out of vaginal and anal sex, or get your customer off some other way. Charging a lot more for vaginal or anal sex may discourage cheap johns. If not, use a well lubricated male or female condom from beginning to end.

It is wiser to give, than to get. This goes for bondage, spankings, water sports, oral sex, and rimming. It is never a good idea to allow a stranger to tie you up or spank you. Whether you are engaging in S & M or not, always be in charge or on top.



## Setting

Pick your own parking spots and hotels. Stay alert and in control of the date.



When in a car or in a room, keep an eye on the exit at all times and do not let the customer block your access to it. Trust your instincts and be willing to turn customers down.

## Negotiations

Negotiate services and prices outside the car and circle it completely before entering to insure the number of riders and location of door handles. If you work in groups, this is the time to shout the license plate number to your friends and your expected time of return. If you don't work with friends, pretend to. Decide for yourself what you will and will not do. Have a price list and time limits, and stick to them.

**Get your money up front!**



**BE SAFE AND TRUST YOUR INSTINCTS!**