

Further offers

The 'Aidshilfe' (AIDS-support-organisation) in your area

This flyer is issued by 'Aidshilfen' in Lower Saxony.

'Aidshilfen' (AIDS-support-organisations) offer anonymous and free information, as well as counselling on the following topics:

- ▶ Sexual health
- ▶ HIV testing
- ▶ medical treatment of HIV
- ▶ Living with HIV
- ▶ Sexual self-determination
- ▶ Diverse ways of living
- ▶ Protection from discrimination

All information you provide will be treated confidentially. You do not have to tell us your name if you are talking to us. We will not forward your personal information to other people, institutions or authorities. 'Aidshilfen' (AIDS-support-organisations) are non-governmental organisations, no government agencies. All local 'Aidshilfen' and further helpful information can be found under



www.niedersachsen.aidshilfe.de/refugees

Wellbeing, health and protection in relationships

Information and consulting services for refugees



Your local public health department

This campaign was made possible by:



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Sexuality and health

- The use of condoms and femidoms (female condoms) during sexual intercourse (vaginal oder anal) prevents HIV infections and reduces the risk of catching other sexually transmitted infections (STIs). Condoms and femidoms also prevent unintentional pregnancies.
- Helpful information about the use of condoms can be found online in various languages under www.niedersachsen.aidshilfe.de/refugees
- If you want to know your HIV status, an HIV test can be conducted at a public health department. This blood test is anonymous and mostly free of charge. The test result will not be revealed to anyone but you.
- Please do not hesitate to contact 'Aidshilfe' (AIDS-support-organisation) in your region if you have any questions regarding HIV or other STIs. Counselling is free and confidential. Information on transmission, prevention, testing and treatment is offered. You do not have to give your name.
- HIV infections must be treated medically to prevent them from becoming life-threatening. Unlike in Germany, treatment is not always available in other countries. In certain circumstances an HIV infection might therefore be a reason for being admitted to an asylum. Please contact 'Aidshilfe' (AIDS-support-organisation) in your region for further information.

All 'Aidshilfen' can be found under www.niedersachsen.aidshilfe.de/refugees



Talking about sexuality is not always easy but often beneficial

- There are a variety of ways to live and enjoy sexual intercourse with another person. However, not everyone enjoys sex in the same way. Anything is allowed as long as both partners enjoy it and agree upon it. There are German protection laws concerning intercourse that must be respected. (see next page: Sexual self-determination)
- Talk to your partner about your wishes and boundaries. It is important to respect each other's boundaries.
- Visit www.zanzu.de for helpful information regarding the topics sexuality, body and emotions in various languages.

Sexual self-determination

In Germany, everyone has the right to decide for themselves...

- ... whether, when, how often and whom they want to be sexually intimate with.
- ... whether and whom they want to marry.
- ... whether they want to have children.

No one can force other persons into sexual acts or take advantage of their situation to have them perform sexual acts. This also applies to family members, partners and acquaintances.

Children and adolescents are under special protection in Germany. It is forbidden for adults (aged 18 or over) or adolescents (15 – 17 years) to perform sexual acts with children younger than 14. Persons engaging in sexual acts with children under 14 whether consensual or not are liable for prosecution. Further laws concerning the protection of children and adolescents can be found in various languages under www.zanzu.de Sexual activity between family members, such as parents and children or siblings is prohibited by law, regardless of their age.

Sexual assault and abuse is strictly forbidden and punishable by law. If you are a victim of sexual assault, talk to someone you trust or visit a counselling centre. Contact details are available at your local 'Aidshilfe' (AIDS-support-organisation).

All 'Aidshilfen' can be found under www.niedersachsen.aidshilfe.de/refugees

Diverse ways of living

In Germany, individuals are not persecuted or punished for their gender or sexual orientation. It is forbidden by law to discriminate homosexual, transsexual or intersexual people. Same-sex relationships are legal: A man may love a man and have him as a partner. A woman may love a woman and have her as a partner. Same-sex couples can, if they want to, enter a registered partnership. This registered partnership is not the same as the marriage between a man and a woman, as it has some legal drawbacks.

If you are a man attracted to men or if you are a woman attracted to women...

- ... you should not be verbally or physically attacked as a result. Please contact a counselling centre or an 'Aidshilfe' (AIDS-support-organisation) for support if you become the victim of an abuse.
- ... and were persecuted in your home country, this might be a reason for asylum. Helpful information in various languages: www.queer-refugees.de
- ... you can find counselling centres, meeting sites and events in many cities.

Your local 'Aidshilfe' (AIDS-support-organisation) will be pleased to help you.

All 'Aidshilfen' can be found under www.niedersachsen.aidshilfe.de/refugees

