

Real time: a resource for gay and bisexual men

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A resource for gay and bisexual men, to assist you to avoid taking risks.


Reducing risks will reduce stress and worry associated with sex. For HIV-positive men this means not having to worry about exposing sex partners to HIV, and for HIV negative men it means not worrying about becoming infected with HIV.

How to use 'Real Time'

It is a 'workbook' style resource designed to enable you to reflect on your choices and your past and present behaviour.

It will also assist you in identifying patterns of behaviour that cause you anxiety or stress. The purpose of working through the resource is to help you overcome ambivalent or contradictory feelings or thoughts that may get in the way of healthier choices.

You can download the pdf from the link below or to obtain a copy, contact your local [PLHIV](#) [1] Person (or people) Living with HIV. This term is now preferred over the older PLWHA. organisation or AIDS Council.

Attachment	Size	Type
Real Time.pdf [2]	693.6 KB	 PDF

- [ANET resources](#)
- [disclosure](#)
- [Gay and bisexual men](#)
- [Negotiation](#)
- [positive in prevention](#)
- [Safe sex](#)

Links:

[1] <http://www.napwa.org.au/glossary/term/689>

[2] <http://www.napwa.org.au/files/Real Time.pdf>