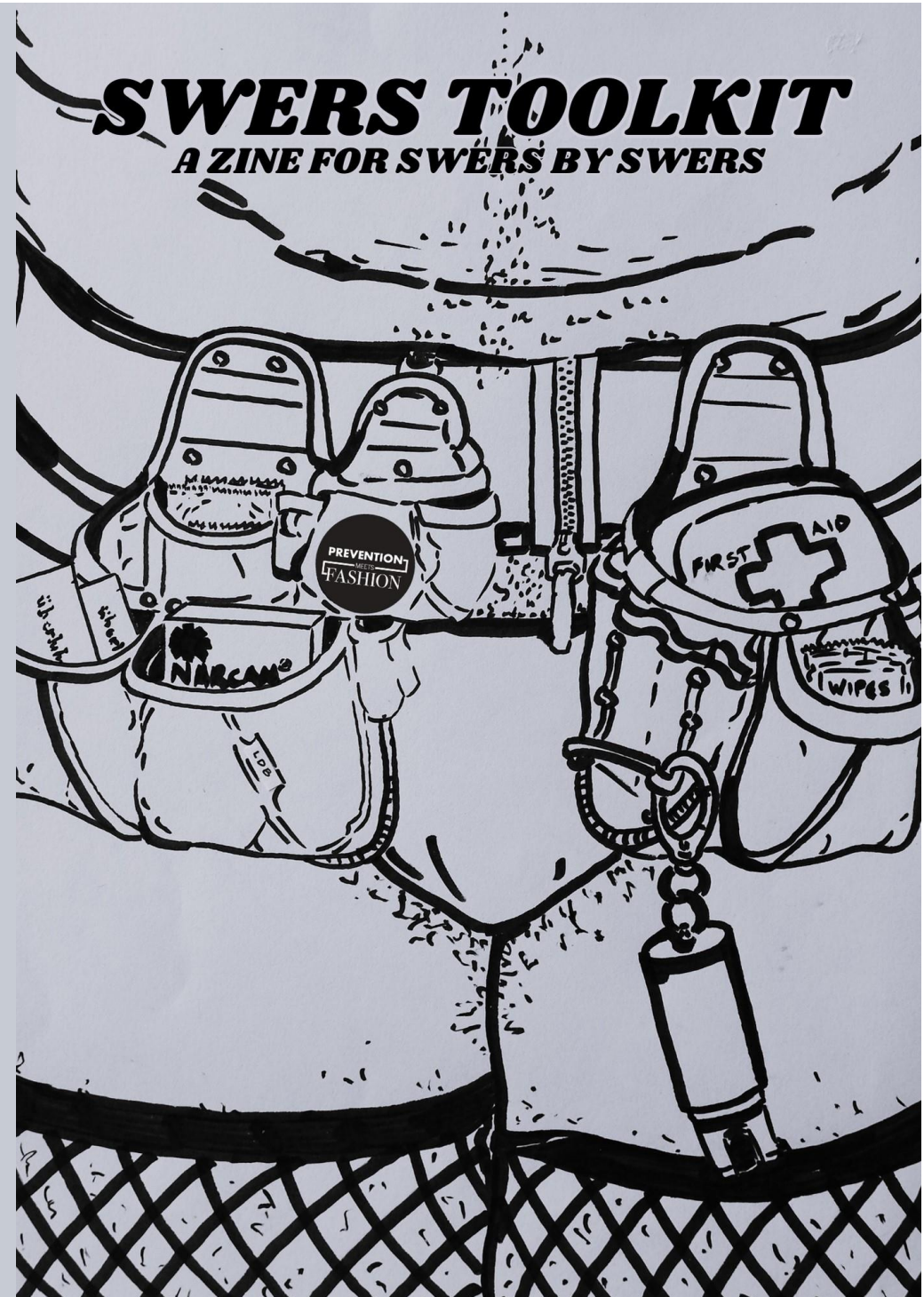


PREVENTION
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SELF CARE

Examples of self care

Emotional

- experience your emotions
- prioritize affirming relationships
- create healthy boundaries

Mental

- therapy
- stress management
- hobbies
- take breaks from social media

Spiritual

- practice mindfulness
- self-reflect
- connect with your roots

Physical

- nourish your body - eat, hydrate, rest
- exercise
- wellness visits
- listen to your body

Sexual

- get tested
- masturbate
- affirmations
- enhance sexual literacy with books and media

Financial

- make a plan or goal
- know when to say no to spending money
- set aside money to treat yourself

Social

- spend time with loved ones
- share moments of self-care
- create connections
- support fellow SWers



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SAFELY USING SUBSTANCES

Tips for using safely (if possible)

- Test all substances prior to use
- Use sterile supplies
- Find a safe space to use
- Don't use alone
- Start with a low dosage
- Don't mix substances
- Eat and hydrate before using
- Prepare for safe sex prior to using
- Receive overdose training



Narcan® Nasal Spray

Narcan® (Naloxone) is medication that can be administered to reverse an opioid overdose.

Fentanyl test strips (FTS)

Fentanyl test strips can be used to detect the presence of Fentanyl in other substances.



Narcan® and FTS are available at PMF.
<https://www.preventionmeetsfashion.org>



SWERS TOOLKIT

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PREVENTION

COVID and mpox

Engaging in sex work increases the risk of COVID and mpox infections.

COVID

COVID is spread when an infected person breathes out droplets and particles containing the virus and others breathe them in.

Mpox

Mpox is spread through skin-to-skin contact, and can be spread by sharing or touching clothing, linens, and sex toys.

Common symptoms

- | | |
|---|---|
| <ul style="list-style-type: none">• Respiratory (sore throat, congestion, cough)• Fever, chills• Fatigue• Body aches, headache• Upset stomach | <ul style="list-style-type: none">• Respiratory (see left)• Fever, chills• Fatigue• Body aches, headache• Swollen lymph nodes• Body rash (hands, feet, chest, mouth, genitals) |
|---|---|

Getting tested & vaccinated

COVID testing kits are available at PMF. Visit our website for more info on COVID and our Mpox Outreach Project (M.O.P.)

<https://www.preventionmeetsfashion.org>



Prevention Meets Fashion Sex Worker Prevention Project (SWPP)

Prevention Meets Fashion (PMF)

Our mission at Prevention Meets Fashion is to increase sexual health knowledge in LGBTQIA+ and BIPOC communities through Fashion, Advocacy, Community & Education (F.A.C.E.)



Sex Worker Prevention Project

The Sex Worker Prevention Project (SWPP) Toolkit was created by PMF's SWPP interns for people with lived sex work experience or living experience, as well as for those who want to support and reflect upon what is relevant to the sex worker community. This toolkit draws on existing research, knowledge of sex worker services and programs, and the lived and living experiences of sex workers.



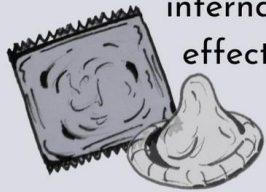
PREVENTION

STIs and STDs

Sex workers engaging in the exchange of sex are at an increased risk of contracting and transmitting STIs and STDs, including HIV.

Protect yourself & your partners

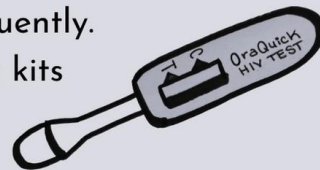
Effective communication, education and correctly and consistently using barriers, such as external or internal condoms, while engaging in sex can effectively reduce the risk of transmission.



Get tested regularly

It is recommended to get STD testing every 3 months to once a year. Those engaging in sex work should get tested more frequently.

OraQuick HIV self-testing kits are available at PMF.



Human Immunodeficiency Virus (HIV)

Pre-exposure prophylaxis (PrEP) is effective in preventing HIV transmission prior to exposure. Post-exposure prophylaxis (PEP) is a treatment to prevent HIV transmission for those who have been exposed to HIV within 72 hours.

Prevention Meets Fashion

Resources, Programs, & Services

Prevention Meets Fashion offers a variety of resources, programs, and services to address a lack of sexual and reproductive health education, promote the unique needs of LGBTQIA+ and BIPOC communities, and to create safe(r) affirming spaces for people of all gender identities.

Resources

At PMF we offer a variety of resources. From fashion to education and beyond.

Visit our website for a list of available resources:
<https://www.preventionmeetsfashion.org/resources>

Programs & Services

Our current programs and services are as follows:
Affirming Fashion, Social Justice and Fashion, STEAM Fashion, Sex Education, Speakers Bureau, Support Groups, Internship and Volunteer.

Visit our website for a list of current programs:
<https://www.preventionmeetsfashion.org/programs>



ESSENTIAL TOOLS

SWPP Intern Suggestions

- Condoms (external and FC2 internal)
- Lube, oil, lotion
- Wipes (body and makeup)
- Opioid overdose kit (Narcan, gloves)
- Fentanyl test strips
- First aid kit (bandages, antiseptic)
- Pepper spray
- Hand sanitizer
- Face mask
- Water, snacks



Sex Trafficking vs Sex Work Understanding the difference

What is sex trafficking?

A form of human trafficking for the purpose of sexual exploitation and coercion. Human trafficking is an abuse of human rights and causes long-term harm to individuals and communities.

What is sex work?

Engaging in the provision of consensual sexual services in exchange for money or something of monetary value. For many, sex work is the sole source of income, while for others, it may be paired with traditional work. Some turn to sex work because it is empowering, others for reasons such as poverty, drug use, family circumstances, or immigration status.

Decriminalization?

Decriminalization of sex work means that consenting adults are not committing a crime when purchasing and selling sex. Laws against sex work involving minors, trafficking, and assault, sexual or otherwise, would be upheld.

Legalization?

Legalization of sex work means that regulations, codes, and laws would be created specifically around the purchase and sale of sex. Purchasing or selling sex outside of these could result in arrest.