



Staying healthy

in 2012

Dear Reader, Every sex worker has her own very personal reasons for why she does this job. But – like any other work – it's mainly a matter of making money. This is another reason why it is important for you to handle the sex work as well as possible and stay healthy.

The best way to achieve this is through learning and trial and error. Experienced colleagues can explain and show you what is important for professional sex work: Skill, alertness and caution because the dangers of force and violence, unfair working conditions and dependencies of all types are very high in this line of business.

Talking with colleagues can also help you with the issue of how open you want to be about your job: Because sex work is still not socially accepted as a “normal” profession, many women keep their job secret – but this can lead to emotional stress in the long run. In any case, this is important: Carefully think about who you want to trust so that this does not cause any problems in your personal life.

Tips and information you will also find in this calendar, for example on topics like “You Set Your Own Boundaries,” “Safer Sex – Protection from Sexually Transmitted Infections (STIs)” and “More Safety on the Job”.

We hope you enjoy browsing through the calendar and using it – and have a good and safe 2012!

Marianne Rademacher

Department “Women-Related Issues” of Deutsche AIDS-Hilfe (DAH)

P. S.: We would like to keep improving this calendar and would be happy to receive feedback and suggestions for changes at **marianne.rademacher@dah.aidshilfe.de**.

* Sexually transmitted infections are often abbreviated as STIs. We also use this acronym in this brochure.



my
january

You Set Your Own Boundaries In prostitution, sex is a service in exchange for money. The customers have very different needs and desires. They often not only want someone to “spread her legs” but also engage in massage or role-play, listening and talking and much fantasy.

The important thing is: You decide what you are willing to do and what not! This

also applies to what is now considered the usual “standard offers” of sex work:

- French foreplay: Licking/sucking the penis (“blowing”) or the vagina
- Total French: Blowing to the point of ejaculation
- Hand relaxation: Massaging the penis to the point of ejaculation
- Spanish: Rubbing the penis between the breasts to the point of ejaculation
- Vaginal intercourse
- Greek (anal intercourse)
- Golden shower (peeing in the mouth/on the body).

Make yourself aware of your own boundaries time and again. And in no case should you let yourself be talked into something that could harm you such as vaginal or anal sex without a condom. Make it clear to the customers that you are not available “without”. By the way: Even for blowing, condoms are now the standard in sex work because you could easily get a sexually transmitted infection without a rubber.

Thursday 29.

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Friday 30.

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Saturday 31.

..... New Year's Eve

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three, two, one ...

New Year's Day!

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January

2. Monday

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3. Tuesday

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4. Wednesday

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January



Thursday 5.

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Friday 6.

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Saturday 7.

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Sunday 8.

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January

Start the new year
with **good resolutions:**

Make an appointment right away for cancer screening
and an STI examination!

9. Monday

10. Tuesday

11. Wednesday

January

Thursday 12.

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Friday 13.

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Saturday 14.

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Sunday 15.

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January

16. Monday

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17. Tuesday

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18. Wednesday

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19. Thursday

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Saturday 21.

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Sunday 22.

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23. Monday

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24. Tuesday

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25. Wednesday

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January



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Saturday 28.

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Sunday 29.

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January

30. Monday

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31. Tuesday

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my

february

The Most Important Information on HIV and AIDS

HIV is a virus that attacks the organs and weakens the immune system. If left untreated, the infection almost always leads to AIDS at some point: Then the body's defence system becomes so weak that life-threatening infections, allergies and cancer can develop. But when people begin taking daily medications against HIV early enough, AIDS can be prevented and they will have almost a normal life expectancy.

Above all, HIV is transmitted during vaginal and anal intercourse without a condom (this is even possible without any sperm entering the body). There is also a very high risk of infection when sharing needles during drug consumption. Infected mothers can also infect their child during pregnancy, birth and when breastfeeding.

Protection against HIV is offered by safer sex (especially with condoms) and safer use (each person uses their own syringe and – as protection against hepatitis viruses – their own paraphernalia such as a spoon, filter, water or tube for sniffing).

Whether a person has been infected with HIV can be determined by an HIV test. Before taking the test, counselling at an Aidshilfe organisation (see last pages) or at the Gesundheitsamt (public health department) is recommended. The Gesundheitsamt and many Aidshilfe organisations offer the test anonymously and free of charge or for a low fee (usually 10–15 €).

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February

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February

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Sunday 12.

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February

13. Monday

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14. Tuesday

Valentine's Day

Flowers!

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15. Wednesday

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16. Thursday

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February

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Saturday 18.

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Sunday 19.

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February



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21. Tuesday

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22. Wednesday

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Sunday 26.

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February

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28. Tuesday

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29. Wednesday

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my

march

Safer Sex – Protection against Sexually Transmitted Infections (STIs)

Above all, safer

sex in professional sex work means:

- Always use a condom for vaginal, anal and oral intercourse.
- Do not allow any blood (including menstrual blood) and/or sperm to get into your mouth, eyes and other body openings or open wounds (such as herpes ulcers).

This is how you protect yourself against HIV and lower the risk of an infection with other STIs.

Only use **brandname condoms** with the packaging imprint of DIN EN ISO 4074:2002 and pay attention to the expiration date. Always put it on before penetration. Protect against heat, direct sunlight, sharp objects and pressure.

Apply a greaseless lubricant (water or silicon based) on the condom and in the vagina or the anus so that the rubber does not tear. Agents containing grease (such as cremes) make condoms break easily.

A **dental dam** (small sheet of latex) or **tearproof plastic wrap** over the outer female genitals or the anus prevents germs from getting into the mouth while licking.

Finger cots and rubber gloves for fingering or fisting protect against contact with blood, vaginal/intestinal secretions or faeces.

Thursday 1.

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Saturday 3.

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Sunday 4.

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5. Monday

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6. Tuesday

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7. Wednesday

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Healthy

Diet Day

March



International
Women's Day

Thursday 8.

Friday 9.

Saturday 10.

Sunday 11.

March

12. Monday

13. Tuesday

14. Wednesday

Thursday 15.

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Friday 16.

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Saturday 17.

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Sunday 18.

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19. Monday

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20. Tuesday

First day of spring!

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21. Wednesday

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Safer Sex
- for sure!

March

Thursday 22.

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Friday 23.

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Saturday 24.

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Sunday 25.

Start of Daylight Savings Time

Set the clocks!

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March

26. Monday

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27. Tuesday

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28. Wednesday

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Thursday 29.

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Friday 30.

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Saturday 31.

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Sunday 1.

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March -- April

my
april



Useful Information for Professional Work

During your menstruation, it is best not to have vaginal sex because your vagina is more susceptible to germs at that time. If you want to offer vaginal sex despite this fact, you can use a **vaginal sponge**: It sits directly in front of the cervix and soaks up the menstrual blood like a tampon, but the customer doesn't notice that you are having your period. The sponges must be changed at the latest after eight hours and more often for heavier menstruation. Only use each sponge once (do not wash and reuse!).

Dildos (artificial penises) and other sex toys: For anal intercourse, use dildos with a wide base so that they do not “disappear” in the anus. Be careful with products made of wood or plastic: Welding seams, cracks and chipped spots can cause injury. It is better to use dildos made of silicon. This advice applies to all sex toys: Thoroughly clean with water and soap – or put a new condom over it – for each new partner and each additional body opening.

By the way: You can also buy all of the tools for sex work from dealers in brothels or in the prostitution zones.

2. Monday

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3. Tuesday

Four horizontal dotted lines for writing.

4. Wednesday

Four horizontal dotted lines for writing.

Thursday 5.

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Friday 6.

Good Friday

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Saturday 7.

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World **Health** Day



Sunday 8.

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Easter Sunday

Where are the eggs?

April

Easter Monday

9. Monday



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10. Tuesday

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11. Wednesday

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12. Thursday

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April

Friday 13.

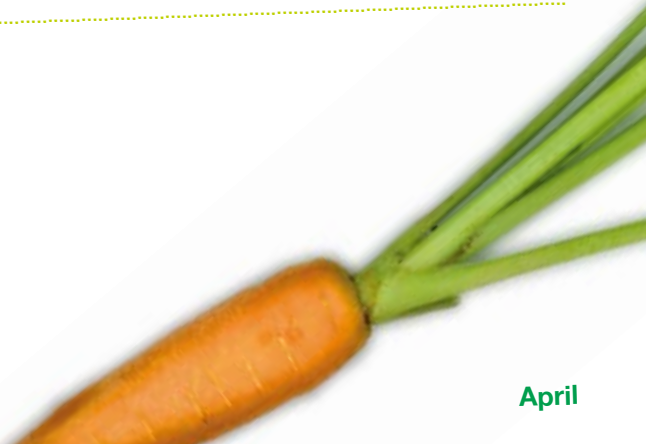
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Saturday 14.

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Sunday 15.

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April

Vaccinations protect against hepatitis A and B!

Check your vaccination protection and
have yourself examined for STIs!

16. Monday

17. Tuesday

18. Wednesday

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Friday 20.

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Saturday 21.

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Sunday 22.

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23. Monday

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24. Tuesday

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April



Thursday 26.

Friday 27.

Saturday 28.

Sunday 29.

April

30. Monday

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1. Tuesday

Day of

Work

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2. Wednesday

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my
may



Safer Sex: Practices, Risks and Protection

There is a high risk of HIV and STI when having **vaginal and anal intercourse** without a condom – even if no sperm enters the body. The HIV risk increases if there is another STI involved.

Licking/sucking the penis: As long as there is no ejaculation in the mouth, an infection with HIV is improbable. However, hepatitis and other STIs such as gonorrhoea can be easily transmitted – which is why a condom should also be used when blowing!

Licking the outer genitals of a woman: No HIV risk as long as (menstrual) blood doesn't get in the mouth. However, you can easily become infected with other STIs. This is why professional sex workers use a dental dam.

S/M (sado maso), games with urine and faeces: Do not let any blood, sperm, faeces or urine get in your mouth, on your mucous membranes or open wounds. Always thoroughly clean/disinfect any “tools” that you use. You should be immunized against hepatitis A and B.

Dildos and other sex toys: Always use with one person – thoroughly clean/disinfect or put a new condom over it for each new partner.

Kissing: No HIV risk, but there is a risk for other STIs (such as herpes, gonorrhoea and hepatitis B).

Thursday 3.

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Friday 4.

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Saturday 5.

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..... Day of **Hand** Hygiene

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Sunday 6.

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May

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8. Tuesday

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9. Wednesday

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Have you already made
a **dentist** appointment?

May



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16. Wednesday

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17. Thursday

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..... International Day

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Against
----- Homophobia

May



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Sunday 20.

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May

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23. Wednesday

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May

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28. Monday

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31. Thursday

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May



my

june

Tips for Hygiene and Health

Your body is your capital – you earn your money with it. So pay attention to your health. In any case, a balanced diet, exercise on a regular basis (best in the fresh air) and enough sleep are important.

Exaggerated cleanliness tends to be harmful: If you shower with soap or shower gel after each customer, this can destroy the protective acid mantle of the skin.

Just cold or lukewarm water is best for washing the intimate area. Vaginal douches, disinfecting intimate lotions or sprays and wet wipes make the vagina susceptible for infections.

To support the sensitive balance of the natural vaginal flora, you can insert lactic-acid suppositories (available without a prescription at the chemist's shop) or even yoghurt with living lactic-acid bacteria (not heat-treated) on a tampon into the vagina.

When you use alcohol and other drugs, you are less likely to properly judge dangers and will hardly be able to defend yourself in emergency situations. So it's best if you can work with clear mind.

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Saturday 2.

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.....International
Whores Day

Sunday 3.

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June

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Friday 8.

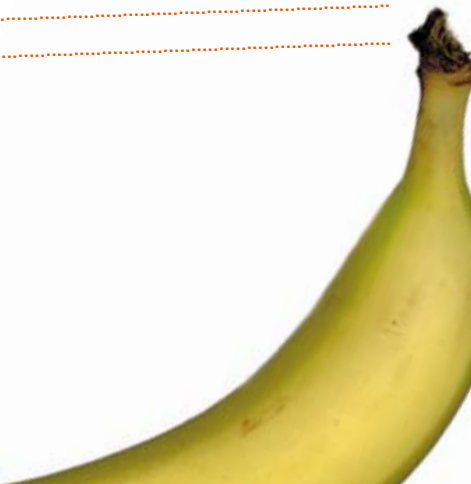
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Saturday 9.

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12. Tuesday

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13. Wednesday

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June

Thursday 14.

World

Blood Donor Day

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Saturday 16.

Sunday 17.

June

18. Monday

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19. Tuesday

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20. Wednesday

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June



Thursday 21.

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First day of summer!

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Saturday 23.

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Sunday 24.

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25. Monday

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26. Tuesday

..... World Drug Day

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27. Wednesday

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28. Thursday

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Friday 29.

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Saturday 30.

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Sunday 1.

Four horizontal dotted lines for writing.

June -- July



my
july

STIs & Co.: Prevention, Examination and Treatment

Condoms (even for oral intercourse!) reduce your risk of being infected with sexually transmitted infections (STIs) such as gonorrhoea (the clap), chlamydia or syphilis. In addition, you should not touch any visibly changed areas of the skin (such as blisters or a rash) and not allow any excretions or body fluids inside of you.

STIs do not always lead to symptoms, and some symptoms are not easily noticed. This is why you should have regular **check-ups** (for example, every three months). Immediately go to the doctor if you notice bodily changes such as itching, a burning sensation or a discharge in the genital area, a rash or ulcers. STIs that are treated too late or not at all can lead to chronic gynaecological inflammations, infertility or cervical cancer. If you are pregnant, you should have yourself examined for STIs about every six weeks in order to prevent harm to the child, a premature birth or miscarriage.

You should be **vaccinated** against **hepatitis A and B**.

By the way: You can get an anonymous consultation, a check-up for STIs and vaccinations at most **public health departments**. If you do not have health insurance, you can also receive **treatment without charge** there.

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Day of the

Kiss

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Sunday 8.

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July

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11. Wednesday

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July

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Saturday 14.

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Sunday 15.

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16. Monday

17. Tuesday

18. Wednesday

Have you already
thought about the

STI examination?



Thursday 19.

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Friday 20.

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Saturday 21.

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Commemoration Day

for Deceased

Drug Addicts



Sunday 22.

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July

23. Monday

24. Tuesday

25. Wednesday

26. Thursday

Friday 27.

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Saturday 28.

..... World **Hepatitis** Day

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Sunday 29.

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July

30. Monday

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31. Tuesday

Four horizontal dotted lines for writing.

1. Wednesday

Four horizontal dotted lines for writing.



my

august

Condom torn? Sperm inside? Stay calm!

- If you get sperm in your vagina/bowels, try to squeeze out as much of it as possible. In no case should you douche – injuries increase the risk of infection! This also pushes the sperm up further and increases the danger of an undesired pregnancy.
 - Immediately spit out any sperm that gets in your mouth and quickly rinse it out. Do not brush your teeth – that would rub any possible viruses into your gums.
 - If sperm gets in your eyes during sex, rinse them out as quickly as possible with water.
 - For an increased risk of HIV (such as unprotected vaginal or anal intercourse with someone who is HIV-positive but is not yet in therapy), a four-week treatment with HIV medications can be helpful (HIV-PEP). It would be best to go to one of the clinics listed at www.hivreport.de within 24 hours together with the customer. The internist on duty in the emergency department will clarify the risk and decide if a PEP makes sense.
 - A pregnancy can be prevented with the morning-after pill. If possible, this should be taken within 12 hours and at latest after 72 hours (= 3 days).
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Friday 3.

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Saturday 4.

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Sunday 5.

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August



6. Monday

Four sets of horizontal dotted lines for writing.

7. Tuesday

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8. Wednesday

Four sets of horizontal dotted lines for writing.

August

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Saturday 11.

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Sunday 12.

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August

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15. Wednesday

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August

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Saturday 18.

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Sunday 19.

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August

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21. Tuesday

22. Wednesday

23. Thursday



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27. Monday

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28. Tuesday

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29. Wednesday

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August

Thursday 30.

Friday 31.

Saturday 1.

Sunday 2.

August -- September

my

september



Tips for More Safety on the Job

- Act as self-confident as possible and do not let anyone notice that you are afraid.
 - Work with a clear mind – you cannot control the situation during withdrawal or under the influence of drugs.
 - Do not wear anything that someone could use to strangle you (such as necklaces, scarves or half-open jackets) or that would hinder you from fleeing (long tight skirts, high-heeled shoes).
 - Try to work in illuminated places and stay close to other people.
 - Take a good look at the customers. Negotiate where you will go and what will be done there. If someone gives you the creeps, refuse to go with him.
 - Remember or write down the number and brand before you get into a car. Inform girlfriends or colleagues where you are driving to.
 - Stay on the front seat in two-door cars and check to see whether the car can be opened from the inside. It is best to leave the car door ajar while working.
 - Look around when you are in a residence to find the escape routes. Note the location of exits and the front door.
 - Always keep your eyes on the customer – especially his hands. Avoid unfavourable positions such as between the customer's knees or beneath him. When you are on top, you have a better view of his face and hands.
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4. Tuesday

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5. Wednesday

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September



Thursday 6.

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Saturday 8.

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Sunday 9.

Four horizontal dotted lines for writing.



September



10. Monday

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11. Tuesday

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12. Wednesday

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Thursday 13.

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Friday 14.

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Saturday 15.

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Sunday 16.

Four horizontal dotted lines for writing.

September

17. Monday

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18. Tuesday

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19. Wednesday

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20. Thursday

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September



Friday 21.

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Saturday 22.

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First day of autumn!

Sunday 23.

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September

24. Monday

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25. Tuesday

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Day of

Dental Health



26. Wednesday

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September

Thursday 27.

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Friday 28.

Four horizontal dotted lines for writing.

Saturday 29.

Four horizontal dotted lines for writing.

Sunday 30.

Four horizontal dotted lines for writing.

September

my

october



When There Is a Threat of Violence ...

- You can best defend yourself with hairspray, mosquito spray or lemon extract in a little spray bottle. Tear gas or weapons (such as knives) could be dangerous if someone turns them against you.
 - Pack wadded newspaper in your bag: You can light it and throw it on the backseat when things get dangerous. This will help you gain time to flee because a customer will first want to rescue his car.
 - If the customer gets rough, then it is best to punch, kick or bite him in his weak areas, if possible: neck, nose, eyes, chin or testicles. You can also poke him in the eyes with your extended fingers.
 - If someone threatens you and other people are close by, scream "fire!" (Feuer!) as loud as you can. People usually respond more quickly to that than "help!"
 - Run away as quickly as you can: Against the traffic in the direction of lights and where there are people.
 - Call the police or ask someone to do it for you: the telephone number is 110.
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1. Monday

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2. Tuesday

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3. Wednesday

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..... Day of

German Unity

Thursday 4.



Friday 5.



Saturday 6.



Sunday 7.



October

8. Monday

9. Tuesday

10. Wednesday

11. Thursday

...Time for the

STI examination!

Friday 12.

Saturday 13.

Sunday 14.

15. Monday

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16. Tuesday

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17. Wednesday

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18. Thursday

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Friday 19.

Saturday 20.

Sunday 21.



October

22. Monday

23. Tuesday

24. Wednesday

25. Thursday

Friday 26.

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Saturday 27.

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Sunday 28.

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Start of

winter time

Turn the clock back one hour!



October

29. Monday

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30. Tuesday

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31. Wednesday

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..... **Halloween**

A red lace bra is shown against a yellow background. The text "my november" is overlaid on the image, with "my" in a smaller font above a dashed line, and "november" in a larger font below the line.

my

november

What Should You Do After You Experience Violence?

Call the police (telephone number 110) or ask others to do it for you. Write down everything as precisely as possible: When and where did it happen (date, time, place), how many people were involved and what are the distinguishing characteristics of the offender(s)? Such notes serve as evidence in the case that you file a charge.

You can either file a charge immediately or later. When you have concerns about this (because you are in Germany illegally, for example), then you can first get advice from a prostitute project or a counselling centre for immigrants (addresses see last pages).

See a doctor or go to the hospital as quickly as possible in order to have yourself and your clothing examined for the offender's traces such as sperm or blood. They serve as evidence, even if you file charges at a later time. In addition, it may make sense to do a HIV-PEP (see information August), which should preferably be started within 24 hours.

Do not stay alone – ask for support. If you cannot reach anyone you trust, then go to one of the projects that help women in your situation. The staff members there will give you emotional and rational support.

Thursday 1.

Four horizontal dotted lines for writing.

Friday 2.

Four horizontal dotted lines for writing.

Saturday 3.

Four horizontal dotted lines for writing.

Sunday 4.

Four horizontal dotted lines for writing.

November



5. Monday

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6. Tuesday

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7. Wednesday

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November



Thursday 8.

Four horizontal dotted lines for writing.

Friday 9.

Four horizontal dotted lines for writing.

Saturday 10.

Four horizontal dotted lines for writing.

Sunday 11.

Four horizontal dotted lines for writing.

November

12. Monday

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13. Tuesday

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14. Wednesday

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November



Thursday 15.

Four horizontal dotted lines for writing.

Friday 16.

Four horizontal dotted lines for writing.

Saturday 17.

Four horizontal dotted lines for writing.

Sunday 18.

Four horizontal dotted lines for writing.

November

19. Monday

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20. Tuesday

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21. Wednesday

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Also have a healthy mouth?
Make a **dentist appointment!**

November

Thursday 22.

Four horizontal dotted lines for writing.

Friday 23.

Four horizontal dotted lines for writing.

Saturday 24.

Four horizontal dotted lines for writing.

Sunday 25.

Four horizontal dotted lines for writing.

November

26. Monday

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27. Tuesday

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28. Wednesday

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29. Thursday

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November

Friday 30.

Four horizontal dotted lines for writing.

Saturday 1.

Four horizontal dotted lines for writing.

World AIDS Day

Sunday 2.

Four horizontal dotted lines for writing.



my
december

Prostitution and the Law

- As an independently working prostitute, you must register your profession at the **Finanzamt** (tax office) and tax your income. If you do not do this, you are committing tax fraud and make yourself liable to prosecution.
 - If you receive unemployment benefits I or II, you must report the income from the sex work at the **Bundesagentur für Arbeit** (Federal Employment Agency). With the exception of small exemptions, the income will be subtracted from the government benefits.
 - If you come from another EU country and want to work in Germany as a self-employed prostitute, you must register your place of residence at a **Meldestelle** (registration office) and state your desired activity there.
 - If you come from a Non-EU country, the **Ausländerbehörde** (foreigners' registration office) will examine your residence status and determine whether you are permitted to work in Germany. In no case are you permitted to work as a tourist.
 - Most cities have established **Sperrgebietsverordnungen** (regulations for prohibited zones) that determine where and when prostitution is banned. The **Ordnungsamt** or **Gewerbeamt** (public order or trade supervisory office) or the **police** control adherence to it. Anyone who does not comply can be punished with a fine.
 - In the case of a **police check**, you must show your ID card or passport and, if necessary, also present your work permit.
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3. Monday

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4. Tuesday

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5. Wednesday

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6. Thursday

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St. Nicholas Day!

Clean your boots!

Friday 7.

Four sets of horizontal dotted lines for writing.

Saturday 8.

Four sets of horizontal dotted lines for writing.

Sunday 9.

Four sets of horizontal dotted lines for writing.



December



10. Monday

Human Rights

Day

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11. Tuesday

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12. Wednesday

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December



Thursday 13.

Four horizontal dotted lines for writing.

Friday 14.

Four horizontal dotted lines for writing.

Saturday 15.

Four horizontal dotted lines for writing.

Sunday 16.

Four horizontal dotted lines for writing.

December

17. Monday

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18. Tuesday

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19. Wednesday

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20. Thursday

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Friday 21.

First day of winter!

Saturday 22.

Sunday 23.

24. Monday

Christmas Eve

25. Tuesday

1st Day of

Christmas

26. Wednesday

Boxing Day

27. Thursday

December



Friday 28.

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Saturday 29.

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Sunday 30.

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December

31. Monday

New Year's Eve

1. Tuesday

three, two, one ...

New Year's Day!

2. Wednesday

Counselling on HIV/AIDS and other sexually transmitted infections

Local Aidshilfe organisations:

You can get addresses from the Deutsche AIDS-Hilfe (DAH), Wilhelmstr. 138, 10963 Berlin, tel.: 030/690087-0, fax: 030/690087-42, e-mail: dah@aidshilfe.de, Internet: www.aidshilfe.de

Telephone counselling by the Aidshilfen:

tel. 01 80-33-194 11 (9 cents/min. from a landline, maximum of 42 cents/min. from German mobile phone networks), Mon.–Fri. 9 a.m.–9 p.m., Sat. + Sun. 12 p.m.–2 p.m.

Online counselling by the Aidshilfen:

www.aidshilfe-beratung.de

Professional counselling for sex workers: www.bufas.net

Local Gesundheitsämter (local public health offices):
Addresses in the telephone book

Bundeszentrale für gesundheitliche Aufklärung – BZgA

(Federal Centre for Health Education): Telephone counselling at 02 21/89 20 31, online counseling at www.aidsberatung.de

Frauengesundheitszentren (Women's health centres; addresses at www.frauengesundheitszentren.de) and **ProFamilia** (counselling offices (addresses at www.profamilia.de) provide counselling on pregnancy, contraception and STIs.

Contact points for sex workers

Hydra

Köpenicker Str. 187/188, 10997 Berlin
Fon: 030/611 00 23, Fax: 030/611 00 21
kontakt@hydra-ev.org, www.hydra-ev.org

highLights

Emmentaler Str. 99, 13409 Berlin
Fon: 0174/919 92 46
info@highlights-berlin.de, www.highlights-berlin.de

Nitribitt e.V.

Stader Str. 1, 28205 Bremen
Fon: 0421/44 86 62, Fax: 0421/498 60 31
nitribitt_ev@web.de, www.nitribitt-bremen.de

Madonna e.V.

Alleestr. 50 (im Hof), 44793 Bochum
Fon: 0234/68 57 50, Fax: 0234/68 57 51
info@madonna-ev.de, www.madonna-ev.de

Tamara – Beratung und Hilfe für Prostituierte

Alfred-Brehm-Platz 17, 60316 Frankfurt am Main
Fon: 069/94 35 02 40, Fax: 069/94 35 02 45
tamara@zefra.de, www.zefra.de

Dortmunder Mitternachtsmission

Dudenstr. 2–4, 44137 Dortmund
Fon: 0231/14 44 91, Fax: 0231/14 58 87
mitternachtsmission@gmx.de, www.mitternachtsmission.de

Beratungsstelle Kober

Nordstr. 50, 44145 Dortmund

Fon: 0231/86 10 32-0, Fax: 0231/86 10 32-15

kober@skf-dortmund.de, www.kober-do.de

Nachtfalter

Niederstr. 12-16, 45141 Essen

Fon: 0201/364 55 47, Fax: 0201/364 55 46

nachtfalter@caritas-e.de, www.nachtfalter-essen.de

FIM – Frauenrecht ist Menschenrecht e.V.

Varrentrappstr. 55, 60486 Frankfurt/Main

Fon: 069/970 97 97-0

fiminfo@web.de, www.fim-frauenrecht.de

TAMPEP

c/o Amnesty for Women, Städtegruppe Hamburg e.V.

Große Bergstr. 231, 22767 Hamburg

Fon: 040/38 47 53, Fax: 040/38 57 58

info@amnestyforwomen.de, www.amnestyforwomen.de

KaffeeKlappe

Seilerstr. 34, 20359 Hamburg

Fon: 040/31 64 95, Fax: 040/31 99 37 02

kaffeeklappe@diakonie-hamburg.de

www.kaffeeklappe-hamburg.de

ragazza e.V.

Brennerstr. 19, 20099 Hamburg

Fon: 040/24 46 31, Fax: 040/28 05 50 33

ragazza@w4w.net, www.ragazza-hamburg.de

Phoenix e.V.

Postfach 47 62, 30047 Hannover

Fon: 0511/146 46, Fax: 0511/161 26 79

kontakt@phoenix-beratung.de, www.phoenix-beratung.de

Beratungsstelle Mimikry

Dreimühlenstr. 1, 80469 München

Fon: 089/7 25 90 83, Fax: 089/74 79 39 43

www.mimikry.org, mimikry@hilfswerk-muenchen.de

Kassandra e.V.

Breite Gasse 1, 90402 Nürnberg

Fon: 0911/376 52 77, Fax: 0911/376 52 799

kassandra@kassandra-nbg.de, www.kassandra-nbg.de

KARO – Kontakt- und Anlaufstelle

Am Unteren Bahnhof 12, 08527 Plauen

Fon: 03741/27 68 51, Fax: 03741/27 68 53

info@karo-ev.de, www.karo-ev.de

Hurenselbsthilfe Saarbrücken e.V.

Großherzog-Friedrich-Str. 37, 66111 Saarbrücken

Fon + Fax: 0681/37 36 31

berprost@t-online.de