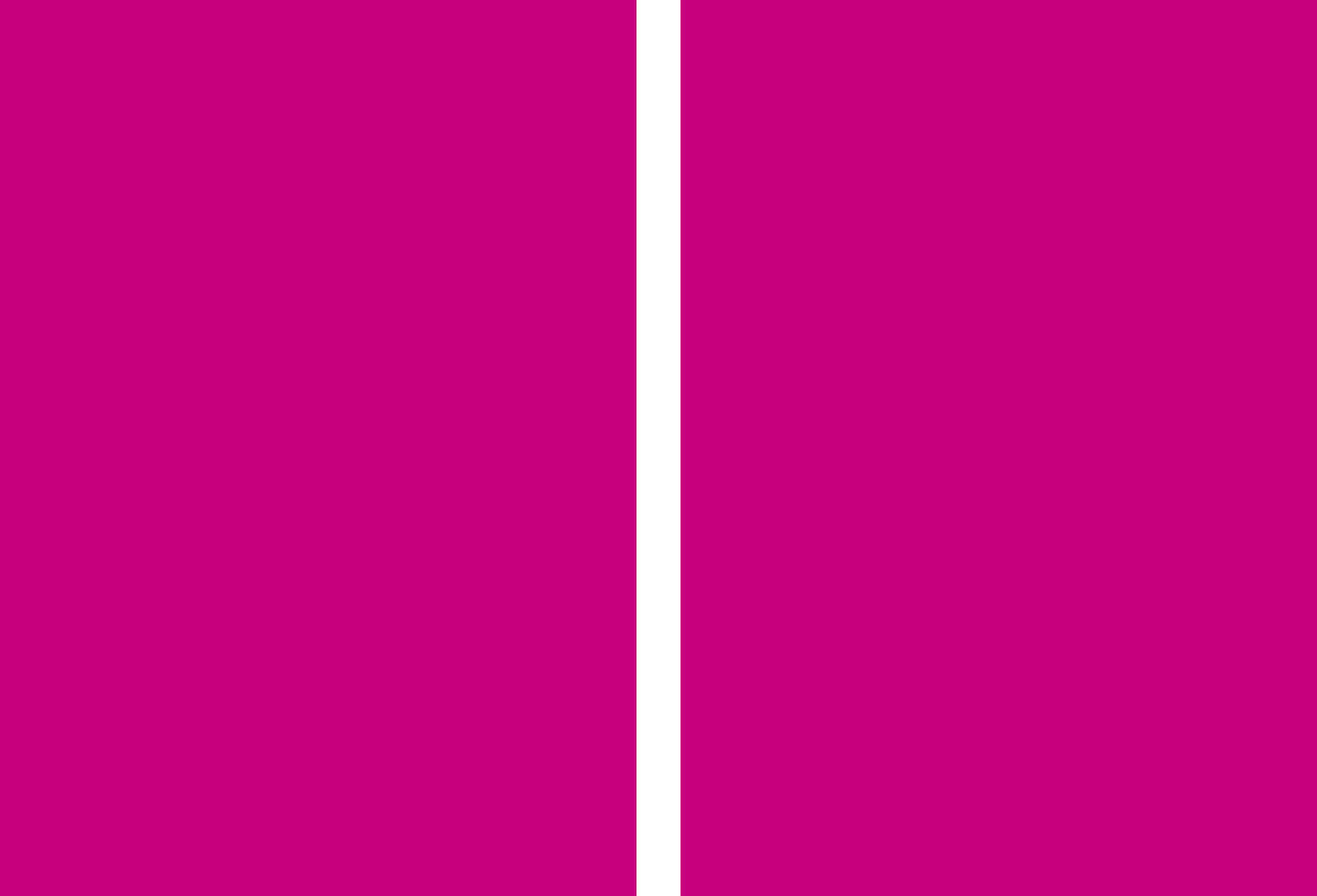


# Staying healthy ----- in 2019



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**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 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 about your experiences can also help you with the issue of how open you want to be about your job: Because sex work is still not accepted by society 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.

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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”.

In this issue of the calendar, we take a closer look at the “Prostitute Protection Act” (Prostituiertenschutzgesetz - ProstSchG), which has been regulating sex work in Germany since July 2017, and explain the key provisions (see information January).

We hope you enjoy browsing through the calendar and using it – and have a good and safe 2019!

Marianne Rademacher

Department “Women in the context of HIV/AIDS” 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 **[medien23@dah.aidshilfe.de](mailto:medien23@dah.aidshilfe.de)**.

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



my  
**january**

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## Prostitute Protection Act (ProstSchG)

The Prostitute Protection Act (Prostituiertenschutzgesetz - ProstSchG) has been effective in Germany since 01.07.2017. Wherever you work - be it on the street, in a club, brothel, love-mobile or at an event - you must

- first **obtain health advice in person** from the health authorities. Important: A health examination is not carried out!
- You must have this consultation every 12 months. If you are under the age of 21, you must receive consultation every 6 months.
- You will receive a **certificate** of the consultation.
- You must take this certificate and **register with the authorities in person**. There you will have to submit your personal ID card or another form of ID, as well as two photographs. Non-EU migrants must also submit a work permit.
- The authorities will note your first name and surname, date and place of birth, citizenship, as well as your registered address or correspondence address.
- You will receive a **registration certificate** for this.
- You must have the registration certificate and the certificate of the consultation **with you at work at all times**.

You have to enquire who the responsible authorities are. You can ask your colleagues or check on the internet. If you do not observe the rules, there is a danger you will have to pay a fine after several warnings. The Prostitute Protection Act contains many other provisions about prostitution, for example, customers can be fined if they have sexual intercourse without wearing a condom.

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**Friday 28.**

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**Saturday 29.**

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**Sunday 30.**

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**December**

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

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

**31. Friday**

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..... **New Year's Eve** .....

**1. Tuesday**

three, two, one...

**New Year's Day!**

**2. Wednesday**

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**December -- January**



**Thursday 3.**

Four sets of horizontal dotted lines for writing.

**Friday 4.**

Four sets of horizontal dotted lines for writing.

**Saturday 5.**

Four sets of horizontal dotted lines for writing.

**Sunday 6.**

Four sets of horizontal dotted lines for writing.

## 7. Monday

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## 8. Tuesday

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## 9. Wednesday

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## 10. Thursday

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**Friday 11.**

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**Saturday 12.**

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**Sunday 13.**

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**14. Monday**

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**15. Tuesday**

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**16. Wednesday**

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**January**



**Thursday 17.**

Four sets of horizontal dotted lines for writing.

**Friday 18.**

Four sets of horizontal dotted lines for writing.

**Saturday 19.**

Four sets of horizontal dotted lines for writing.

**Sunday 20.**

Four sets of horizontal dotted lines for writing.

## 21. Monday

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## 22. Tuesday

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## 23. Wednesday

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## 24. Thursday

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**Friday 25.**

Four sets of horizontal dotted lines for writing.

**Saturday 26.**

Four sets of horizontal dotted lines for writing.

**Sunday 27.**

Four sets of horizontal dotted lines for writing.

**28. Monday**

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**29. Tuesday**

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**30. Wednesday**

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**31. Thursday**

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**January**





my

february

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## 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.
- EU citizens are allowed to work in Germany with an employment contract or as self-employed. As a selfemployed sex worker, 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.

The counselling centres will give you more information about the laws.

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**Friday 1.**

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**Saturday 2.**

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**Sunday 3.**

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**February**

## 4. Monday

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## 5. Tuesday

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## 6. Wednesday

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## 7. Thursday

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Friday 8.

Four sets of horizontal dotted lines for handwriting practice.

Saturday 9.

Four sets of horizontal dotted lines for handwriting practice.

Sunday 10.

Four sets of horizontal dotted lines for handwriting practice.





**11. Monday**

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**12. Tuesday**

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**13. Wednesday**

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**February**

Thursday 14.

Valentine's Day  
**Flowers!**

Friday 15.

Saturday 16.

Sunday 17.

February



**18. Monday**

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**19. Tuesday**

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**20. Wednesday**

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**21. Thursday**

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**February**



Friday 22.

Four horizontal dotted lines for writing.

Saturday 23.

Four horizontal dotted lines for writing.

Sunday 24.

Four horizontal dotted lines for writing.

**25. Monday**

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**26. Tuesday**

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**27. Wednesday**

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**28. Thursday**

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**February**



my

**march**

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## 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 4074:2017–09 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.

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Friday 1.

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Saturday 2.

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Sunday 3.

International

**Sexworker  
Rights Day**

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March

## 4. Monday

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## 5. Tuesday

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## 6. Wednesday

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March



Thursday 7.

.....**Healthy**.....  
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Diet Day

Friday 8.

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International  
**Women's** Day

Saturday 9.

Sunday 10.

March

## 11. Monday

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## 12. Tuesday

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## 13. Wednesday

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**Safer Sex**  
- for sure!



**Thursday 14.**

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**Friday 15.**

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**Saturday 16.**

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**Sunday 17.**

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## 18. Monday

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## 19. Tuesday

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## 20. Wednesday

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..... **First day of spring!**

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**Thursday 21.**

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**Friday 22.**

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**Saturday 23.**

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**Sunday 24.**

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**25. Monday**

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**26. Tuesday**

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**27. Wednesday**

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**28. Thursday**

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**March**

**Friday 29.**

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**Saturday 30.**

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**Sunday 31.**

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..... Start of Daylight Savings Time .....

**Set the clocks!**

my  
**april**



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## 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.

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## 1. Monday

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## 2. Tuesday

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## 3. Wednesday

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## 4. Thursday

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Friday 5.

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Saturday 6.

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Sunday 7.

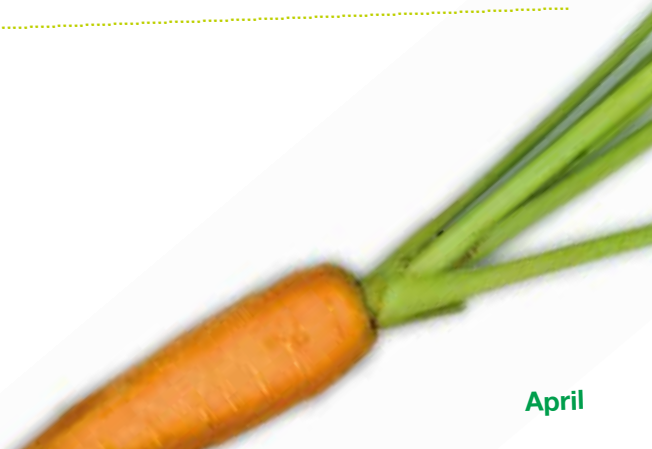
World **Health** Day

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April

# Vaccinations protect against hepatitis A and B!

Check your vaccination protection and  
have yourself examined for STIs!

## 8. Monday

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## 9. Tuesday

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## 10. Wednesday

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**Thursday 11.**

Four horizontal dotted lines for writing.

**Friday 12.**

Four horizontal dotted lines for writing.

**Saturday 13.**

Four horizontal dotted lines for writing.

**Sunday 14.**

Four horizontal dotted lines for writing.



**15. Monday**

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**16. Tuesday**

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**17. Wednesday**

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**April**



Thursday 18.

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Friday 19.

Good Friday

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Saturday 20.

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Sunday 21.

Easter Sunday

Where are the eggs?

**22. Monday**

**Easter Monday**



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**23. Tuesday**

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**24. Wednesday**

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**25. Thursday**

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**April**

**Friday 26.**

Four horizontal dotted lines for writing.

**Saturday 27.**

Four horizontal dotted lines for writing.

**Sunday 28.**

Four horizontal dotted lines for writing.



my

may



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## Safer Sex: Practices, Risks and Protection

There is a high risk of HIV and STIs 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 (sodomaso), 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).

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30. Monday

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31. Tuesday

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1. Wednesday

Labour Day



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

April -- May



Thursday 2.

Four sets of horizontal dotted lines for writing.

Friday 3.

Four sets of horizontal dotted lines for writing.

Saturday 4.

Four sets of horizontal dotted lines for writing.

Sunday 5.

Four sets of horizontal dotted lines for writing.

Day of **Hand** Hygiene

## 6. Monday

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## 7. Tuesday

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## 8. Wednesday

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## 9. Thursday

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May



**Friday 10.**

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**Saturday 11.**

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**Sunday 12.**

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## 13. Monday

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## 14. Tuesday

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## 15. Wednesday

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May

Thursday 16.

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International Day

Friday 17.

**Against**  
----- **Homophobia** .....  
**and Transphobia** .....

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Saturday 18.

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Sunday 19.

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May

## 20. Monday

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## 21. Tuesday

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## 22. Wednesday

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## 23. Thursday

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Friday 24.

Four horizontal dotted lines for writing.

Saturday 25.

Four horizontal dotted lines for writing.

Sunday 26.

Four horizontal dotted lines for writing.



May

## 27. Monday

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## 28. Tuesday

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## 29. Wednesday

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## 30. Thursday

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my



june

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**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.

Intimate hygiene is important, but 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 before work and after every customer. Vaginal douches, disinfecting intimate lotions or sprays, wet wipes and soap make the vagina susceptible for infections. If you would like to have a nice fragrance, then dab some perfume on your belly or thighs.

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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Friday 31.

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Saturday 1.

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Sunday 2.

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..... International .....

..... **Whores'** Day .....

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May -- June



### **3. Monday**

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### **4. Tuesday**

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### **5. Wednesday**

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**June**

**Thursday 6.**

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**Friday 7.**

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**Saturday 8.**

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**Sunday 9.**

..... **Whit Sunday** .....

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**10. Monday**

**Whit Monday**

**11. Tuesday**

**12. Wednesday**

**June**





Thursday 13.

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World

Friday 14.

..... **Blood Donor** Day .....

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Saturday 15.

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Sunday 16.

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## 17. Monday

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## 18. Tuesday

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## 19. Wednesday

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## 20. Thursday

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June

**Friday 21.**

**First day of summer!**

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**Saturday 22.**

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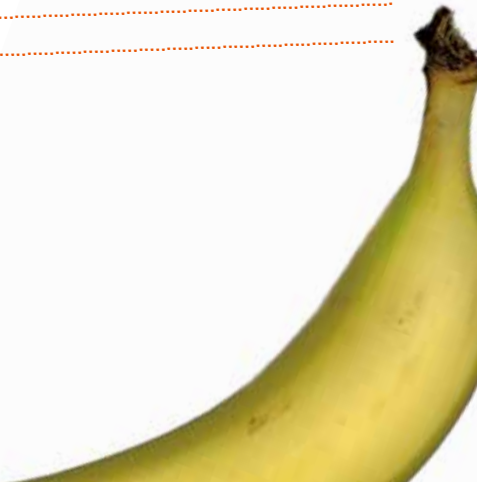
**Sunday 23.**

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**24. Monday**

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**25. Tuesday**

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**26. Wednesday**

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**27. Thursday**

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**June**

**Friday 28.**

Four horizontal dotted lines for writing.

**Thursday 29.**

Four horizontal dotted lines for writing.

**Sunday 30.**

Four horizontal dotted lines for writing.



my **july**



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## 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 customer's 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.

It is important that you have health insurance. It is a good idea to get advice at a counselling centre. An interesting option for immigrants: Private health insurance plans in the country of origin are often valid worldwide.

You should be **vaccinated** against **hepatitis A and B**. If you have health insurance, the health insurance plan will pay the costs for the vaccination.

**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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## 1. Monday

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## 2. Tuesday

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## 3. Wednesday

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## 4. Thursday

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Friday 5.

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Saturday 6.

Day of the .....

**Kiss**

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Sunday 7.

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July

## 8. Monday

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## 9. Tuesday

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## 10. Wednesday

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Have you already  
thought about the

**STI examination?**



**Thursday 11.**

Four sets of horizontal dotted lines for writing.

**Friday 12.**

Four sets of horizontal dotted lines for writing.

**Saturday 13.**

Four sets of horizontal dotted lines for writing.

**Sunday 14.**

Four sets of horizontal dotted lines for writing.

## 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.

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Saturday 20.

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**Commemoration Day**  
for Deceased  
**Drug Addicts**

Sunday 21.

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July

## 22. Monday

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## 23. Tuesday

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## 24. Wednesday

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## 25. Thursday

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Friday 26.

Four horizontal dotted lines for writing on Friday 26.

Saturday 27.

Four horizontal dotted lines for writing on Saturday 27.

Sunday 28.

Four horizontal dotted lines for writing on Sunday 28.

World **Hepatitis** Day

July

**29. Monday**

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**30. Tuesday**

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**31. Wednesday**

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my

august

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## 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.aidshilfe.de/pep-stellen](http://www.aidshilfe.de/pep-stellen) 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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Thursday 1.

Four sets of horizontal dotted lines for handwriting practice.

Friday 2.

Four sets of horizontal dotted lines for handwriting practice.

Saturday 3.

Four sets of horizontal dotted lines for handwriting practice.

Sunday 4.

Four sets of horizontal dotted lines for handwriting practice.



August

## 5. Monday



## 6. Tuesday



## 7. Wednesday



August

**Thursday 8.**

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**Friday 9.**

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**Saturday 10.**

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**Sunday 11.**

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**12. Monday**

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**13. Tuesday**

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**14. Wednesday**

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**15. Thursday**

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**August**



**Friday 16.**

Four horizontal dotted lines for writing.

**Saturday 17.**

Four horizontal dotted lines for writing.

**Sunday 18.**

Four horizontal dotted lines for writing.

**August**



**19. Monday**

Four horizontal dotted lines for writing.

**20. Tuesday**

Four horizontal dotted lines for writing.

**21. Wednesday**

Four horizontal dotted lines for writing.

**August**



Thursday 22.



Four sets of horizontal dotted lines for writing.

Friday 23.

Four sets of horizontal dotted lines for writing.

Saturday 24.

Four sets of horizontal dotted lines for writing.

Sunday 25.

Four sets of horizontal dotted lines for writing.

**26. Monday**

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**27. Tuesday**

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**28. Wednesday**

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**29. Thursday**

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**August**

my



september



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## Tips for More Safety on the Job

- Take a good look at the customer and clearly agree upon your services and payment for them. This will help you avoid problems. If someone gives you the creeps, refuse to go with him.
  - 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.
  - 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.
- 



Friday 30.

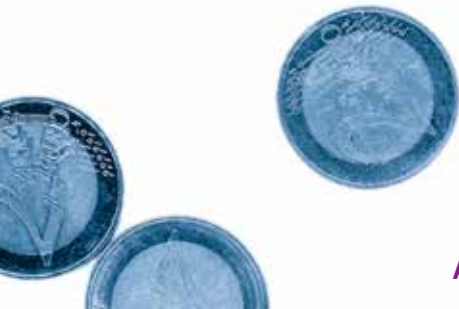
Four sets of horizontal dotted lines for writing.

Saturday 31.

Four sets of horizontal dotted lines for writing.

Sunday 1.

Four sets of horizontal dotted lines for writing.



August -- September



## 2. Monday

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## 3. Tuesday

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## 4. Wednesday

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September

**Thursday 5.**

Four sets of horizontal dotted lines for writing.

**Friday 6.**

Four sets of horizontal dotted lines for writing.

**Saturday 7.**

Four sets of horizontal dotted lines for writing.

**Sunday 8.**

Four sets of horizontal dotted lines for writing.

**September**

## 9. Monday

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## 10. Tuesday

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## 11. Wednesday

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## 12. Thursday

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September





Friday 13.

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Saturday 14.

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Sunday 15.

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September

## 16. Monday

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## 17. Tuesday

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## 18. Wednesday

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**Thursday 19.**

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**Friday 20.**

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**Saturday 21.**

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**Sunday 22.**

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**23. Monday**

**First day of autumn!**

**24. Tuesday**

**25. Wednesday**

Day of

**Dental** Health

**26. Thursday**

**September**

**Friday 27.**

Four horizontal dotted lines for writing.

**Saturday 28.**

Four horizontal dotted lines for writing.

**Sunday 29.**

Four horizontal dotted lines for writing.

my

october



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## 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.
  - 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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## 30. Monday

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## 1. Tuesday

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## 2. Wednesday

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## 3. Thursday

Day of

**German Unity**

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September -- October



Friday 4.

Four horizontal dotted lines for writing.

Saturday 5.

Four horizontal dotted lines for writing.

Sunday 6.

Four horizontal dotted lines for writing.

... Time for the

**STI examination!**

## 7. Monday

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## 8. Tuesday

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## 9. Wednesday

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## 10. Thursday

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Friday 11.

Saturday 12.

Sunday 13.

October

## 14. Monday

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## 15. Tuesday

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## 16. Wednesday

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## 17. Thursday

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Friday 18.

Four horizontal dotted lines for writing on Friday 18.

Saturday 19.

Four horizontal dotted lines for writing on Saturday 19.

Sunday 20.

Four horizontal dotted lines for writing on Sunday 20.



October

## 21. Monday

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## 22. Tuesday

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## 23. Wednesday

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## 24. Thursday

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Friday 25.

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Saturday 26.

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Sunday 27.

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Start of .....

**winter time**

Turn the clock back one hour!



**28. Monday**

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**29. Tuesday**

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**30. Wednesday**

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**31. Thursday**

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..... **Halloween** .....

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**October**





my

november

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## 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.

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Friday 1.

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Saturday 2.

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Sunday 3.

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November

## 4. Monday

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## 5. Tuesday

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## 6. Wednesday

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November



**Thursday 7.**

Four sets of horizontal dotted lines for writing.

**Friday 8.**

Four sets of horizontal dotted lines for writing.

**Saturday 9.**

Four sets of horizontal dotted lines for writing.

**Sunday 10.**

Four sets of horizontal dotted lines for writing.

**November**

## 11. Monday

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## 12. Tuesday

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## 13. Wednesday

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

**Thursday 14.**

Four horizontal dotted lines for writing.

**Friday 15.**

Four horizontal dotted lines for writing.

**Saturday 16.**

Four horizontal dotted lines for writing.

**Sunday 17.**

Four horizontal dotted lines for writing.

## 18. Monday

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## 19. Tuesday

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## 20. Wednesday

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## 21. Thursday

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November



**Friday 22.**

Four horizontal dotted lines for writing.

**Saturday 23.**

Four horizontal dotted lines for writing.

**Sunday 24.**

Four horizontal dotted lines for writing.

**25. Monday**

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**26. Tuesday**

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**27. Wednesday**

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**28. Thursday**

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**November**



my  
**december**

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## 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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Friday 29.

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Saturday 30.

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Sunday 1.

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**World AIDS Day** .....

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November -- December



## 2. Monday

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## 3. Tuesday

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## 4. Wednesday

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December



**Thursday 5.**

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**St. Nicholas Day!**

**Friday 6.**

..... Clean your boots! .....

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**Saturday 7.**

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**Sunday 8.**

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**December**

## 9. Monday

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## 10. Tuesday

..... **Human Rights** .....

..... Day .....

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## 11. Wednesday

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## 12. Thursday

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**December**



**Friday 13.**

Four horizontal dotted lines for writing.

**Saturday 14.**

Four horizontal dotted lines for writing.

**Sunday 15.**

Four horizontal dotted lines for writing.

**16. Monday**

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**17. Tuesday**

..... International Day  
**to End Violence**  
..... Against Sex Workers  
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**18. Wednesday**

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**19. Thursday**

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**December**



**Friday 20.**

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**Saturday 21.**

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**Sunday 22.**

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..... **First day of winter!** .....

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**23. Monday**

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**24. Tuesday**

..... **Christmas Eve** .....

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**25. Wednesday**

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..... **1st Day of Christmas** .....

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**26. Thursday**

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..... **Boxing** Day .....

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**December**

**Friday 27.**

Four horizontal dotted lines for writing.

**Saturday 28.**

Four horizontal dotted lines for writing.

**Sunday 29.**

Four horizontal dotted lines for writing.

**30. Monday**

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**31. Tuesday**

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..... **New Year's Eve** .....

**1. Wednesday**

three, two, one...

**New Year's Day!**

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**Thursday 2.**

Four sets of horizontal dotted lines for writing.

**Friday 3.**

Four sets of horizontal dotted lines for writing.

**Saturday 4.**

Four sets of horizontal dotted lines for writing.

**Sunday 5.**

Four sets of horizontal dotted lines for writing.

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## Counselling on HIV/AIDS and other sexually transmitted infections

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### 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](mailto:dah@aidshilfe.de), Internet: [www.aidshilfe.de](http://www.aidshilfe.de)

### Telephone counselling by the Aidshilfen:

tel. 01 80-33-194 11 (maximum 9 cents/min. from German landline networks, 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](http://www.aidshilfe-beratung.de)

Professional counselling for sex workers: [www.bufas.net](http://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 01805 555 444 (14 cents/min. from German landline networks, from German mobile phone networks max. 42 cents/min.), online counseling at [www.aidsberatung.de](http://www.aidsberatung.de)

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



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## Counselling centres for sex workers (listed according to postal codes)

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### **KARO e.V. – Kontakt- und Anlaufstelle**

Am Unteren Bahnhof 12, 08527 Plauen  
Fon: 03741 / 27 68 51, Mobil: 0173 / 975 53 74  
Fax: 03741 / 27 68 53  
info@karo-ev.de, www.karo-ev.de

### **Hydra e.V.**

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

### **Beratungsstelle für Menschen in der Sexarbeit SeLA**

Doberaner Str. 7, 18057 Rostock  
Fon: 0381 / 243 799 48, Mobil: 0172 / 750 80 15  
sela@fhf-rostock.de, www.fhf-rostock.de/sela

### **ragazza e.V.**

Brennerstr. 19, 20099 Hamburg  
Fon: 040/24 46 31, Fax: 040/28 05 50 33  
ragazza@ragazza-hamburg.de, www.ragazza-hamburg.de

### **Sperrgebiet St. Georg – Fachberatungsstelle Prostitution für Mädchen und junge Frauen**

Lindenstr. 13, 20099 Hamburg  
Fon: 040/24 66 24, Fax: 040/24 75 83  
stgeorg@sperrgebiet-hamburg.de, www.sperrgebiet-hamburg.de

### **Sperrgebiet St. Pauli – Fachberatungsstelle Prostitution für Frauen in St. Pauli**

Seilerstr. 34, 20359 Hamburg  
Fon: 040/31 64 95, Fax: 040/31 99 37  
stpauli@sperrgebiet-hamburg.de,  
www.sperrgebiet-hamburg.de

## **Amnesty for Women Städtegruppe Hamburg e.V.**

Schillerstr. 43, 22767 Hamburg

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

info@amnestyforwomen.de, www.amnestyforwomen.de

## **TAMPEP-Germany**

### **Projekt INDOORS/ragazza Hamburg**

Fon: 040 / 39909303

## **Frauen Netzwerk zur Arbeitssituation –**

### **Fachberatungsstelle für Sexarbeiter\_innen in Schleswig-Holstein**

Fleischhauerstr. 37, 23552 Lübeck

Walkerdamm 1, 24103 Kiel

Fon: 0152 / 21936634

<http://bsa.frauennetzwerk-sh.de/bsa/sexarbeit/sexarbeit.html>

## **Nitribitt e.V.**

Stader Str. 1, 28205 Bremen

Fon: 0421/44 86 62, Fax: 0421/498 60 31, Mobil: 0176 / 38 15 86 41

nitribitt\_ev@web.de, www.nitribitt-bremen.de

## **Phoenix e.V.**

Postfach 47 62, 30047 Hannover

Fon: 0511/89 82 88-01, Fax: 0511/89 82 88-19

[kontakt@phoenix-beratung.de](mailto:kontakt@phoenix-beratung.de), [www.phoenix-beratung.de](http://www.phoenix-beratung.de)

## **La Strada**

### **für drogenabhängige Mädchen und Frauen**

Escherstr. 25, 30159 Hannover

Fon: 0511/140-23, -33, Fax: 0511/140-07

[team@la-strada-hannover.de](mailto:team@la-strada-hannover.de), [www.la-strada-hannover.de](http://www.la-strada-hannover.de)

## **THEODORA**

Prostituierten- und Ausstiegsberatung für Mädchen und junge Frauen

Bielefelder Str. 25, 32051 Herford

Fon: 05221/342 71 11, Fax: 05221/346 94 83

[info@theodora-owl.de](mailto:info@theodora-owl.de), [www.theodora-owl.de](http://www.theodora-owl.de)

## **magdalena**

Friesenstraße 6, 39108 Magdeburg

Fon: 0391/55 99 16 66, Mobil 0176/16 27 90 72

[magdalena@awo-sachsenanhalt.de](mailto:magdalena@awo-sachsenanhalt.de)

[www.awo-sachsenanhalt.de/angebote/beratung-und-information/](http://www.awo-sachsenanhalt.de/angebote/beratung-und-information/magdalena.html)

[magdalena.html](http://magdalena.html)

### **Dortmunder Mitternachtsmission**

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

### **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

### **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

### **Nachtfalter**

Niederstr. 12–16, 45141 Essen  
Fon: 0201/632 569-920  
nachtfalter@caritas-e.de, www.nachtfalter-essen.de

### **Rahab**

Beratungsstelle für Sexarbeiterinnen SKF  
Mauritiussteinweg 77–79, 50676 Köln  
Tel. 0221/12 69 5-0, Fax 0221/12 69 5-194  
rahab@skf-koeln.de

### **TAMAR**

Prostituierten- und Ausstiegsberatung  
für Mädchen und Frauen  
Feldmühlenweg 17, 59494 Soest  
Fon: 02921/37 12 44, Fax: 02921/37 12 48  
info@tamar-hilfe.de, www.tamar-hilfe.de

### **Tamara**

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

### **FIM – Frauenrecht ist Menschenrecht e.V.**

Varrentrappstr. 55, 60486 Frankfurt/Main  
Fon: 069/970 97 97-0, Fax 069/970 97 97 18  
info@fim-beratungszentrum.de, www.fim-frauenrecht.de

### **Aldona e.V.**

Postfach 101413, 66014 Saarbrücken  
Fon: 0681/37 36 31, Fax: 0681/830 86 76  
aldona-ev@t-online.de, www.aldona-ev.de

### **Beratungsstelle für Prostituierte Karlsruhe**

Luisenstr. 53, 76137 Karlsruhe, Fon: 0721/91 54 93 14  
beratungsfuerprostituierte@dw-karlsruhe.de

### **P.I.N.K. Kehl**

Marktstr. 3, 77694 Kehl  
Fon: 07851 / 708 66 20, Mobil: 0170 / 912 07 32  
Fax: 07851 / 708 66 29  
pink@diakonie-ortenau.de, www.pink-baden.de

### **P.I.N.K. Freiburg**

Schwarzwaldstr. 24, 79102 Freiburg  
Fon: 0761/216 99 18, Mobil: 0170 / 915 54 09  
Fax: 0761/707 52 62  
pink@diakonie-freiburg.de, www.pink-baden.de

### **Mimikry**

Dreimühlenstr. 1, 80469 München  
Fon: 089/7 25 90 83, Fax: 089/74 79 39 43  
mimikry@hilfswerk-muenchen.de, www.mimikry.org

### **Kassandra e.V.**

Endterstr. 6, 90459 Nürnberg  
Fon: 0911/376 52 77, Fax: 0911/37 65 27 99  
kassandra@kassandra-nbg.de, www.kassandra-nbg.de

### **Agency**

#### **highLights**

Wilhelmine-Gemberg-Weg 12, 10179 Berlin  
Fon: 030/920 366 16, Mobil: 0174/919 92 46  
info@highlights-berlin.de, www.highlights-berlin.de

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## 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.

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# Impressum

© Deutsche AIDS-Hilfe e.V.  
Wilhelmstr. 138, 10963 Berlin  
Internet: [aidshilfe.de](http://aidshilfe.de), E-Mail: [dah@aidshilfe.de](mailto:dah@aidshilfe.de)  
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online: [aidshilfe.de](http://aidshilfe.de)

Sie können die DAH auch unterstützen, indem Sie Fördermitglied werden. Nähere Informationen unter [www.aidshilfe.de](http://www.aidshilfe.de) oder bei der DAH. Die DAH ist als gemeinnützig und besonders förderungswürdig anerkannt. Spenden und Fördermitgliedschaftsbeiträge sind daher steuerabzugsfähig.

Wichtiger Hinweis: Dieser Taschenkalender wurde nach bestem Wissen und Gewissen verfasst. Dennoch können Irrtümer nicht ausgeschlossen werden. Die DAH übernimmt keine Haftung für Schäden, die auf irgendeine Art aus der Nutzung der in dieser Broschüre enthaltenen Informationen entstehen. Die Nennung von Produktnamen bedeutet keine Werbung.