Englisch

Staying Healthy in 2021

This calendar belongs to:

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: 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.

Tips and information you will also find in this calendar, for example on topics like “You Set Your Own Boundaries”, “Safer Sex – Protection from HIV and Sexually Transmitted Diseases” and “More Safety on the Job”. For more detailed information, please refer to the brochure “Staying Healthy in the Sex Trade“, which you can order for free from the mail-order service of Deutsche Aidshilfe (DAH, see back).

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 2021!

Anja Liebig, Department “Women in the context of HIV/AIDS” of Deutsche Aidshilfe

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.

January

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, lovemobile 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.

28 Mon

29 Tue

30 Wed

31 Thur New Year's Eve

DECEMBER

New Year's Day Fri 1

Sat 2

Sun 3

Start the new year with good resolutions:
Make an appointment right away for cancer screening and testing for sexually transmitted diseases!

4 Mon

5 Tue

6 Wed

7 Thur

JANUARY

Fri 8

Sat 9

Sun 10

JANUARY

11 Mon

12 Tue

13 Wed

14 Thur

JANUARY

Fri 15

Sat 16

Sun 17

18 Mon

19 Tue

20 Wed

21 Thur

JANUARY

Fri 22

Sat 23

Sun 24

25 Mon

26 Tue

27 Wed

28 Thur

JANUARY

Fri 29

Sat 30

Sun 31

JANUARY

FEBRUARY

Prostitution and the Law

- As an independently working prostitute, you must register 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 Agentur für Arbeit (unemployment benefits I) or the Jobcenter (unemployment benefits II). 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 self-employed sex worker, you must register your place of residence at a Meldestelle (registration office).
  - 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.

1 Mon

2 Tue

3 Wed

4 Thur

FEBRUARY

Fri 5

Sat 6

Sun 7

FEBRUARY

8 Mon

9 Tue

10 Wed

11 Thur

FEBRUARY

Fri 12

Sat 13

Valentine's Day Sun 14

FEBRUARY

15 Mon

16 Tue

17 Wed

18 Thur

FEBRUARY

Fri 19

Sat 20

Sun 21

22 Mon

23 Tue

24 Wed

25 Thur

FEBRUARY

Fri 26

Sat 27

Sun 28

March

* For more information on the femidom ("condom for women"), please go to aidshilfe.de/femidome-schuetzen or contact a counselling centre

Safer Sex – Protection against HIV and Other Sexually Transmitted Diseases

Above all, safer sex in professional sex work means:

- Always use a condom or femidom* for vaginal and anal intercourse and a condom for 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 sexually transmitted diseases.

Only use brand-name condoms with the packaging imprint of DIN EN ISO 4074:2017-09. Only use quality-tested femidoms (e.g. indicated by a CE marking). Pay attention to the expiration date. Always put on a condom or insert a femidom 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. Apply lubricant to the inside and outside of femidoms. Agents containing grease (such as cremes) make condoms/femidoms break easily.

A dental dam (small sheet of latex), a cut-open condom or tear-proof plastic wrap over the vulva 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.

In addition, PrEP and "treatment as prevention" protect against HIV transmission during sex. For more information, please go to aidshilfe.de/safer-sex or contact an Aidshilfe organisation.

1 Mon

2 Tue

3 Wed International Sexworker Rights Day

4 Thur

MARCH

Fri 5

Sat 6

Healthy Diet Day Sun 7

8 Mon International Women's Day

9 Tue

10 Wed

11 Thur

MARCH

Fri 12

Sat 13

Sun 14

MARCH

15 Mon

16 Tue

17 Wed

18 Thur

MARCH

Fri 19

First day of spring Sat 20

Sun 21

22 Mon

23 Tue

24 Wed

25 Thur

MARCH

Fri 26

Sat 27

Start of Daylight Savings Time: Sun 28
Set the clocks!

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.

29 Mon

30 Tue

31 Wed

MARCH

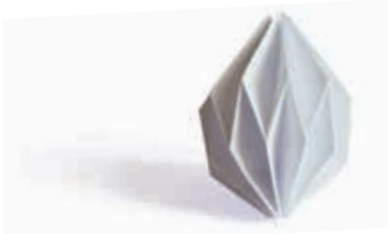
1 Thur

APRIL

Good Friday Fri 2

Sat 3

Easter Sunday Sun 4



5 Mon Easter Monday

6 Tue

7 Wed World Health Day

8 Thur

APRIL

Fri 9

Sat 10

Sun 11

APRIL

12 Mon

13 Tue

14 Wed

15 Thur

APRIL

Fri 16

Sat 17

Sun 18

Vaccinations protect against hepatitis A and B!
Check your vaccination protection and get
tested for sexually transmitted diseases!

19 Mon

20 Tue

21 Wed

22 Thur

APRIL

Fri 23

Sat 24

Sun 25

APRIL

26 Mon

27 Tue

28 Wed

29 Thur

APRIL

Fri 30

APRIL

Labour Day Sat 1

Sun 2

MAY

MAY

Safer Sex:
Practices, Risks and Protection

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

Licking/sucking the penis: HIV transmission is unlikely. Even if semen enters the mouth, the risk of HIV transmission is very low. However, hepatitis and other sexually transmitted diseases such as gonorrhoea can be easily transmitted – which is why a condom should also be used when blowing!

Licking the vulva: No HIV risk. Very low HIV risk if menstrual blood enters the mouth. However, you can easily become infected with other sexually transmitted diseases. This is why professional sex workers use a dental dam.

S/M (sadomaso), 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 sexually transmitted diseases (such as herpes and hepatitis B).

3 Mon

4 Tue

5 Wed Day of Hand Hygiene

6 Thur

MAY

Fri 7

Sat 8

Sun 9

Have you already made a dentist appointment?

10 Mon

11 Tue

12 Wed

13 Thur Ascension Day

Fri 14

Sat 15

Sun 16

MAY

17 Mon International Day Against Homophobia, Biphobia and Transphobia

18 Tue

19 Wed

20 Thur

MAY

Fri 21

Sat 22

Whit Sunday Sun 23

MAY

24 Mon Whit Monday

25 Tue

26 Wed

27 Thur

MAY

Fri 28

Sat 29

Sun 30

MAY

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.

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) 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 a clear mind**.

31 Mon

MAY

1 Tue

2 Wed International Whores' Day

3 Thur

JUNE

Fri 4

Sat 5

Sun 6

7 Mon

8 Tue

9 Wed

10 Thur

JUNE

Fri 11

Sat 12

Sun 13

JUNE

14 Mon World Blood Donor Day

15 Tue

16 Wed

17 Thur

JUNE

Fri 18

Sat 19

Sun 20

JUNE

21 Mon First day of summer

22 Tue

23 Wed

24 Thur

JUNE

Fri 25

Sat 26

Sun 27

JULY

* For more information on the femidom ("condom for women"), please go to aidshilfe.de/femidome-schuetzen or contact a counselling centre

Sexually Transmitted Diseases & Co.: Prevention, Testing and Treatment

Condoms (Even for oral intercourse!) and femidoms* reduce your risk of being infected with sexually transmitted diseases 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.

Sexually transmitted diseases do not always lead to symptoms, and some symptoms are not easily noticed. This is why you should have regular check-ups. 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. Sexually transmitted diseases 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 get tested for sexually transmitted diseases 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. If you are an EU citizen and are insured in your home country, you will be treated at German hospitals and doctor's offices in emergencies. To this end, you need to present your health insurance card.

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 sexually transmitted diseases and vaccinations at most public health departments. If you do not have health insurance, you can also receive treatment without charge there.

28 Mon

29 Tue

30 Wed

JUNE

1 Thur

JULY

Fri 2

Sat 3

Sun 4

Have you already thought about getting tested for sexually transmitted diseases?

5 Mon

6 Tue Day of the Kiss

7 Wed

8 Thur

JULY

Fri 9

Sat 10

Sun 11

12 Mon

13 Tue

14 Wed

15 Thur

JULY

Fri 16

Sat 17

Sun 18

19 Mon

20 Tue

21 Wed Drug Users Remembrance Day

22 Thur

JULY

Fri 23

Sat 24

Sun 25

JULY

26 Mon

27 Tue

28 Wed World Hepatitis Day

29 Thur

JULY

Fri 30

Sat 31

JULY

Sun 1

AUGUST

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 receiving 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 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". It should preferably be taken within 12 hours and can be taken up to 72 hours (= 3 days) after unprotected sex (some pills can be taken up to 120 hours = 5 days after unprotected sex). The "morning-after pill" is available without prescription at the pharmacy!

2 Mon

3 Tue

4 Wed

5 Thur

AUGUST

Fri 6

Sat 7

Sun 8

9 Mon

10 Tue

11 Wed

12 Thur

AUGUST

Fri 13

Sat 14

Sun 15

16 Mon

17 Tue

18 Wed

19 Thur

AUGUST

Fri 20

Sat 21

Sun 22

23 Mon

24 Tue

25 Wed

26 Thur

AUGUST

Fri 27

Sat 28

Sun 29

September

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 friends 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 the hands. Avoid unfavourable positions such as between a customer's knees or beneath the customer. When you are on top, you have a better view of the face and hands.

30 Mon

31 Tue

AUGUST

1 Wed

2 Thur

SEPTEMBER

Fri 3

Sat 4

Sun 5

Time to get tested for sexually transmitted diseases!

6 Mon

7 Tue

8 Wed

9 Thur

SEPTEMBER

Fri 10

Sat 11

Sun 12

SEPTEMBER

13 Mon

14 Tue

15 Wed

16 Thur

SEPTEMBER

Fri 17

Sat 18

Sun 19

SEPTEMBER

20 Mon

21 Tue

22 Wed First day of autumn

23 Thur

SEPTEMBER

Fri 24

Day of Dental Health Sat 25

Sun 26

SEPTEMBER

27 Mon

28 Tue

29 Wed

30 Thur

SEPTEMBER

Fri 1

Sat 2

Day of German Unity Sun 3

OCTOBER

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.

If customers get rough, then it is best to punch, kick or bite them in their weak areas, if possible: neck, nose, eyes, chin or testicles. You can also poke them in the eyes with your extended fingers.

If someone threatens you and other people are close by, scream "Feuer!" (Fire!) 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.

4 Mon

5 Tue

6 Wed

7 Thur

OCTOBER

Fri 8

Sat 9

Sun 10

OCTOBER

11 Mon

12 Tue

13 Wed

14 Thur

OCTOBER

Fri 15

Sat 16

Sun 17

OCTOBER

18 Mon

19 Tue

20 Wed

21 Thur

OCTOBER

Fri 22

Sat 23

Sun 24

OCTOBER

25 Mon

26 Tue

27 Wed

28 Thur

OCTOBER

Fri 29

Sat 30

Halloween Sun 31

Start of winter time:
Turn the clock back one hour!

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 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 an HIV-PEP (see information August), which needs to be started as soon as possible after HIV risk contact: ideally within 2 hours and, if possible, within 24 hours, but no later than 48 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.

1 Mon

2 Tue

3 Wed

4 Thur

NOVEMBER

Fri 5

Sat 6

Sun 7

Also have a healthy mouth?
Make a dentist appointment!

NOVEMBER

8 Mon

9 Tue

10 Wed

11 Thur

NOVEMBER

Fri 12

Sat 13

Sun 14

NOVEMBER

15 Mon

16 Tue

17 Wed

18 Thur

NOVEMBER

Fri 19

Sat 20

Sun 21

NOVEMBER

22 Mon

23 Tue

24 Wed

25 Thur

NOVEMBER

Fri 26

Sat 27

Sun 28

NOVEMBER

DECEMBER

The Most Important Information on HIV and AIDS

* For more information on the femidom ("condom for women"), please go to aidshilfe.de/femidome-schuetzen or contact a counselling centre

** For more information on PrEP and "treatment as prevention", please go to aidshilfe.de/safer-sex or contact an Aidshilfe organisation

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 and cancer can develop, for example.

But when people begin taking daily medications against HIV early enough, AIDS can be prevented and they will have a good chance of having a normal life expectancy. In addition, HIV can then also not be transmitted during sex.

Above all, HIV is transmitted during vaginal and anal intercourse if the HIV-positive person is not taking HIV medication (this is even possible without any sperm entering the body). There is also a very high risk of infection when sharing needles during drug use. Mothers that are not taking HIV medication can also infect their child with HIV during pregnancy, birth and when breastfeeding.

Protection against HIV during sex is offered by condoms and femidoms*, PrEP and "treatment as prevention"**. For drug users, protection is provided by safer use (each person uses their own syringe and – as protection against hepatitis viruses – their own paraphernalia such as a spoon, filter, water or snorting tubes).

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 fee of about EUR 15–30.

29 Mon

30 Tue

NOVEMBER

1 Wed World AIDS Day

2 Thur

DECEMBER

Fri 3

Sat 4

Sun 5

DECEMBER

6 Mon St. Nicholas Day

7 Tue

8 Wed

9 Thur

DECEMBER

Human Rights Day Fri 10

Sat 11

Sun 12

13 Mon

14 Tue

15 Wed

16 Thur

DECEMBER

International Day to End Violence Against Sex Workers

Fri 17

Sat 18

Sun 19

DECEMBER

20 Mon

21 Tue First day of winter

22 Wed

23 Thur

DECEMBER

Christmas Eve Fri 24

First Day of Christmas Sat 25

Boxing Day Sun 26

DECEMBER

27 Mon

28 Tue

29 Wed

30 Thur

DECEMBER

New Year's Eve Fri 31

DECEMBER

New Year's Day Sat 1

Sun 2

JANUARY 2022

Brochures of Deutsche Aidshilfe

HIV/AIDS, Hepatitis and Sexually Transmitted Diseases

Basic information on transmission, protection, diagnosis, treatment (in German)

Staying Healthy in the Sex Trade

(in German, English, Romanian, Bulgarian, Russian)

Sexually Transmitted Infections

Info+ for professionals in prevention and counselling as well as interested non-professionals (in German)

Viral Hepatitis

Info+ for counsellors and interested non-professionals (in German)

Your Health, Your Rights

Information, tips and addresses (bilingual: German/English, German/French, German/Russian, German/Arabic; for migrants)

Safer Use – Minimising Risks of Drug Use

(in German)

The brochures are available for free at your local Aidshilfe organisation (for addresses, see aidshilfe.de → Service → Adressen), or at aidshilfe.de → Service → Material bestellen.

"Successful Business – The Prostitute Protection Act from A to Z", brochure by Bundesverband Sexuelle Dienstleistungen e. V., available in various languages at info@bsd-ev.info

Counselling on HIV/AIDS and other sexually transmitted diseases

Local Aidshilfe organisations:

You can get addresses from Deutsche Aidshilfe (DAH), Wilhelmstr. 138, 10963 Berlin, tel.: 030 / 69 00 87-0, fax: 030 / 69 00 87-42, e-mail: dah@aidshilfe.de, Internet: www.aidshilfe.de

Telephone counselling by the Aidshilfe organisations:

tel. 0180 / 33 19 411 (maximum 9 cents/min. from German land-line networks, maximum of 42 cents/min. from German mobile phone networks), Mon–Fri: 9 am–9 pm, Sat–Sun: 12 pm–2 pm.

Online counselling by the Aidshilfe organisations:

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 0221 / 892031, Mon–Thur: 10 am–10 pm, Fri–Sun: 10 am–6 pm, online counselling at www.liebesleben.de/beratung

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 sexually transmitted diseases.

Counselling centres for sex workers

(listed according to postal codes) Status September 2020

Fachberatungsstelle für Sexarbeit
Ossietzkystraße 18, 04347 Leipzig
Fon: 0178 / 962 34 96, Fax: 0341 / 23 33 968
sexarbeit@leipzig.aidshilfe.de, www.leipzig.aidshilfe.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

Hydra Café
Hermannstr. 18, 12049 Berlin
Fon: 030 / 28 64 56 60
cafehydra@hydra-berlin.de, cafe.hydra-berlin.de

SeLA – Beratungsstelle für Menschen in der Sexarbeit
Doberaner Str. 7, 18057 Rostock
Fon: 0381 / 87 39 87 37, Mobil: 0172 / 750 80 15
sela@stark-machen.de, www.stark-machen.de/index.php/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

ragazza-Kontakt
Zeißstraße 28, 22765 Hamburg
Fon: 040 / 24 46 31
ragazza-kontakt@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
sperrgebiet-stpauli@diakonie-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

Frauennetzwerk zur Arbeitssituation – Fachberatungsstelle für Sexarbeiter_innen in Schleswig-Holstein
Walkerdamm 1, 24103 Kiel
Fon: 0431 / 678 830, Mobil: 0152 / 21 93 66 34
www.frauennetzwerk-sh.de

cara*SH
Christianstr. 6, 24534 Neumünster
Fon: 04321 / 94 19 08-11 /-22 /-33, Mobil: 0151 / 72 31 22 06
www.cara.sh

Nitribitt e.V.
Stader Str. 1, 28205 Bremen
Fon: 0421 / 44 86 62, Mobil: 0176 / 38 15 86 41, Fax: 0421 / 498 60 31,
nitribitt_ev@web.de, www.nitribitt-bremen.de

Phoenix – Fachberatungsstelle für Sexarbeitende
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Fon: 0511 / 89 82 88-01, Fax: 0511 / 89 82 88-01
kontakt@phoenix-beratung.de, www.phoenix-beratung.de

La Strada – Anlauf- und Fachberatungsstelle
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Fon: 0511 / 140-23, Fax: 0511 / 140-07
team@la-strada-hannover.de, www.la-strada-hannover.de

THEODORA – Prostituierten- und Ausstiegsberatung
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info@theodora-owl.de, www.theodora-owl.de

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Fon: 0391 / 99 97 78 60, Mobil: 0176 / 16 27 90 72
magdalena@awo-sachsenanhalt.de
www.awo-sachsenanhalt.de/angebote/beratung-und-information/magdalena.html

SKFM Düsseldorf e.V.
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www.mitternachtsmission.de

Kober
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Madonna – Treffpunkt und Beratung für Prostituierte e.V.
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Nachtfalter
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nachtfalter@cse.ruhr,
www.nachtfalter-essen.de

Rahab – Beratungsstelle für Sexarbeiterinnen SKF e.V.
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TAMAR – Prostituierten- und Ausstiegsberatung für Mädchen und Frauen
Feldmühlenweg 17, 59494 Soest
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info@tamar-hilfe.de, www.tamar-hilfe.de

Lola-App
Information for prostitutes in Nordrhein-Westfalen

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FIM – Frauenrecht ist Menschenrecht e.V.
Varrentrappstr. 55, 60486 Frankfurt/Main
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www.pink-baden.de

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Fax: 0761 / 707 52 62
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www.pink-baden.de

BleibSafe.Info
Information for prostitutes in Baden-Württemberg

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Agency

move e.V. – Verein für Bildung und Kommunikation in der Sexarbeit
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Associations

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BesD e.V. – Berufsverband erotische und sexuelle Dienstleistungen e.V.
Köpenicker Str. 187/188, 10997 Berlin
Mobil: 0152 / 046 174 64
info@besd-ev.de, https://berufsverband-sexarbeit.de/

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:

- "Vorspiel Französisch": licking/sucking the penis ("blowing") or the vulva
- "Französisch total": blowing to the point of ejaculation
- "Handentspannung": massaging the penis to the point of ejaculation
- "Spanisch": rubbing the penis between the breasts to the point of ejaculation
- "Vaginalverkehr": vaginal intercourse
- "Griechisch": anal intercourse
- "Natursekt": 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/femidom. 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 disease without a rubber.

profiS – Safe and successful in your job

Sex work is a complex profession and requires skills, qualifications, know-how and much more. There is no conventional training programme for sex work. That is why every sex worker is well advised to carefully gain experience through learning-by-doing and to share information with colleagues. This will help you become more professional one step at a time, enabling you to set your own standards and boundaries, i.e. to build your own profile.

profi*S* helps you do so.

profi*S* is an education programme for sex workers. Specially trained coaches hold a workshop at your place of work, providing interested people with insights into all legal matters relevant to sex work:

- Dealing with authorities, police raids, checks: Who does what and when?
- The Prostitute Protection Act (ProstSchG)
- Benefits (such as Hartz IV)
- Health care and health insurance
- Special regulations for migrants
- Any job-related questions

You decide what topics you would like to discuss. The workshop is free and, on request, can be completed with a certificate.

A **profi*S***-workshop can be held anywhere in Germany. For more information and bookings, please contact info@move-ev.org.

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