

Practising Sex Work in Geneva

THE COMPLETE GUIDE



FOREWORD

Our lives, our choices, our rights.

In Switzerland, sex work is legal. It is regulated by laws specific to each canton. In the canton of Geneva, attending the information session is mandatory before registering with the police. This guide is not intended to replace these sessions, but to facilitate access to information for sex workers who carry out their activity in the canton of Geneva.

It was designed as a roadmap to support sex workers on issues related to law, health, safety, and through practical advice.

The choice was made to prioritize inclusive language, as we believe it is important to formally address issues of representation, without minimizing the power dynamics and proportions related to gender in sex work: the majority of sex workers being women, and the majority of clients being men.

Through its different sections, this guide illustrates several types of sex work and certain specific practices. Each journey is unique, so do not hesitate to come to the association to receive individualised advice.

This information guide was made possible thanks to the expertise of many professionals: sex workers, mediators and social workers from Aspasia, as well as other specialists in sexuality. It was produced in collaboration with the illustrator @Madame Marilou, in order to offer varied and inclusive representations of sex work and of the people who practice it.

A huge thank you to La Diabla, Emma from Lestime, Loïc from Checkpoint Genève, Maria, Nicky du Boudoir, Piti, Tan Polyvalence, Swissexcoach and Yumie for generously sharing their valuable expertise in this guide. Your passion and knowledge have truly enriched this project. A big thank you also to the entire Aspasia team, whose commitment and diversity of skills made this project possible.



Who are we?

Founded in 1982, Aspasie is an association that supports and defends the rights of sex workers in Geneva.

The association:

- * Supports, advises and is present any person practising sex work in their social, legal, administrative and health-related procedures.
- * Defends the fundamental rights and interests of sex workers.
- * Works to promote health and prevent HIV and STIs.
- * Fights against violence, human trafficking and all forms of exploitation.
- * Combats stigmatisation and social exclusion.

Where to find us?

**Rue des Pâquis 11 – 5th floor
1201 Geneva**

Phone: 022 732 68 28

Email: aspasie@aspasie.ch

Website: aspasie.ch

Social media: @Aspasie

TABLE OF CONTENTS

PART 1

RIGHTS AND DUTIES - YOUR RIGHTS AND COMPLIANCE WITH THE LAW	5
1.- The legal framework of sex work in Switzerland	7
#THE MANDATORY INFORMATION SESSION AT ASPASIE	8
#THE REGISTRATION OBLIGATION	9
#PLACES WHERE SEX WORK IS PRACTICED IN GENEVA	10
2.- The legal framework for residence in Switzerland	12
#THE 90-DAY WORK AUTHORIZATION	12
#THE B RESIDENCE PERMIT	14
#THE G WORK PERMIT	15
3.- Working Conditions	16
#THE STATUS OF SELF-EMPLOYED	16
#CAREER CHANGE OR ADDITIONAL ACTIVITY	17
THE MEETING - How to manage your budget?	18
4.- Your rights in case of abuse or violence	20

PART 2

HEALTH - YOUR HEALTH, YOUR STRENGTH	25
1.- HIV / AIDS AND OTHER STIs	27
#HOW TO PROTECT YOURSELF FROM STIs AND HIV?	28
#GETTING TESTED FOR PEACE OF MIND	31
2.- Unwanted pregnancy and contraception	32
#CONTRACEPTIVE METHODS	32
#RISK OF UNWANTED PREGNANCY - What to do after risky intercourse?	34
#IF YOU WISH TO END YOUR PREGNANCY - Termination of pregnancy (abortion)	35
3.- Working in good health	36
#TAKE CARE OF YOUR VULVA	36
#TAKE CARE OF YOUR ANUS	38
THE MEETING - How to protect yourself during vulva-to-vulva sex	40
THE MEETING - Having safe sex between people with penises	41
#TAKE CARE OF YOUR MENTAL HEALTH	42
THE MEETING - How to disclose your work to those close to you?	45
#SUBSTANCE USE AND CHEMSEX	46
THE MEETING - About chemsex	48

PART 3

SAFETY - THE ROPES OF THE TRADE51

1.- Your safety at work53

#GENERAL SAFETY TIPS53

#SAFETY TIPS ACCORDING TO THE WORKPLACE56

#CUSTOMER RELATIONSHIPS AND RESPECT FOR YOUR SERVICES60

THE MEETING - Working with women when you are a cis man62

2.- Working on the Internet64

#INTERNET SAFETY64

#OUR TIPS FOR WORKING ON THE INTERNET66

#SELLING CONTENT68

3.- Expert advice on various services71

THE MEETING - On Bondage and Discipline, Sadomasochism, and Masochism.....72

THE MEETING - On the girlfriend experience.....74

LE RENDEZ-VOUS - Sur le champagne et le caviar.....76

4.- Gender and sex work78

THE MEETING - Sex work and transgender identity.....80

5.- I analyze my situation82

USEFUL CONTACTS DIRECTORY

CONTACT LIST85

PART 1

RIGHTS AND DUTIES

YOUR RIGHTS AND COMPLIANCE WITH THE LAW



1.- The legal framework of sex work in Switzerland

Even though sexwork in Switzerland can be practiced freely, it cannot be practiced in just any way. **The Swiss Penal Code** provides for several offenses:



Human trafficking for the purpose of sexual exploitation

This occurs when a person is recruited, brokered through intermediaries, and exploited through violence, deceit, threats, or coercion.



Encouraging prostitution

This means taking advantage of a relationship of dependency to maintain or push a person to prostitute themselves, with the aim of deriving a benefit from it or infringing on the freedom of a sex worker.



Illegal exercise of prostitution

This means engaging in sex work without complying with the applicable regulations (for example, failing to register).

IN GENEVA

According to Geneva law, to work legally you must:

- **Be swiss or have a valid work permit.**
- **Attend a mandatory information session at Aspasié.**
- **Register with the police.**

This part of the guide applies only to the Canton of Geneva.

The law on sex work differs in each canton. To find out about the laws of other cantons, you can check this site: legalwork.procore-info.ch.

#THE MANDATORY INFORMATION SESSION AT ASPASIE

In Geneva, you are required to attend an **information session before registering with the police.**

Intended for anyone coming to practice sex work in Geneva, this session aims to inform you about the main subjects at the heart of the activity: **health issues, rights and duties, safety and the prevention of violence and assaults, the ins and outs of the profession, and useful addresses in case of need.**

The session is free and requires no registration!



In several languages

The sessions are run by an **expert team speaking 8 languages:** French, English, Romanian, Spanish, Hungarian, Italian, German, Portuguese (handout in Dutch, Russian, Greek, and Bulgarian are also available if needed).



When?

Information sessions are held on working days, **Monday to Friday at 11 a.m., and last about 1 hour 30 minutes.**



Where to go?

To participate, there is no need to call or send an email; you can come directly to the association's premises:

Aspasie

Rue des Pâquis 11 – 5th floor

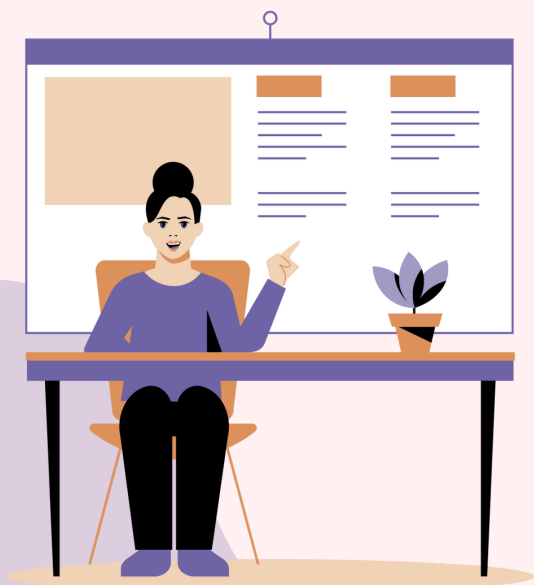
1201 Geneva

Train and tram stop: Gare Cornavin

Bus stop: Monthoux

Tel. +41 22 732 68 28

aspasie@aspasie.ch



#THE REGISTRATION OBLIGATION

To register, you must appear in person before starting the activity at the BTPI
(**Brigade for the fight against trafficking and illegal prostitution**).



Where to go?

Brigade de lutte contre la traite et la prostitution illicite

Boulevard Carl-Vogt 17-19
1205 Geneva
Phone: +41 22 427 71 40
gprost@police.ge.ch



The procedure is free of charge, but by appointment only.

Appointments can be made on their website: www.ge.ch/prostitution-geneve/prendre-rendez-vous-avec-btpi
You can contact them by phone for information from 9 a.m. to 11 a.m.



Which documents to bring?

- * **A valid ID** (identity card or passport).
- * A valid **residence permit**, a valid **work permit**, or a valid **short-term activity notification**.
- * **The attendance certificate** issued by Aspasia to prove that you participated in the information session (if you don't know what this refers to, see p.8).



To deregister

- * In the event of permanently ending your activity, you can request **the deletion of your prostitution-related file at the BTPI**.
- * **This deletion will only be valid in Geneva.**



#PLACES WHERE SEX WORK IS PRACTICED IN GENEVA



Salons

An erotic salon is a declared and authorized venue where more than one sex worker operates. You can choose the salon where you wish to work and change your workplace at any time.



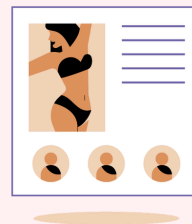
The street

There are mainly two places in Geneva where street work is done: Les Pâquis and Le Boulevard Helvétique. You can choose to work in other streets as long as you are not near schools, churches, or bus stops.



Private apartments

In Geneva, you can work in an apartment provided that you are working alone there.



Escort agencies

Just like salons, you can contact the agency of your choice and change agencies whenever you wish.



Saunas

In Geneva, you can only work in saunas registered as erotic venues. The advantage is that you only need to pay the entrance fee to work.



Hotels or client's place

If you work outside of your home, you can go to hotels or to the client's place.

**No matter where you work, you
remain independent.**

Which means you are responsible for
your administrative situation.

2.- The legal framework for residence in Switzerland

To work in Switzerland, you must:

**Be swiss
OR have a valid work permit**

To work legally in Switzerland, you need a valid permit or authorization.

If you do not yet have one, you can apply for:

- The 90-day work authorization (see below)
- The B residence permit (p. 14)
- The G work permit (p. 15)

If you already hold another work permit, inquire if you are allowed to work.

At Aspasie, we can help you apply for your 90-day authorization or permit free of charge. Do not hesitate to contact us if you would like assistance with your procedures.

#THE 90-DAY WORK AUTHORIZATION



What is it?

The 90-day authorization is reserved for people who hold the nationality of a European country. It grants the right to work anywhere in Switzerland for 90 days per year. The days can be spread throughout the year or taken consecutively. It consists of an online form to be completed.

To access the online form:

<https://www.easygov.swiss/easygov/#/>



European Union countries:

Germany, Austria, Belgium, Bulgaria, Cyprus, Croatia, Denmark, Spain, Estonia, Finland, France, Greece, Hungary, Ireland, Italy, Latvia, Lithuania, Luxembourg, Malta, Netherlands, Poland, Portugal, Czech Republic, Romania, Slovakia, Slovenia, Sweden.



If you work alone in a private apartment

- * **You must complete this notification yourself.**
- * **If you need support or help**, you can come to Aspasia.
- * **You must indicate a work address.** A hotel address is not accepted.



You must declare your income to the tax authorities

All income you earn during your stay must be declared. No matter how long you stay or how much you earn. The tax declaration is the only way to invest this money (bank account, real estate purchase, rental, etc.), because you must be able to prove where it comes from.

If you need help completing your tax return, you can contact us.



If you work in a salon

- * **The manager takes care of this process for you**, but you must check that it has been completed.
- * **Check the number of days declared on the form**, because you will not be able to request more than 90 days per year through this procedure.
- * **This procedure is FREE and takes very little time.** Therefore, there is no reason for the salon manager to charge you any fee for it.
- * **You should always keep a copy of any documents** you sign and that commit you.
- * **If you need to leave earlier than the date announced in your 90-day authorization**, you can send an email to gtDET@etat.ge.ch to inform them of your departure date.



Health insurance

To be insured in case of a medical emergency, you must request a **European Health Insurance Card** in your country of origin.

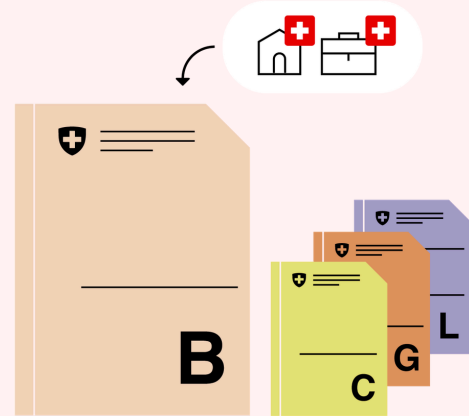
If you do not have health insurance, you will have to pay all your medical expenses. Come see us for information.

#THE B RESIDENCE PERMIT



What is it?

The B residence permit allows you to live and work in Switzerland.



If you work alone in a private apartment

- * You must have a **residence address and a professional address**, but they can be the same.
- * You must present **your ID and your landlord's ID**, as well as **your lease or sublease contract**, or have the landlord complete the AL form if you do not have a contract.
- * **Your permit is valid throughout Switzerland**, and you may freely change your professional activity.



You must declare your income to the tax authorities

All income you earn during your stay must be declared.



If you work in a salon

- * **The salon must sign your permit application, but you are responsible for your procedures**, even if you are assisted, because you are independent. If the salon helps you, you can go to the association to check that your file is complete.
- * You must present a **residence address that is different from your work address**.
- * **Your permit is valid throughout Switzerland**, and you may freely change your professional activity.



Health insurance is mandatory!

You are required to have health insurance. You must **register with a Swiss health insurance company** within 3 months after the date of your permit application.

#THE G WORK PERMIT



What is it?

The cross-border G work permit allows you to work in Switzerland without living there.



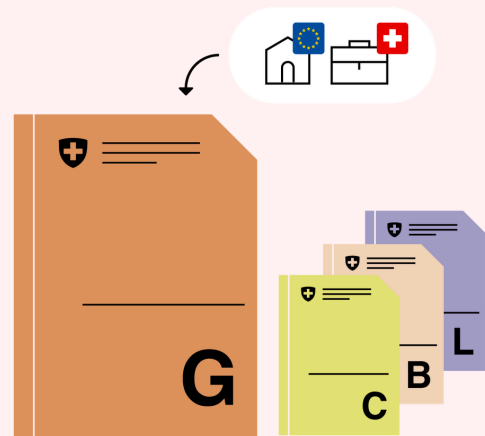
If you work alone in a private apartment

- * You must have a correspondence address and a professional address, but they can be the same.
- * Your residence address must be located in a European Union country.
- * You must present your ID and your homeowner's ID, as well as your lease or sublease contract, or have the homeowner complete the AL form if you do not have a contract.
- * You must inform the office cantonal de la population et des migrations (OCPM) in case of any change of work location and/or additional activity.



You must declare your income to the tax authorities

All income you earn during your stay must be declared, both in Switzerland and in your country of origin



If you work in a salon

- * The salon must sign your permit application, but you are responsible for your procedures, even if you are assisted, because you are independent. If the salon helps you, you can go to the association to check that your file is complete.
- * Your residence address must be located in a European Union country.
- * You must inform the OCPM in case of a change in your work location and/or additional activity.



Health insurance is mandatory!

You are required to have health insurance. You must register with a Swiss health insurance company. If you live in a country bordering Switzerland, you can choose to be insured in that country.

3.- Working Conditions

No matter where you work, **when you are a sex worker in Geneva, you are considered as self-employed.**

#THE STATUS OF SELF-EMPLOYED SERVICE PROVIDERS



You have rights...

*** No one has the right to monitor you, control you, take your money, or direct your activity.** A boyfriend who takes your money is not a boyfriend. A girlfriend who forces you to go work on the street is not a friend

*** In Geneva, a salon cannot charge you any tax or AVS/OCAS contribution.**

You are the one who declares your income, and you are the one who pays your taxes.

*** Salons should not impose their own rules, especially when they endanger workers.** Unfortunately, this often happens. It is up to you to ask yourself: your health or the work? If you wish to discuss your working conditions, you can come and see us.



...And obligations

*** You must carry out your administrative procedures yourself and make sure they are done.** This includes: your registration with the police, AVS, health insurance, taxes... These steps are mandatory, and you are responsible for them, even when the salon does them for you.

*** If you practice prostitution illegally** (that is, without registration or without a permit), you risk **criminal sanctions**. You can still come to the association even if you are not registered.

#CAREER CHANGE OR ADDITIONAL ACTIVITY



Through sex work, you have developed many skills (sociability, listening, negotiation, organization, etc.). These skills are valuable, and you can make use of them if you wish to change activities or find an additional job.

An additional activity can sometimes be useful to ensure steady income and prepare for retirement. Do not hesitate to inquire and seek support if necessary.

Association SOS Femmes

Rue de la Madeleine 10
1204 Geneva
Phone: +41 22 311 22 22
sosfemmes.ch

Association Découvrir

Boulevard Carl-Vogt 2
1205 Geneva
Phone: +41 22 732 75 40
associationdecouvrir.ch

THE MEETING

How to manage your budget? with Tan_Polyvalence

1st advice: Learn from others

Managing money can be learned. You can seek advice from financial advisers, people you know who manage their assets well, or have consultations with professionals who can help you.

2nd advice: Dare to talk about money

Even if you do not have much income and/or savings, dare to consult people who know about these matters. Good advice is not reserved for the rich.

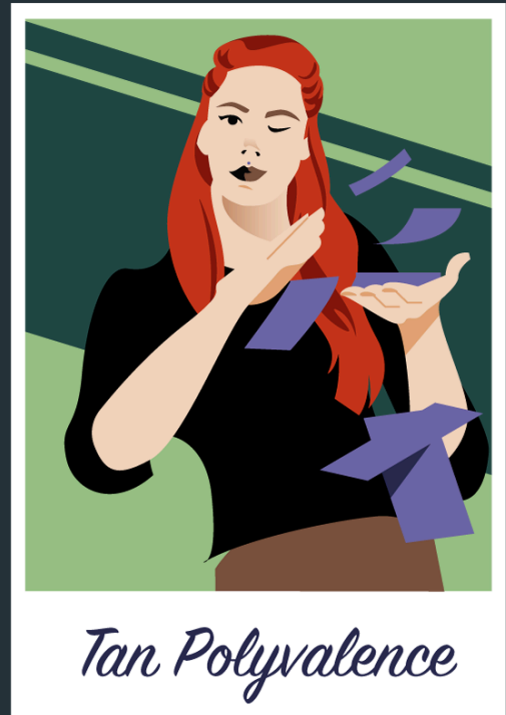
3rd advice: Remember that money is only a means

Money is neither good nor bad. You decide what to do with it (help your family, support friends, treat yourself, invest in causes you care about, etc.).

@tan_polyvalence can help you reassess your relationship with money.

4th advice: Overcome your "upper limit"

Earning a lot of money suddenly can disturb your balance, and you might spend it all very quickly. To overcome your upper limit, you must adapt to this new environment of abundance and surround yourself with the right people to find new points of reference.



5th advice: Become aware of your skills

5th advice: Become aware of your skills. To make money and achieve your goals, you must become aware that you have skills, knowledge, and resources, and that you can use them. Sex work, in particular, requires many skills (social, communication, etc.). You can use the Putain de Manuel, by Yumie Volupté and Zoé Blanc-Scuderi, available at the association Aspasie.

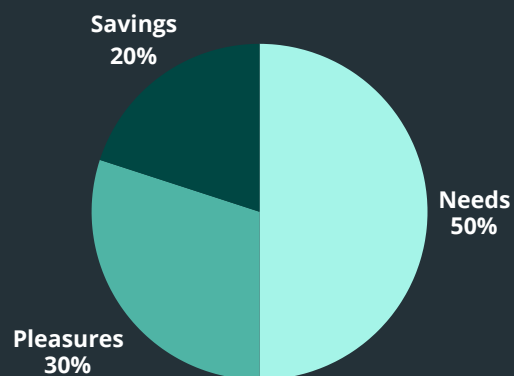
6th advice: Save money

- * If you are not in a precarious situation and you earn enough to meet your needs, you can save.
- * You should have a clear idea of your projects (a trip, a pair of shoes, a car, an apartment, retirement, etc.).
- * To support your projects, you can take several envelopes, write the project's name on each, and put money in them every month.
- * Once you know your projects and their costs, you can ask yourself how to finance them (should I increase my clients? raise my prices? offer new services? get training?...).

7th advice: Apply the 50/30/20 rule

* According to financial advisers, ideally, **50%** of our income should cover our needs (rent, food, etc.), **30%** should cover pleasures, and **20%** should go to savings.

* For example, if your income is 5,000 CHF, your needs should represent 2,500 CHF, your pleasures 1,500 CHF, and your savings 1,000 CHF.



8th advice: Learn to make an annual financial summary

To help you, below you will find a financial summary template. Making a financial summary will allow you to know exactly how much money came in and went out each month. It will help you determine the exact amount you need to earn to cover your needs, and make your tax declaration more easily.

MY MONTHLY INCOME what I earned each month

	AMOUNT IN CHF
JANUARY	+
FEBRUARY	+
MARCH	+
APRIL	+
MAY	+
JUNE	+
JULY	+
AUGUST	+
SEPTEMBER	+
OCTOBER	+
NOVEMBER	+
DECEMBER	+
TOTAL	+

MY MONTHLY EXPENSES what I spent each month

	AMOUNT IN CHF
JANUARY	-
FEBRUARY	-
MARCH	-
APRIL	-
MAY	-
JUNE	-
JULY	-
AUGUST	-
SEPTEMBER	-
OCTOBER	-
NOVEMBER	-
DECEMBER	-
TOTAL	-

4.- Your rights in case of abuse or violence



Recognizing violence

* **Psychological violence:** it is generally used to gain or maintain control over the victim (criticism, blackmail, manipulation, false accusation, threats, online harassment, coercive control, etc.). It can lead to harassment when it is repeated.

* **Physical violence:** refers to acts intended to cause or resulting in injury, suffering, and/or domination of the victim (slapping, hitting, etc.).

* **Sexual violence:** refers to forcing a victim to undergo, perform, or be exposed to sexual acts without their consent.

* **Verbal violence:** refers to insults, offensive remarks, sarcasm, degrading and humiliating comments, etc.

* **Economic violence:** refers to the control of resources, confiscation of income, imposed debts, or financial exploitation.

* **Theft or burglary:** money or objects stolen, with or without violence.

* **Exploitation and trafficking:** refer to controlling a person for profit by using fear, deception, coercion, violence, or taking advantage of their vulnerable situation.



Reacting in case of non-payment by the client

There are two possible procedures to get paid:

- File a criminal complaint
- Initiate a civil collection procedure

If a client asks to pay later, you can:

- Have them sign a written acknowledgment of debt.
- Take a photo of their identity card.
- Write down their home address.
- Take a photo of them holding the signed acknowledgment of debt.



Sexual violence

Sexual violence may involve penetration or attempted **penetration without consent** (anal, oral, vaginal, with fingers, penis, object, etc.), **physical contact** (touching, groping, kissing, etc. without consent), or **occur without physical contact** (forcing someone to watch pornography, sexual harassment, exhibitionism, etc.).

*** No one can force you into a sexual act** — not your partner, not a client, no one.

*** You decide the limits of the service.**

You can stop the service at any time, even if sexual acts were planned as part of it.



Our advice

*** Trust your instincts.** If you feel uneasy or have a bad feeling about a situation, listen to yourself and don't go.

*** Always have the client pay you before the service.**

*** Hide the money** you receive so the client cannot take it back after the service. Also hide your valuables so they cannot be stolen or used for blackmail (phone, computer, etc.).

*** Be careful when a client only shows you the TWINT payment summary,** as it does not prove that the payment was actually validated.

You give free consent when:

- * You say "yes" to the sexual act.
- * You do not feel forced by fear, threats, or physical violence.

You do not consent when:

- * You say "no" to the sexual act.
- * You feel forced.
- * You are so scared that you freeze (shock).
- * Your consciousness is altered by medication, drugs, alcohol, etc.
- * Your sexual partner removes or tears the condom without your consent (stealthing).



Reacting in case of physical and/or sexual violence

*** Seek help.** After an assault, you may be in shock. You may feel shame, guilt, doubt the reality of the aggression, etc. It is important to talk about what you experienced. We recommend speaking with someone you trust and/or a trained professional.

*** Protect yourself, get to safety.** You can go to the Lavi Center, where you can get psychological, social, and legal support. You can also request financial assistance for emergency accommodation if needed.

*** Go to the emergency room or see a trusted doctor for a medical examination**

*** Keep evidence.** If possible, keep your clothes and the condom in a plastic bag and avoid showering before the medical exam. This evidence can be useful if you file a complaint. We recommend keeping it even if you do not wish to file a complaint right away, in case you change your mind later.

*** If you wish, you can file a complaint.** You can go to the police station, accompanied by someone you trust if you wish, or write a letter to the Public Prosecutor's Office.



Where to find help

In case of danger, call emergency services (144) or the police (112 or 117) immediately, even if you are undocumented or do not have insurance.

Lavi Center

Boulevard St-Georges 72
1205 Geneva
Phone: +41 22 320 01 02
info@centrelavi-ge.ch
www.centrelavi-ge.ch

Viol secours

Place des Charmilles 3
1203 Geneva
Phone: +41 22 345 20 20
info@viol-secours.ch
www.viol-secours.ch

Interdisciplinary Unit for Medicine and Prevention of Violence (UIMPV-HUG)

Rue Gabrielle-Perret-Gentil 4
1205 Geneva
Phone: +41 22 372 96 41

HUG Emergency Department

Rue Gabrielle-Perret-Gentil 2
1205 Geneva
Phone: +41 22 372 81 20

Do not hesitate to contact Aspaspie for help with your procedures.

PART 2

HEALTH

YOUR HEALTH, YOUR STRENGTH



1.- HIV AND OTHER STIs

Whether you have been doing sex work for a long time, for a short period, or occasionally, **nothing is more important than your health**. Only if you are healthy will you be able to continue working and earn money to reach your goals. In this section, you will find advice to protect yourself and to protect others.

Safersex & sexwork : The essentials of sex work



PUTTING ON A CONDOM

- ✓ For **anal and vaginal penetration**
- ✓ For **blowjobs**



USING A DENTAL DAM

- ✓ For **cunnilingus**, especially during menstruation
- ✓ For **anilingus/rimming**



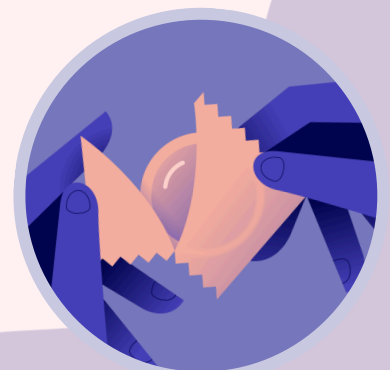
GETTING TESTED FOR HIV/STIs

- ✓ At least **twice a year**
- ✓ For **all STIs and for HIV**



RESPECT IS ESSENTIAL

- ✓ Clients must respect **the agreed-upon price, duration, and services**.
- ✓ They must not behave **in an offensive or violent way, physically or verbally**.
- ✓ A client is **criminally responsible** if they act against the sex worker's consent, especially if they remove the condom without permission.
- ✓ Sex workers **must not promise services that they will not provide**.
- ✓ **Any discriminatory comments are unacceptable**.



#HOW TO PROTECT YOURSELF FROM STIs AND HIV?



EXTERNAL CONDOM

- * All **penetration** must be done with a condom.
- * **Use a condom** that fits properly.
- * Be careful not to damage it **with your nails**.
- * **Do not open a condom with your teeth** — it may tear the condom.
- * **Change the condom** every time you **change orifice (vagina, anus, mouth) or partner**, including when using sex toys.
- * **The client must withdraw immediately after ejaculation.** If the penis loses its erection inside the vagina, the filled condom may slip inside when the penis is removed.
- * **Never use two condoms at the same time:** friction between them can make them break. To avoid breakage and improve safety, **add lubricant**.



Our advice

- * During penetration, **check with your hand that the condom is still in place**, especially when the client pulls out completely before entering again.
- * **Use your own condoms** and put them on the client yourself, so you know they fit correctly and are properly placed.



INTERNAL CONDOM

* The internal condom is inserted **into the vagina or anus**:



- * **For anal penetration**, you can remove the inner ring and place it on the penis before penetration.
 - * **The internal condom can be a good alternative** if the client refuses to wear a condom or has erection difficulties.
 - * **You can add lubricant inside the condom** before inserting it to reduce noise during movement.
- * Advantages of the internal condom:
 - ✓ It is **very wide**.
 - ✓ **It adapts** to the shape of your vagina or anus.
 - ✓ It fits **all penis sizes**.
 - ✓ It is **very resistant**, especially for anal practices.
 - ✓ It also protects **the labia majora and minora**.
 - ✓ It contains **no latex** (ideal for people allergic to latex).
 - ✓ It can be placed **several hours before sex** (but not more than 5 hours)
 - ✓ Unlike external condoms, **it does not need to be removed immediately after ejaculation**: even if the penis loses its erection, there is no risk of the condom slipping because it sticks out the body.



THE DENTAL DAM (LATEX SQUARE)

- * Placed over the anus or vulva to **protect during oral practices**.
- * Dental dams can be expensive. You can cut a condom open into a **square** or use **household plastic wrap**.

- * Cunnilingus and anilingus without protection **are also risky practices** (Hepatitis A, Hepatitis B, syphilis, herpes, HPV), especially during menstruation
- * **There are special panties or harnesses** that hold the dental dam in place.



SOS GUIDE

The condom broke or slipped, you were not protected, someone removed the condom without your consent, you experienced sexual violence.



EXPUL AS MUCH SEMEN AS POSSIBLE

- * Go to the toilet and **push as if you were urinating to expel as much semen as possible**.
- * **Avoid washing the inside of your vagina or anus:** you could hurt yourself and push the semen further inside, increasing risks.



EMERGENCY CONTRACEPTIVE PILL

- * If you are **not using contraception and want to avoid pregnancy**, go to a **pharmacy** as soon as possible: no prescription required.
- * You can also get it cheaper at the **HUG's Planning Familial**.



IF YOU HAVE EXPERIENCED SEXUAL VIOLENCE

- * See page 20 for advice. **You can always contact us for support.**



YOU MUST TAKE PEP AS SOON AS POSSIBLE (WITHIN 48 HOURS)

PEP is an emergency treatment to prevent HIV infection after exposure:

* **Groupe Santé Genève**

Monday to Thursday 9h–12h / 14h–17h –
Friday 9h–12h

Rue du Grand-Pré 9

1202 Geneva

Phone: +41 22 700 15 00

* **HUG Emergency Department**

Provides treatment for the first 5 days

From Friday 12h to Monday 9h

Rue Gabrielle-Perret-Gentil 2

1205 Geneva

Phone: +41 22 372 81 20

- * **In France:** Emergency departments or CeGIDD centres. Also available free of charge.



WHAT TO SAY WHEN YOU ARRIVE AT EMERGENCY SERVICES

Dans les dernières 48 heures, j'ai eu un risque de contamination au VIH avec une personne dont je ne connais pas le statut sérologique.
Je souhaite bénéficier de la PEP.



LA PrEP :

Protecting yourself against HIV/AIDS

- * **PrEP is a treatment that protects you only against HIV.** It does not protect against other STIs
- * **It is for HIV-negative people;** a test is required before starting.
- * **It requires medical follow-up:** the medication is prescribed and must be accompanied by testing every 3 months.



- * PrEP is taken **before sexual activity.**
- * **PrEP does not mean you can have sex without condoms:** it does not protect against other STIs.
- * To be effective and safe, it must be taken under medical supervision

* For more information:

Groupe Santé Genève
Rue du Grand-Pré 9 - 1202 Genève
Phone: +41 22 700 15 00

LES BIG FIVE

The 5 most common STIs

HEPATITIS B

- * **Transmission:** blood, condomless sex, shared unsterilised equipment
- * **Symptoms:** fatigue, fever, stomach pain, yellowing of skin or eyes (jaundice), or no symptoms.
- * **Prevention:** vaccination, condoms, not sharing needles.

GONORRHOEA

- * **Transmission:** vaginal or anal penetration, oral sex.
- * **Sometimes asymptomatic;** can cause discharge, burning, itching. Can lead to infections, infertility, ectopic pregnancy.
- * **Prevention:** condoms, testing.

CHLAMYDIA

- * **Transmission:** vaginal or anal penetration, oral sex.
- * **Often asymptomatic;** can cause discharge, burning, abdominal pain, infertility. It can cause infertility and ectopic pregnancy.
- * **Prevention:** condoms, testing.

SYPHILIS

- * **Transmission:** vaginal or anal penetration, oral sex, contact with lesions, blood contact.
- * **Symptoms:** sores, swollen glands, pink rash, neurological symptoms in advanced stages.
- * **Prevention:** condoms, hygiene, gloves, testing

HIV/AIDS

- * **Transmission:** vaginal or anal penetration, blood contact.
- * **No symptoms for years, or flu-like symptoms.** Leads to weakened immune system; requires urgent treatment.
- * **Prevention:** condoms, testing, PEP after exposure (SOS Guide p. 29), PrEP for prevention (see previous paragraph).

#GETTING TESTED FOR PEACE OF MIND



RISKY SITUATIONS

- * **Unprotected vaginal and anal penetration**, especially with a person who comes from or lives in a region with a high prevalence (e.g. sub-Saharan Africa, Southeast Asia, Eastern Europe).
- * **Condom accidents**: breakage, slipping, poor use, poor storage or poor quality.

Oral sex (fellatio and cunnilingus)

without a condom: these practices can transmit certain STIs, but they do not require taking PEP.

* **Sexual assault**: if you have been victim of an assault you can go p.20 to find out your rights.

* **Sharing needles or snorting equipment**.



I HAVE HAD A RISKY SITUATION

* **If you can, seek medical advice as soon as possible to assess whether PEP is necessary or not, no later than within 48 hours** (see SOS Guide, p. 29).

* For HIV:

- You must wait at least 6 weeks after the risk exposure before taking your first test:
- If the test is positive, a confirmatory test will be done and you will be able to start treatment as quickly as possible.

* For other STIs:

- Screening for other STIs can be done at the same time as the HIV test.

Protect yourself carefully during sexual intercourse while waiting for the test results.

* **If symptoms appear** (unusual discharge, flu-like symptoms, bad smells, itching...), **get tested as soon as possible**.



I HAVE NOT HAD A RISKY SITUATION

- * People with multiple partners and sex workers should get tested **every 6 months**.
- * Men and trans people who have sex with men: **test every 3 months**.

WHERE TO GET TESTED

* **Aspasie**:

By appointment: +41 22 732 68 28

Testing dates available on aspasie.ch.

* **EspaceLab**:

Voucher available at Aspasie for analysis at 80 CHF.

* **Checkpoint Genève**:

By appointment: +41 22 906 40 30

Rue de Lausanne 54 - 1202 Geneva

* **Groupe Santé Genève (GSG)**:

By appointment: +41 22 700 15 00

Rue du Grand-Pré 9 - 1202 Geneva

2.- Unwanted pregnancy and contraception

#CONTRACEPTIVE METHODS

Contraception is **a way to avoid pregnancy** if you do not wish to have a child. Contraception is **reversible** — it is not permanent, and its effect stops when you stop using it. Each method has its own characteristics. You choose according to **your needs and preferences**.



INTERNAL/EXTERNAL CONDOM

- * **Hormone-free** contraception.
- * **Protects against HIV and STIs.**



THE PILL

- * **Hormonal** contraception.
- * Must be taken **daily**.
- * May cause side effects.
- * Does not protect against HIV or other STIs.



THE IUD (INTRA-UTERINE DEVICE / COIL)

- * Exists as a **hormonal IUD** and a copper IUD (**non-hormonal**).
- * Inserted in the uterus; **effective for 5 to 10 years** depending on the type.
- * May have side effects and insertion can be painful.
- * Does not protect against HIV or other STIs.



THE INJECTION

- * **Hormonal** contraception.
- * Duration varies **between 8 and 13 weeks** depending on the product.
- * Does not protect against HIV or STIs.



THE IMPLANT

- * A small rod placed under the skin of the arm.
- * **Hormonal** contraception.
- * **Effective for 3 years**, then must be replaced.
- * Does not protect against HIV or STIs.



THE DIAPHRAGM

- * Is placed in the vagina and used together with a spermicide.
- * **Non-hormonal** contraception.
- * It can be inserted up to 2 hours before intercourse and must remain in place for at least 6 hours. It can be kept in place **for up to 24 hours**.
- * Does not protect against HIV/STIs.



THE VAGINAL RING

- * A flexible ring inserted into the vagina for 3 weeks.
- * **Hormonal** contraception.
- * Does not protect against HIV or STIs.



LE PATCH

- * Applied to the skin.
- * **Hormonal** contraception.
- * **It must be changed every 7 days.**
- * Does not protect against HIV or STIs.



THE SYMPTOTHERMAL METHOD

- * Based on observing the dates and duration of your menstrual cycles **to identify fertile days**.
- * Requires a **very good understanding of your body and your cycle**.
- * Not a reliable method unless followed very strictly.
- * Does not protect against HIV or STIs.
- * **During fertile days, use condoms or avoid sex without protection.**

A FEW HINTS TO HELP YOU CHOOSE

I would like a method that does not require me to think about it constantly	X	✓	✓	✓	✓	✓	X	X	X	✓
I am not always able to use condoms in my private life	X	✓	✓	✓	✓	✓	✓	✓	X	✓
I have painful or heavy periods, or iron deficiency	✓	✓	✓	✓	✓	X	✓	✓	✓	✓
I would like to avoid hormones	✓	X	X	X	X	✓	X	✓	✓	X



CONDOMS ARE ESSENTIAL, WITH YOUR CLIENTS AND PARTNERS TO PROTECT YOURSELF FROM HIV AND STIs!

#RISK OF UNWANTED PREGNANCY

What to do after risky intercourse?



EMERGENCY CONTRACEPTIVE PILL

- * **Reduces the risk of pregnancy** after a risky sexual act.
- * Must be taken **within 72 hours (3 days), and some types within 120 hours (5 days)**. The sooner you take it, the more effective it is!
- * Costs around **50 CHF in a pharmacy**; around **10 CHF at the Planning-Familial**.
- * You must fill out a **form**.
- * **If taken in time, it is about 95% effective.**
- * We recommend doing a pregnancy test **15 days after the risk**.



COPPER IUD INSERTION

- * The copper IUD is the **most effective** method to prevent pregnancy after risky vaginal intercourse.
- * Must be inserted **within 5 days after the risky act** to be effective.
- * **Only a doctor or midwife can insert it.**
- * It can remain in place for **5 to 10 years** and serves as regular contraception.



IMPORTANT REMINDER



Pregnancy can occur even if only a small amount of semen enters the vagina. Vaginal penetration without ejaculation therefore remains risky. Sperm can survive for up to 5 days in the vaginal tract.



Withdrawal (when the partner pulls out before ejaculating) **is a highly unreliable method**



Condoms **must always be used with each new partner** to protect against HIV and STIs. If you had a risky situation, refer to the SOS Guide, p. 29.

#IF YOU WISH TO END YOUR PREGNANCY

Termination of pregnancy (abortion)

Your pregnancy test is positive and you do not wish to continue the pregnancy. In Switzerland, up to the 12th week of pregnancy, the pregnant person decides whether they wish to continue or terminate the pregnancy.



MEDICAL ABORTION

- * Involves taking **two medications**. One stops the development of the pregnancy. The second causes the pregnancy tissue to be expelled.
- * **Medication is prescribed by a doctor**, who explains the procedure and go with you. You may be accompanied by someone you trust.
- * Possible up to **the end of the 9th week of pregnancy**.
- * May cause **bleeding for 10 to 15 days**.
- * **Can be painful**: cramps are common and pain medication is prescribed.
- * **Never take medication purchased outside a medical setting**.



UNTIL WHEN CAN I HAVE AN ABORTION?

- * In Switzerland, voluntary termination of pregnancy is legal **up to 12 weeks**, calculated from the first day of the last menstrual period.
- * After this time limit, it remains possible and legal if the gynaecologist demonstrates that it **is necessary**.
- * **No mandatory reflection period** can be imposed on you.



SURGICAL ABORTION

- * Involves aspiration of the **contents of the uterus**.
- * Performed in a hospital or clinic, with **local or general anaesthesia** depending on your situation.
- * This method **is the only one possible after the end of the 9th week of pregnancy**, but it is also possible before that if you wish.



COSTS

- * An abortion costs between **500 CHF and 3'000 CHF** depending on the canton.
- * The basic health insurance covers the costs (with deductible and co-payment).



WHERE TO GO?

Unité de santé sexuelle et planning familial
Boulevard de la Cluse 47
1205 Geneva
Phone: +41 22 372 55 00
santesexuelle-planningfamilial@hcuge.ch

3.- Working in good health

#TAKE CARE OF YOUR VULVA



THE VULVA AND SEX WORK

- * **Use lubricant.** Arousal alone is not always enough to produce natural moisture, especially if you are tired or stressed. Lubricant helps avoid pain and friction-related infections.
- * **Urinate** after every sexual act to reduce the risk of urinary infections.
- * **See a gynaecologist (OB-GYN)** if you have recurring vaginal infections.
- * **Get tested every 6 months.** Many STIs have no symptoms but can cause serious complications if untreated.
- * **Hands and objects that touch your vulva must be clean,** to avoid infections.
- * **Do not do any practice you do not want to do. If penetration hurts, stop.**

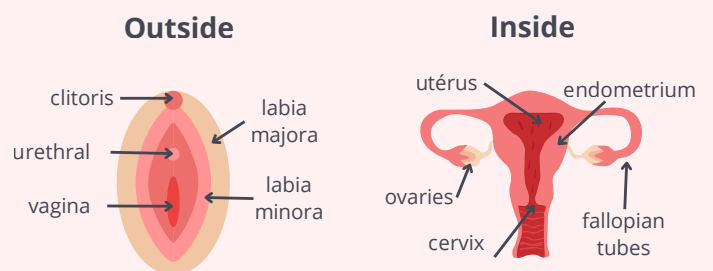


WASH YOURSELF — BUT NOT TOO MUCH

- * **You shouldn't wash inside of your vagina.**
- * **Washing too often or with harsh products can disrupt the vaginal flora** and cause the very infections you want to avoid (UTIs, bacterial vaginosis, yeast infections...).
- * To wash the vulva, use a gentle, hydrating intimate wash. Rinse with lukewarm water, without internal douching. Do not direct water into the vagina and do not alter the vaginal pH.
- * If stopping internal washing is difficult for you, gentler solutions such as Multigyn® may help.



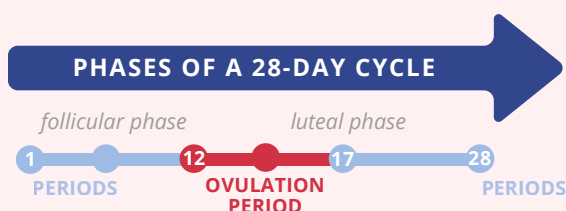
KNOW YOUR BODY AND ANATOMY





KNOW YOUR CYCLES

- * **The length of your cycle is an important indicator of your health.** The average cycle is 28 days, but it may be shorter or longer. Very long (more than 35 days) or very short cycles (less than 21 days) are a reason to consult a doctor.
- * **How to calculate your cycle:** day 1 is the first day of your menstruation; the cycle ends the day before the next menstruation begins.



WORKING DURING PERIOD

- * **You can use a menstrual sponge** (sold in pharmacies or sex shops) to continue offering penetration services during menstruation. Do not keep it inside for more than 6 hours.
- * Nothing else should be inserted into the vagina: no kitchen sponges, no tissues, no cola, no cotton, no bleach...
- * **To remove the menstrual sponge after the act:** squat over the bathtub or toilet and push as if you were trying to pee. If you cannot remove it yourself, a doctor can help. It can be scary, but it cannot "get lost" in your body.
- * **The risk of STI transmission increases during period**, so protection is particularly important!



HPV (HUMAN PAPILLOMAVIRUS)

- * **HPV is a very common virus.** It is mainly transmitted through sexual contact (not necessarily penetration). It can affect the cervix, vagina, vulva, anus, or throat.
- * **It often shows no symptoms**, but some types cause genital warts (condylomas). It can cause cervical cancer.
- * **Condoms do not fully protect against HPV**, because the virus is transmitted through contact with the surrounding genital skin.
- * There is an HPV vaccine.
- * **Regular gynaecological check-ups and Pap smears are essential.**



WHEN SHOULD YOU SEE A GYNAECOLOGIST (OB-GYN)?

- * **Once a year for a general check-up** (Pap smear, breast exam...).
- * **If you feel pain in your vulva, vagina, or during sex;** if you have burning, itching, unusual discharge, or bad smell.
- * **If your period is late, or if your cycles are very long or irregular, you experience severe pain** — even if you do not want children.
- * **If you notice unusual breast pain or lumps.**
- * **If you want contraception.**
- * **If you want to end a pregnancy.**
- * **If you wish to get pregnant**, have difficulties conceiving, or need fertility monitoring
- * **During menopause**, to help you manage physical changes and symptoms.

#TAKE CARE OF YOUR ANUS



ANAL SERVICES WITHOUT PAIN

*** If you feel pain during penetration, stop immediately:** it is better to lose a service than to be unable to work afterwards due to an anal fissure.

*** Anilingus should always be done after cunnilingus or oral sex,** never before. Never go back from the anus to the vagina or the mouth. Use a dental dam or condom for protection

*** Avoid anal practices if you have haemorrhoids**

*** Never mix Poppers with Viagra**

*** Always insist on using a condom:** HIV and STIs pass even more easily through the anal mucosa.

*** If you are not used to anal penetration, you can prepare your body to avoid fissures:**

- Keep several anal plugs of different sizes on hand.
- Start with the smallest one and use plenty of lubricant.
- Once your body adjusts to that size, remove it and try the next, bigger one.
- Increase the size very gradually.
- Do not prepare too early before your shift, so your anus stays relaxed at the right moment.



IN CASE OF ANAL PENETRATION

*** Make sure you want to do it and do not feel forced.**

*** Use a condom and a lot of lubricant** (available in pharmacies, sex shops or at Aspasia).

*** Do not use vegetable oils:** they damage condoms and are not suited for long-lasting penetration.

*** Only use sex toys designed for anal use** (with a flared base) to avoid the toy being pulled inside.

*** Put a condom and lubricant on sex toys,** and wash them well after use.

*** Whatever has entered your anus should not enter your vagina/mouth without being cleaned.**

*** Wear a disposable glove (black)** to practice penetration with your fingers, and use a different finger for the anus and vagina.



RIGHT ACTION FOR A HEALTHY ANUS

- * **Consult yourself with a mirror to look at your anus** in case of itching, pain, burning, unusual spots, etc.
- * **Have a good diet.**
- * **Eat at a regular time.**
- * **Do not practice anal sex if you do not want to** and stop penetration if it is painful.
- * **For a clean colon**, it's better to eat a lot of fiber rather than deprive yourself of food.
- * **Do screenings once every 6 months** and after taking a risk.



WHEN TO CONSULT A DOCTOR ?

- * **See a proctologist, the anal doctor**, in case of pain, diarrhea and/or frequent constipation, warts, hemorrhoids, discharge, etc.
- * **If you want to take PrEP.** PrEP is an HIV prevention treatment. If you offer anal services, you can ask a doctor about this treatment. He will be able to advise you based on your situation.
- * **If you are in pain and/or bleeding.**
- * **If an object is stuck in your anus.** If you do not use objects intended for anal penetration, there is a risk of aspiration. If this is your case, keep calm. You can go to the toilet and push it.
- * **If you have incontinence** (you can't hold it in to go to the toilet).



HOW TO WASH YOUR ANUS

- * **You can use a bulb enema or a shower hose with low pressure**, without inserting the nozzle too deeply. These items can be found in pharmacies or sex shops.
- * **Avoid frequent deep anal douching:** it can damage the intestinal flora.
- * **Avoid taking laxatives regularly;** if needed, choose gentler options.



PRACTICAL GUIDE TO USING AN ENEMA BULB

-  **Fill the bulb** with lukewarm water
-  Put **lubricant** on the tip
-  **Insert the tip into your anus**, not too deeply, and squeeze gently until the water is drained.
-  **Be careful to remove the bulb before releasing!** Otherwise it will fill with dirty water.
-  Once the bulb is removed, **leave the water inside you for a few seconds before releasing it** into the toilet.
-  **Repeat the previous steps** several times.
-  **Wash your equipment** with mild soap and water.

THE MEETING

How to protect yourself during vulva-to-vulva sex

With Emma From Lestime

Vulva-to-vulva sex can also carry STI risks!

STIs are not only transmitted through penises: they can pass through vulva contact, fingers, toys, mouth-to-vulva, mouth-to-anus... (HPV, Herpes, Syphilis, Chlamydia, Gonorrhea, etc.).

Protection and risk reduction during oral sex

- * **To protect yourself during oral sex, you can use a dental dam.** A dental dam is a square piece of latex that you place over your vulva/anus or your client's vulva/anus for cunnilingus or anilingus. You can also make one by cutting a square of latex from a condom, or by using plastic wrap (not microwave-safe plastic wrap).
- * **A tip:** during cunnilingus with a dental dam, you can create a small air bubble over the clitoris to create a "suction effect."
- * **Dental dams may move.** There are special panties or harnesses (such as ®Lorals or ®Vulvarnès) to keep them in place.
- * **If you do oral sex without protection, avoid brushing your teeth just before or after.** During period, always use protection.
- * To avoid irritation of the anus and vulva, **use lubricant** for all practices involving friction.



Emma

What touches your vulva or anus should not touch your partner's vulva or anus

- * **Use a different dental dam for the anus and for the vulva;** if you do not use protection, avoid cunnilingus after anilingus.
- * **One hand for you, one hand for your client.** Avoid using the same fingers for the vulva and the anus.
- * **Put condoms on the sex toys you use and change them with each change of orifice and partner. You can also plan one sex toy per partner.** Alternatively, you can use internal condoms that can remain in place with each change of sex toy/orifice.

Hygiene first

Cut your nails and wash your hands or use gloves, and require the same from your client. Nails can cause pain and create micro-lesions through which infections can pass. If your nails are not short and you do not want to cut them, you can wear gloves, but check regularly that they are not torn.

THE MEETING

Having safe sex between people with penises

With Loïc from Checkpoint Genève

Wear a condom

- * Condoms protect you from HIV and reduce the risk of contracting other STIs.
- * Remember to have **condoms in different sizes** available for better comfort and protection.

Knowledge = power – Get tested!

Testing is the best harm-reduction tool. Ideally, get a full screening every 6 months.

Protect yourself from HIV

- * **PEP:** is an emergency treatment to be taken within 48 hours after a risk exposure to HIV. To be effective, it must be taken for 28 days. For more information, consult the SOS Guide, p. 29.
- * **PrEP:** is a preventive treatment taken before sexual intercourse. Medical follow-up every 3 months is recommended, with full testing and monitoring of possible side effects. This prevention strategy is very reliable.
- * A person living with HIV, on treatment and with an undetectable viral load, does not transmit the virus.

Get vaccinated

Several STIs can be prevented through vaccination. You can be vaccinated against HPV free of charge up to the age of 26. If you are a cisgender man or a transgender person with multiple sexual partners, you can also be vaccinated against Monkeypox.



Use lubricant

- * **Use water-based or silicone-based lubricants** to reduce friction, avoid injuries and condom breakage, especially for anal penetration
- * Avoid oil-based lubricants, which can damage latex condoms.

Prepare well for anal penetration

A well-performed anal penetration should not hurt. Prepare your anus properly by following the advice in the section "Taking care of your anus", p. 38.

Use gloves

- * Ideally, use gloves for practices involving anal penetration with the hands.
- * For fist-fucking (penetration of the anus with the fist), wearing gloves is recommended to reduce the risk of STI transmission.
- * Remember to change gloves between each partner.

#TAKE CARE OF YOUR MENTAL HEALTH



I FEEL UNWELL IN MY BODY AND IN MY MIND

When daily life becomes too stressful, the body reacts. As a sex worker, these reactions can be stronger due to stigma, violence, or unstable living conditions.

Here are some warning signs:





BURNOUT

Occupational exhaustion or burnout is the body's response to prolonged work-related stress, **leading to intense physical and psychological fatigue**. The signs of burnout are similar to those of depression:



WHAT TO DO IF YOU RECOGNISE SEVERAL OF THESE SYMPTOMS?

It is important **not to stay alone and to ask for help**.

*** Consult a psychologist or psychiatrist.**

Seeking help for your mental health is like seeing a doctor for physical pain. It is necessary and completely normal when you start to feel unwell. Simply talking can sometimes be a real relief.

*** If you are experiencing psychological distress and/or suicidal thoughts**, you can find a listening ear by contacting the association **La Main Tendue** by phone at 143, or in writing (chat or email) on the website 143.ch.

*** If you do not feel ready to seek professional help at the moment, do not hesitate to contact us to talk and share about the difficulties you are going through**, or simply to have a reassuring conversation.



SELF-CARE IN SEX WORK

*** Take breaks and days off from your work.** Working 24/7 is not sustainable in the long term. Even if you plan to work only for a few months, we strongly advise you to take rest days and breaks from work to avoid exhaustion.

*** Identify your limits and enforce them.**

We recommend making a mental list of what you accept and what you refuse in your work. This list is non-negotiable — not with clients, managers, nor colleagues.

*** Take time to see daylight during the day.** Ideally, try to go for a short walk outside every day.

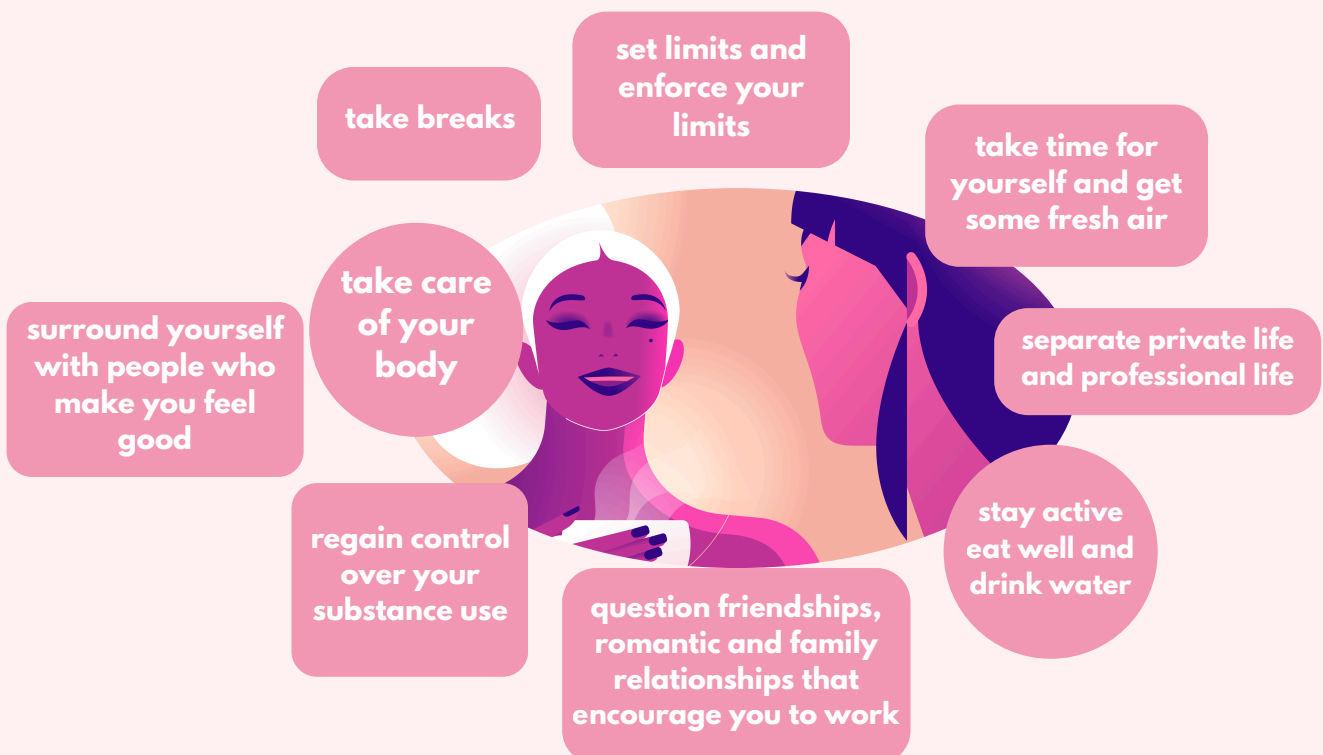
*** Surround yourself with the right people.** The people who make you feel good are those who do not judge or stigmatise you, whom you can confide in and who are there for you. Be cautious of isolation: social contact is a need, not a luxury.

*** Separate your private life from your professional life.** We recommend having a work phone separate from your personal phone, and turning off your work phone outside working hours.

*** Protect your personal data as much as possible with clients** (real identity, address, family, etc.), even with those you trust.

*** Question relationships with people close to you who pressure or encourage you to engage in sex work.** Be cautious of close people who insist or suggest sex work for economic reasons. You are the only person who can make this choice.

*** Seek help when you feel that your substance use is out of control and putting you at risk.** If you use substances but do not wish to stop, take regular breaks of one or several days from consumption.



THE MEETING

How to disclose your work to those close to you?

With Maria

You do not have to be ashamed

- * It is important that the people close to you understand that doing sex work should not be something to be ashamed of. It allows many people to achieve a form of financial independence, in order to meet the needs and secure the future of their family.
- * Explain to your loved ones the reasons that led you to do this work (financial necessity, desire to earn a better living, vocation, providing them with a better future, etc.).
- * If you have young children, you can use other tools such as books to talk about your work in an indirect way (How Mamas Love Their Babies – Juniper Fitzgerald).

If you have disclosed your job to your children

- * Try not to minimize what this may trigger in them (fear, disgust, sadness, etc.). It is important to encourage them to talk about their emotions and to deconstruct what they may have been told about this work.
- * Maintain daily routines, structure and family habits. You do not have to feel ashamed, like a bad mother/father, or question your authority.
- * Give your children time to adjust to the news. Avoid talking spontaneously about your work and let them come back to you if they have questions.



Maria

How to respond appropriately when you learn that someone close to you is a sex worker?

- * Take the time to listen and do not interrupt.
- * Do not adopt a judgemental attitude.
- * Ask what the person expects from you (need for comfort? reassurance? advice? etc.).
- * Reassure them (I am proud of you; I will not abandon you; I respect your choices; I support you; I am here to listen; etc.).
- * Deconstruct your own preconceived ideas about sex work.
- * Offer help if the person expresses distress or difficulties.

Plan a calm moment

- * Bring together the person or people you wish to inform in a private setting where you feel comfortable.
- * Let them know beforehand that you would like to talk about a subject that is difficult for you to address.
- * Ask them not to interrupt you until you have finished.
- * Prepare what you want to say in advance in order to choose your words carefully.

#SUBSTANCE USE AND CHEMSEX



GENERAL TIPS

There is no completely risk-free consumption, but you can reduce risks with the following advice:

- * **NEVER share** snorting tubes or injecting material.
- * Avoid taking substances **you do not know**.
- * Only use substances **you have bought yourself**.
- * **Have your product analyzed** to know what it contains.
- * **Start with small doses** and increase slowly to avoid overdose.



MANAGING YOUR CONSUMPTION TO REDUCE RISKS

- * **Avoid mixing substances**, especially with alcohol.
- * Wait at least **two hours** before taking another dose (longer if you ingested the substance).
- * **Avoid consuming** when you feel sad or emotionally fragile.
- * **Drink plenty of water** to protect your kidneys (but no more than 1 litre per hour).
- * **Learn about drug interactions**, especially if you take medication.
- * **Try to write down what you take and at what time**.



USEFUL PLACES

* **To get harm-reduction material (syringes, snorting tubes, condoms, etc.):** go to Aspasie.

* **If you feel you are losing control over your consumption:**

You can go to CAAP Arve (HUG)

Route des Acacias 3

1227 Genève

Phone: +41 22 305 55 11

* **To analyze your product:**

Drug checking service

Rue Jean-Jacques-de-Sellon 6

1201 Genève

Phone: +41 22 733 70 50

drugchecking@nuit-blanche.ch



FOCUS ON ALCOHOL



Alcohol is a legal drug, but no less dangerous than illegal substances.



Heavy long-term consumption can **damage all organs**.



Stopping abruptly after regular heavy drinking can cause withdrawal symptoms (agitation, shaking, nausea, vomiting).

Ask for help if you want to stop or reduce your drinking!

OUR ADVICE IF YOU SNORT

Use snorting tubes made for this purpose

Clean the surface where you prepare your line

Crush the substance into powder as finely as possible

Never share your tube



Rinse your nose regularly with saline solution

Avoid taking substances you do not know

Start with small doses and increase slowly

Lower your dose if you are working

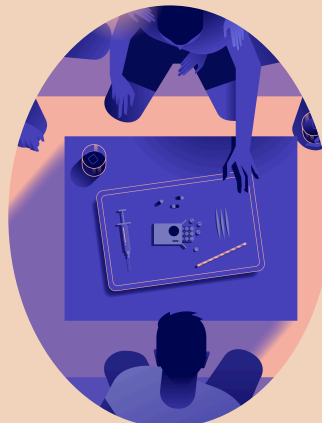
OUR ADVICE IF YOU INJECT

Use a new syringe each time

Never share your material

Disinfect the injection site and change sites regularly

Use a new syringe each time, with a needle of the right size



Crush the powder as finely as possible

If you want support for safer injecting, you can go to Quai 9
Rue de la Pépinière 6
1201 Genève
Phone:
+41 22 748 28 78

Use a filter to fill your syringe and clean solution



THE MEETING

About chemsex

With Loïc from Checkpoint Genève

What is known as chemsex refers to the use of substances with the intention of having sexual intercourse. Loïc shares his advice on how to practise chemsex in the context of sex work while reducing risks.

First of all, it is important to be aware of **the effects** these substances can have. **Time can pass unnoticed**, so the service may last longer than expected.

It is also essential to give consent to substance use. Sex workers may feel pressure from clients to consume substances with them. First of all, you are not obliged to consume with a client; it is better to lose a booking than to force yourself. If you decide to consume, avoid taking the client's substance, as you do not know it (how it is dosed, its effects, or the accuracy of what the client says). Pay particular attention **to sexually transmitted infections and infections linked to the sharing of equipment**. Ideally, consider taking PrEP to protect yourself against HIV.

The risk of addiction: be aware of "craving", meaning the urge to take more. The desire to relive the experience can turn into obsession. **Listen to yourself:** am I respecting my limits? When I am not using, does it take up too much space in my mind? Are there consequences in different areas of your life (professional, personal, social environment)? What makes me use substances (recreational use, escaping problems, seeking comfort, etc.)? Does using push me to do things I would not have done otherwise and that I regret?

Getting out of addiction on your own is very difficult. An effective solution is to connect with other people who are going through the same thing, because the power of groups is very strong and you can find support there.



PART 3

SAFETY

THE ROPES OF THE TRADE



1.- your safety at work

#GENERAL SAFETY TIPS



LISTEN TO YOUR INSTINCTS

Your instinct is that voice that tells “Be careful”. **When you hear that voice, listen to it.** It's better to lose customers than to put yourself in danger.



CORRECT YOUR CLIENT IF THEY OVERSTEP YOUR BOUNDARIES

Immediately correct your client when they cross your boundaries. The first 30 seconds are when you need to react and show them that you are in control and that you will not let them push you around. It is therefore important that you clearly establish your boundaries with your client and yourself before the service so that you can react very quickly.



LEARN HOW TO RESPOND

You are stronger than you think! To learn how to react, you can take part in **self-defense workshops**. This discipline will teach you how to argue with your attacker to prevent the assault and how to react. Getting yourself in the right frame of mind will enable you to deal with risky and violent situations.



THE BACKUP

* When traveling, we recommend you to **never be the only one who knows where you are going**. Ideally, give the address of your destination and the duration of the service to someone you trust.

* Send them a message once you are finished. The idea is that after a certain amount of time, the person you have chosen can react if time passes without you giving them any news.



I DON'T HAVE A BACKUP

* **If you live alone:** you can leave a note with the address of where you are going and all the information about your client before leaving your home. That way, if the police go to your apartment, they will find your note.

* **Set up an automatic message.**

Depending on your cell phone model, you can program messages to be sent at a specific date and time. Before the service, you can program a message to be sent automatically if you don't deactivate it, which could say: "I am in danger. Call the police. I am at [client's address]."



A CLIENT IS STILL A CLIENT

We meet many people who tell us that they trusted a client, whom they thought was a friend, and who took advantage of them. In times when we are more vulnerable, **a kind client who tries to help may seem like a helping hand. But keep in mind that a client is still a client.** We recommend you not to accept them as "friends" on social media, not to share your private phone number or give out your real identity, and not to allow photos or videos to be taken during the service.



AVOID DRUGS WHEN YOU ARE WORKING

Ideally, it would be best for you not to consume alcohol or any other substances while you are working. They **may alter your perception of time, your senses, and your lucidity.** You will be less responsive in the event of violence, and it will be more difficult for you to set boundaries and enforce them, as certain substances may inhibit your senses, particularly pain. For more advice, see p. 46.



LIFE-SAVING ACTIONS

- * **When you are working, we recommend you to avoid wearing anything that could be used to strangle you** (necklaces, scarves, belts, etc.).
- * **Avoid leaving sharp objects lying around that could be used to attack you** (heavy objects, sharp objects, or glass objects such as alcohol bottles, etc.).
- * **If you agree to have a drink, make sure it is poured in front of you** and keep an eye on it.
- * Just in case, memorize the emergency numbers: **117 (police), 118 (fire department), 144 (medical emergency).**



DO NOT USE WEAPONS

Firearms and other weapons are prohibited in Switzerland without a license. We advise against carrying any of these weapons on yourself. Keep in mind that in the event of an attack, if you do not know how to use a weapon you are carrying, it can be turned against you; if you know how to use it, you may be tempted to use it even in a situation where it would not have been necessary, and the consequences could be very serious for both you and your attacker.



IN YOUR HANDBAG

Never carry the originals of your identity documents with you. Always carry photocopies so that you don't risk having them stolen. Also, carry just enough cash to get home by taxi, but no more.



ITEMS YOU CAN USE TO DEFEND YOURSELF

Pepper spray is legal in Switzerland. You must show your ID to purchase it. You can buy some and carry it in your bag, but do not leave Switzerland with it. You can also carry **something that makes a lot of noise** (a whistle or alarm) to scare off your attacker and alert your neighbors.

#SAFETY TIPS ACCORDING TO THE WORKPLACE



GENERAL ADVICE

*** Don't do anything without getting paid:** beware of customers who try to take advantage or negotiate. These are the ones who will talk at length before you provide the service, ask you for all the details of what is going to happen, ask to touch, ask to see, all before paying you, and in the end, negotiate your prices. If the customer wants to get excited, through conversation, touch, or sight, they have to pay.

*** Always get your client to pay before the service.**

*** Don't hide all your money in one place.** Hide the money the client has just given you in a different place from the rest of your money, and also have change ready if you need to give any back.



YOU RECEIVE CLIENTS IN A SALON

If you work in a salon that is separate from your home:

*** Don't leave your money** at reception, with a friend, or with anyone else. The safest place for your money is under your own supervision.

*** Before accepting payment by credit card,** ask the salon how long it will take them to pay you in cash for what you have earned.



YOU ARE GOING TO THE HOTEL

*** Before going to the appointment:** you can confirm the appointment and address with the client to properly inform your backup. If it's at a hotel and the client has made a reservation, you can call to verify the reservation and room number, or even ask to be transferred to the room before entering to verify that your client is there.

*** When you arrive in the room:** be careful not to leave your belongings scattered around the room if you need to leave quickly, and make sure the client does not lock the door. If they do, ask them to leave it open.

*** Be careful of theft when leaving the hotel late at night:** you are not only an easy target, but also identifiable. You are probably leaving with the money you earned that evening, and the thieves who are waiting for you, who are often organized, know this. Avoid leaving before your taxi arrives so you don't have to wait outside for too long. When you are about to leave the hotel, pretend to be talking on the phone to someone who is waiting for you. You can wave your hand as if you recognize them in the distance while you get into your taxi. If you are not returning by taxi, or to ensure that if your bag is stolen, nothing else will be stolen, you can also hide the money on your person.



YOU RECEIVE IN YOUR APARTMENT

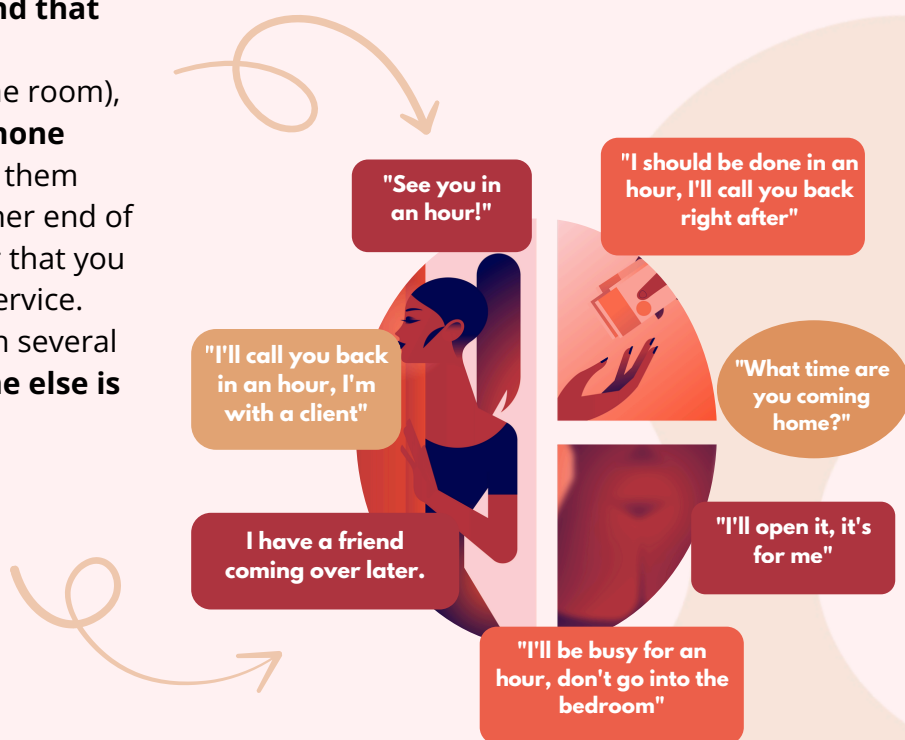
If you work in a private apartment or in a living room that is also your home:

- * **Hide any documents that could identify you** (mail, etc.).
- * If possible, **place mirrors in the room** so you can see what is happening during the service.
- * **Avoid placing the bed against a wall**, so that you can get out of bed on either side.
- * **Store all your valuables in a closet** that you can keep an eye on, or in a room where the client will never be alone.
- * **Ask to be paid before the service.**
- * **Don't hide all your money in one place.** Hide the money the client has just given you in a different place from the rest of your money, and also have change ready if you need to give any back.
- * If you are receiving **clients** in your private apartment, **make them believe that it is not your apartment** (especially if your name is on the mailbox) **and that you are not alone.**
- * If your apartment is a studio (one room), **you can pretend to be on the phone when the client arrives** to make them believe that the person on the other end of the line will be back in an hour, or that you have to call them back after the service.
- * If you work in an apartment with several rooms, **you can act as if someone else is in the apartment.**



YOU RECEIVE AT THE SAUNA

- * **Remember to charge the client before the service**, as these are also places where people meet for free sex.
- * To hide the money from the service, you usually have **locked lockers available.**
- * **Be careful of theft when leaving the sauna late at night:** avoid going outside before your taxi arrives so you don't have to wait outside for too long. When you're about to leave the sauna, pretend you're talking on the phone to someone who's waiting for you. You can wave as if you recognize them in the distance while you get into your taxi. If you are not taking a taxi, or to ensure that nothing is stolen if your bag is stolen, you can also hide the money on your person.





YOU WORK ON THE STREET

The street is often considered the most dangerous place to work as a sex worker, due to the long wait outside, often at night, and sometimes far from residential areas. However, the street has the advantage of allowing you to physically negotiate with the client in order to assess them, and also allows for a certain amount of freedom.

* When you go out, take **just enough cash to get home by taxi**, but no more.

* Try to be **as discreet as possible in the neighborhood** (use trash cans for your waste, keep noise and loud voices to a minimum, etc.). Preserve the neighborhood to ensure you can keep your workplace.

* **Avoid going down deserted streets.**

There may be less competition, but there are also fewer people who could help you if you get into trouble.

* If you receive clients in your **private apartment**, refer to the section "You receive in your apartment."

* If you are providing services **on the street, in your car, or in the client's car**: be careful not to violate public decency laws; **hide as much as possible**. Before getting into the client's car, try to remember their **license plate number** or the model of their vehicle so you can send it to your trusted person (backup, see p. 52).

* **Be careful when you have several clients in the same evening and you keep the money on you**: to avoid being robbed, you can sew pockets into your clothes to hide the money inside, or make a hole in your coat pocket so that the money falls inside. In any case, avoid keeping everything in the same place, so that if you are robbed, you don't lose all the money you earned that evening.



YOU TRAVEL TO THE CUSTOMER'S HOME

* **Look around to check that there are no cameras** in the apartment. These could be a flashing light in the room or a phone in video mode.

* When you are about to start the service, check where **your client's cell phone** is. If it is on the bed or nightstand and there is a mirror above the bed, **you can discreetly place one of your clothes over it** to make sure it does not capture any images.



iOS



Android

Do you earn a living by selling sex in Switzerland? Find out more with the free **LEXI** app.

PRO CO RE
Prostitution Collectif Reflexion
PRO KO RE
Prostitution Kollektiv Reflektion

#CUSTOMER RELATIONSHIPS AND RESPECT FOR YOUR SERVICES



HOW TO CHOOSE YOUR CLIENT?

The main goal is to limit risks as much as possible. People who have been sex workers for a long time have developed an instinct for identifying their clients. Years of experience can never be replaced by the few tips you will read here.

* If you missed our safety tips, go to **the "Safety Tips" section.**

* Be cautious of clients who try to **dominate** you when negotiating the service.

* **Listen to your colleagues** and share information about clients with them.

* **Be cautious of clients who have consumed alcohol and/or drugs.** They may be less patient or even violent. If you accept a client and you see or know that they have been drinking or using drugs, keep in mind that they will be a longer, less attentive, and potentially violent client.

* Even if you are new to sex work, **your natural instincts will guide you.** Trust them and listen to yourself when you don't feel comfortable with a client, even if they offer you more money.

*** Be careful if you switch from street work to online work or vice versa:**

negotiation methods and client contact are very different. These differences can disrupt your bearings and prevent you from understanding your client properly.

*** Do you work on the internet?** Include instructions in your ad for potential clients on how to contact you (e.g., request an introduction, specify their needs, etc.). Depending on the messages you receive, this will allow you to sort between those who have read your ad and are following your instructions, and those who have not read it or have not followed your instructions, and are therefore unreliable.

*** Don't waste time with clients** who negotiate your prices, send you lots of messages without ever agreeing on an appointment, ask you to play a role via message without paying, etc.



SET YOUR BOUNDARIES WITH THE CUSTOMER

*** Do you know your limits?** Knowing your limits will make it easier for you to say "no" and react appropriately to the situation. What services do you accept? What are your conditions for accepting a client? What behaviors do you find acceptable or unacceptable? What criteria would justify terminating the service and immediately expelling the client? Try to imagine yourself in different situations to consider several scenarios and how you would like to react.

*** Keep in mind that you have the power, not your client.** You decide on the service, its duration, and its price. The client is then free to accept or decline. But they cannot renegotiate what you offer.

*** Never accept a service that you don't understand or have doubts about.** Don't hesitate to ask for clarification if you don't understand, to rephrase to make sure you have understood correctly, and to ask for details about what the client expects. This will avoid confusion. "Caviar" and "champagne" are examples that show how a chic cocktail party can quickly turn into an awkward moment.

*** You and the client must agree on the service, the time, and the price.** Don't hesitate to end the service immediately if it doesn't suit you or no longer suits you, makes you uncomfortable, or goes beyond the limits of the contract you negotiated. If your client is not responsible for your refusal, you will have to refund all or part of the price of the service. However, if you terminate the service due to the client's inappropriate behavior, acts of violence, or breach of trust because the client negotiated sexual acts not included in the contract, then you can keep the money and the client leaves. This is why it is important to always charge your client before the service.

*** Insist on condoms and never work without them.** Working safely must be a non-negotiable limit. Without health, there is no work. For more information, see the section on "How to protect yourself against HIV/STIs", p.28.



JASMINE PROJECT

Jasmine is a French program that fights violence against sex workers in their work.

For more information:
projet-jasmine.org

THE MEETING

Working with women when you are a cis man

With Swissexcoach

Make consent and communication the focus of the service

Many women have experienced abuse and may have a negative view of sex. Before you begin, **check with your client that you have understood her desires and limits.**

- * Remind her at the beginning of the service that she can stop at any time.
- * During the service, ask her regularly if she is comfortable with what you are doing.

Take the time to build trust

* For the same reasons, **women are often more cautious than men**, especially when it comes to hiring a sex worker. You will probably have few or no clients if they don't feel confident enough to meet you.

- * It will take time to build **trust**:
 - Keep updating your ad even if you don't receive any messages to show hesitant clients that you are still active.
 - Allow time for email and text exchanges to help them feel confident.
 - Arrange to meet in a café before the first service.



Swissexcoach

Allow enough time for the service

* 15- or 30-minute sessions are often too short, especially the first time. You can allow time during the service for discussion, sexual intimacy, and cooling down. **Longer services are generally more successful**, but this depends on the client.

Ask your clients what they like

* **Don't assume you know what they like just because they are women.**

Avoid reproducing heteronormative scripts and set aside any preconceptions you may have about their sexuality.

* **Take the time to discover her body.**

For many women, the clitoris is the most sensitive part. Cunnilingus is therefore a very popular practice. But not always! So don't hesitate to let her guide you to her pleasure.

Orgasm

You cannot guarantee your client an orgasm. It will depend on her level of relaxation, her knowledge of her body and her pleasure, etc. But you can help her by putting her at ease, listening to her desires, and exploring what gives her pleasure.

Performance issues

*** Maintaining your erection.** If the service involves penis/vagina penetration, you will need to be able to maintain your erection. To stay aroused, focus on what you find attractive about the person and on the pleasurable sensations. It is best to avoid drugs such as Viagra. If you take them, avoid combining them with other drugs, especially Poppers and cocaine, which are very risky.

*** Hold back from ejaculating.** If you have trouble holding back your ejaculation (or erection), suggest non-penetrative sex to your client.

*** Quick tip:** some condoms contain benzocaine. This is a mild, safe anesthetic that will help you hold off ejaculation for longer.

*** Ejaculate at the right time.** Ejaculation can be part of the service. In this case, you will need to find a balance between holding back ejaculation and achieving it at the right time.

*** Don't promise your client anything you're not sure you can deliver** (ejaculation at a specific time, orgasm, female ejaculation, etc.).

Advice on the Internet

*** Which websites?** Most escort websites are not very popular with women. To place your ad, we recommend using websites such as Call me to play or Classified ads.

*** What are the dangers?** Be cautious of predators hiding behind fake female profiles. Suggesting a first meeting with your clients also allows you to verify that they are indeed clients and not predators.

*** What should I say in my ad?** Highlight your personal qualities. These can be more important than your physical appearance (ability to listen, tenderness, respect, etc.).

Protect yourself and your client from HIV/STIs' risks

*** For penetration and fellatio, condoms are not optional.** If you have trouble maintaining an erection with a condom, practice on your own before offering services, and never accept a service without a condom.

*** For cunnilingus and anilingus, you can use a square of latex.** For more information, see Part 2, "Your health, your strength," p. 24.

2.- Working on the Internet



#INTERNET SAFETY



PROTECT YOUR PRIVACY

The biggest risks on the Internet are the reuse of your image, the disclosure of private information, harassment, and outing (revealing your activity to people around you). Here are some tips to protect yourself:

*** Be careful about the photos you post.**

Start by deciding which parts of your body you are willing to show, in particular, do you appear naked in your ad? Do you show your face? Your tattoos or other distinctive features? Consider all the risks and benefits associated with your choices.

*** To remain anonymous, we recommend that you always use a pseudonym.** You can also decide to use a different pseudonym on each site where you have a profile. This will allow you to know which site each client comes from.

*** Do not accept appointments with clients who call you from a hidden number.** Instead, ask them to call you back with their phone number.

*** Nothing can ever be permanently removed from the Internet.** Once online, you no longer have control over how your image is used.

*** Avoid linking your private social media accounts to all aspects of your professional life** (do not accept clients on Facebook or Instagram, even regulars, even those you trust; do not post links to your ad on your personal social media accounts; do not post photos of your family on the Instagram account you use for work, etc.).

*** Beware of online scams:** it is common for a fake client to make an appointment with a sex worker in a hotel and ask them to send a code to their cell phone to reserve the room. These messages are scams; no code is necessary to reserve a hotel room.



CREATE A SAFE AD

Information to avoid in your ad:

- Never give out your address. You can just mention the city where you work.
- Always use a business phone number and never disclose your personal phone number, even to regular clients.
- Use a professional email address to create your ads.
- If you attract clients through Instagram or Facebook, never share your location.

Select your clients from the ad:

- Your ad must be clear, precise, and leave no room for negotiation on services and prices.
- If you are in a difficult situation or feel vulnerable (physically, financially, emotionally), it is important not to let this show in your ad to prevent people with bad intentions from taking advantage of your vulnerability. More broadly, if you are in this situation, we recommend you to stop working if possible so as not to put yourself in danger and/or to call us for support.
- Give instructions to your potential clients: in your ad, you can ask those who wish to contact you to introduce themselves, tell you what they want, why they contacted you rather than someone else, etc. Refusing clients who do not follow your instructions will save you time.

For more advice, you can refer to **the Digital Safety Guide for Sex Workers** from projet-evasions.org, available online.

#OUR TIPS FOR WORKING ON THE INTERNET



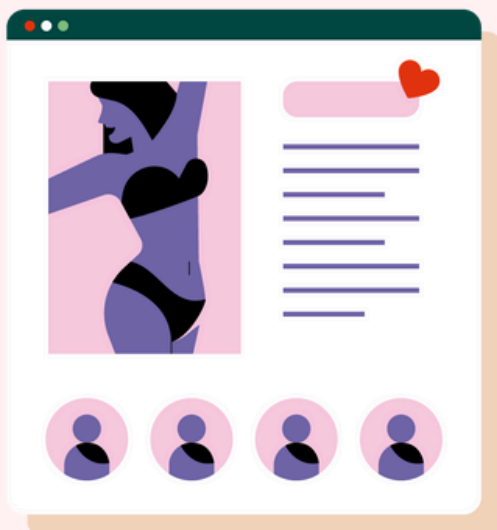
STEP 1: I DEFINE MY GOALS

- How much would I like to earn?
- What are my ideal working conditions?
- How many hours do I want to devote to it?



STEP 2: I DEFINE MY OFFER

- What services?
- Which clients?
- What rates?



STEP 3: I ANALYZE MYSELF

- What are my strengths and weaknesses?
- What issues am I likely to encounter?



STEP 5: I ORGANIZE MY WORK

- I ask my clients to confirm their appointments on the same day.
- I respond to emails and calls by playing the seduction game while respecting the boundaries I have set.
- I define my working conditions (which days? what hours? etc.).



STEP 4: I COMMUNICATE MY OFFER

- Which site(s) do I work on?
- What character do I want to embody?
- How do I create an effective ad?
- What photos should I use?
- Should I create my own website?



CREATE AN EFFECTIVE AD

* **Choose your photos carefully:** select photos that accurately represent the atmosphere, outfits, and attitudes that the client will encounter upon arrival, while ensuring your digital safety: use portrait photos in which you are fully clothed if you agree to show your face, and avoid showing your face in more sexualized photos.

* To be credible, **embody a character that resembles your natural self** (even if there is a large element of illusion in this profession and clients are aware of this and agree to play along).

* **Don't unnecessarily complicate your work** by creating different identities/characters. It may be interesting to create several ads with different characters if you offer a wide variety of services (BDSM/ girlfriend experience, for example). But if you do it too much, you risk losing yourself.

* **Don't offer anything you don't actually want to do!** Think about the risks that come with each service!

* **Create a sense of urgency or novelty for your client:** you can mention in your ad that you are just passing through, or that you only do sex work occasionally. You can also change your ad and photos regularly to make it seem like you are new.

* **What to avoid:**

- Lying about your services.
- Posting photos of someone else or photos that are too old.
- Posting photos and text that do not match your services.
- Creating an identity that is radically different from your real identity.

#SELLING CONTENT



WHAT IS IT?

- * This involves **selling photos/videos, often sexual in nature, of yourself on dedicated websites.**
- * The following advice also applies to camgirls who perform live cam shows on pornographic websites.



THE ADVANTAGES

- * **No need for contact with the customer.** Everything is done online, you don't need to meet your customers in person.
- * **You can make a lot of money.** The more subscribers you have, the more money you earn.
- * You can work **without necessarily having to show your face.**
- * **You can work anywhere.**



DISADVANTAGES

- * Selling content requires learning how to **communicate and market**, especially on social media and dedicated websites, in order to make yourself known.
- * **There is a lot of competition.** This means you need to stand out from the crowd to make money.
- * **Selling content overexposes your image on the internet.** By posting lots of photos of yourself online, you risk being recognized or having your image reused without your knowledge.



OUR PRACTICAL ADVICE

- * **Use social media to promote yourself.** Be careful not to post overly suggestive content, otherwise your account may be censored or deleted.
- * **Include a link to the website where you sell your content in your escort ad,** if you have one.
- * **Be consistent and active on your accounts to keep your followers.** Otherwise, they may subscribe to another, more active account.
- * **Build loyalty among your followers.** For example: respond to their comments and private messages, interact with them on social media so that they want to start a paid subscription on your work sites, etc.
- * **Selling content requires a lot of unpaid work** (taking photos, editing them, responding to private messages, posting on social media to attract customers, etc.), especially in the beginning. It will probably take you a while to get enough followers to make it worthwhile.
- * **Find out what your colleagues charge so you can set your own rates.**
- * **Create your own universe.** The competition is too fierce to rely solely on your physical assets and performance. Try to be inventive, creative, find an original aesthetic, etc.
- * **Take inspiration from successful accounts.** It's not about copying them, but just understanding their strategy for standing out.

3.- Expert advice on various services



THE MEETING

On Bondage and Discipline, Sadomasochism, and Masochism

With Nicky du Boudoir

#IF YOU ARE A DOMINA

Consent

* **Consent must be guaranteed at every stage of the service.** To guarantee your client's consent: have them fill out a questionnaire before the service. This questionnaire will explain the limits that must never be exceeded, even if the person changes their mind in the heat of the moment.

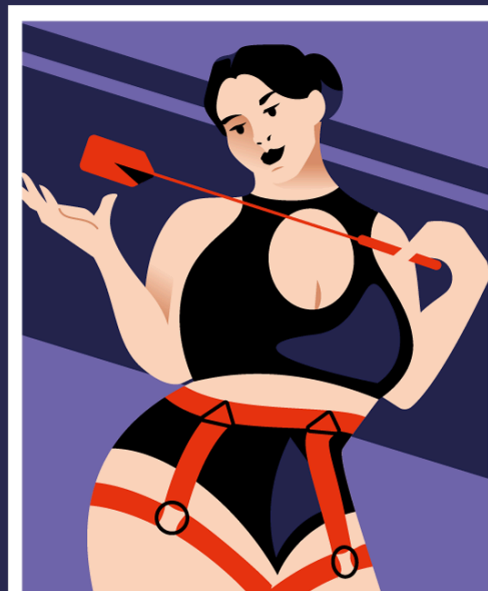
* **Determine precisely what the client expects from you.** BDSM practices are very broad, so beyond the questionnaire, make sure you understand their request.

* **BDSM services can cause intense emotional and physical distress.** You must ensure that each of you can stop the service at any time. Agree on a safe word with your client. When the safe word is said, the service ends immediately. The safe word can be said by either party and can be progressive (for example, "orange" to slow down and "red" to stop).

Physical integrity

* **BDSM services must be performed with great care.** As the dominant person, you must be attentive to the feelings of the submissive person.

* **Some BDSM practices are particularly risky,** and each one must be approached with particular caution to avoid leaving lasting damage.



Nicky du boudoir

* **Get training to ensure that BDSM services do not turn into torture.** There are training courses available, including one offered by Nicky du Boudoir.

* **Be careful to take the client's physical health into account.** All medical conditions and medications must be reported in order to adapt the service. Furthermore, just because the client has done it with others does not mean that they can undergo it without risk.

* **Be careful with substance use:** we recommend you to categorically and systematically refuse to perform BDSM services with a client who has been drinking or using psychoactive substances.

Calm down

* We recommend that you allow **time for decompression** after the service. The submissive person will often have experienced very intense things and may feel very vulnerable. This decompression period will allow the client to settle down.

* Before the session, **inform your client of each stage of the session** so that these few minutes of calm are not interpreted as a hasty end to the session.

#IF YOU ARE SUBMISSIVE

Consent

* Being submissive at work puts you in a vulnerable position that can be very dangerous. If you still want to offer this type of service, make sure you meet your client beforehand, or even know them already, and avoid doing it with several people at the same time.

* **BDSM services can cause intense emotional and physical distress.** You must ensure that each of you can stop the service at any time. Agree on a safe word with your client. When the safe word is said, the service ends immediately. The safe word can be said by either person and can be progressive (for example, "orange" to slow down and "red" to stop).

Stay in control

* **We recommend you never to put yourself in a situation where you cannot move or speak.** Make sure you can always stop the service, and that this does not rely solely on the bond of trust with the client. To do this, use your own equipment, which you are familiar with, and avoid gags so that you can continue to communicate.

* **Also avoid having a rope around your neck or practicing asphyxiation.** Ask for the service to be stopped immediately if you feel you are in danger.

* **Staying in control is also important before the service.** Don't let yourself be persuaded by the money the client offers, and avoid providing this type of service if you have never done it before.

#DOMINATRIX OR SUBMISSIVE: PROTECTING YOURSELF AGAINST HIV/STIs

* **The risk of STIs in this type of practice can be increased,** particularly due to the injuries and bleeding that can occur.

* **Remember to use condoms on the objects you use and for all types of penetration.** Change condoms between different partners and/or different orifices.

* **Remember to use gloves** for anal fingering and fisting.

* **Also, be sure to wash and disinfect your sex toys** for the service, and use your own sex toys to ensure they are clean.

* **Avoid services involving needles, sharp objects,** etc. Some of these are reserved for healthcare professionals and may make you liable.

* In this situation, where you are the submissive partner, it is more difficult to control the condom, especially if you are tied up and on your back during penetration, or if you are blindfolded. In this case, **you can specify in advance that you refuse to be in this type of situation** so that you can always see what is penetrating you and ensure that you are protected.

THE MEETING

On the girlfriend experience

With Yumie Volupté

What is it?

The girlfriend experience is a service where the sex worker adopts a **friendly, even romantic, attitude towards their client**. It involves simulating emotional investment to make the client feel a bond of complicity. The girlfriend experience goes beyond sexual services; it is a way of being throughout the entire service. It involves friendly and natural exchanges. You will need to choose what you are willing to reveal about yourself to your clients, or if you do not wish to reveal anything, you will need to create a persona for yourself.

Creating a character

Your persona must be consistent and complex. Ask yourself questions such as: Age? Family history? Place of birth? Personality? Be honest about your qualities and flaws. To remain natural, maintaining your persona should not require too much effort. So it must resemble you, because it will be difficult to hide your true personality.

Staying true to yourself

Staying true to yourself is sometimes the most comfortable option. But you don't have to reveal everything. Take the time to think about what you refuse to share with your clients to try to anticipate false answers to questions they might ask you.



Set boundaries

It is essential that you are able to maintain the framework. To do this, you will need to know your own limits, what you are willing to do and what you are not willing to do, and how to manage your time so that the service does not exceed what is planned. GFE generally requires time for greeting, building trust, sexuality, and winding down. It is up to you to manage the framework so that the service is balanced.

Make showering mandatory for clients

Even if your client insists that they have already washed, insist that they take a shower before the service. Suggesting that they take a shower can also allow you to end the socialization time and move on to the sexual moment.

Establish safety rules

For safety tips, see the chapter "Your safety at work" on p. 52.

Maintain the girlfriend role

Clients who want a GFE are looking for a connection. Once they have paid, avoid any references that might remind them that this is a paid service. Focus on gentleness and tenderness rather than the sexual aspect. Clients who want a GFE are primarily looking for a relationship.

No sexual practices are mandatory

The girlfriend experience is not a sexual service, but a way of being. Kissing, for example, is not mandatory and can be replaced by gentleness and tenderness.

Protect all your practices

The girlfriend experience does not mean that the service is not protected! For prevention advice, see Part 2, "Your health, your strength," p. 24.

THE MEETING

Champagne and caviar

With La Diabla

#CHAMPAGNE (ONDINISM)

What is it?

Champagne or ondinism is the feeling of intense erotic arousal linked to urine (pee).

You must be prepared

It may be very difficult to offer this service if it disgusts you. The experience will be unpleasant for both you and your client. You must be prepared to accept the smells, noises, and disgust that it may cause you, and make sure that the client does not feel it (unless seeing you disgusted is part of the service).

For hygiene

With regard to hygiene, it is important to find a suitable place to perform the service. Ideally, you can do it in the bathtub and then disinfect it.

Duration

* **The service can last a few minutes or an hour.** Clients who enjoy champagne usually come just for that. It is therefore essential to prepare yourself well to urinate for as long as possible by drinking plenty of water.

* **If the service is to last longer than 20 minutes,** we recommend that you ask another sex worker to come and perform the service with you.

* It is advisable not to exceed **5 liters of water per day**, and not to exceed **1 liter of water per hour**.



Define the framework clearly

* **Ask your client questions.** Do they want to receive champagne (i.e., urine) on a specific part of their body? Where exactly? Do they want to drink it? If they want to drink it from a glass, provide disposable cups.

* **The expectations of a urophilic client can be very broad.** This practice is generally considered an act of domination, where the person receiving the champagne is submissive to the person giving it. In this case, you will need to adopt a dominant attitude. But this is not always the case! Make sure your client clearly states what they expect from you.

* Make it clear well in advance of the service whether or not you agree to give **caviar (feces/poop)** as well.

If you receive champagne

* **There is relatively little risk** in receiving urine because the skin is a natural barrier. However, avoid mucous membranes (vulva, eyes, mouth, etc.).

* **Be careful with blood in urine.** Blood can transmit STIs.

* **Be careful with semen in urine.** Avoid receiving urine after the donor has ejaculated.

#CAVIAR (SCATOPHILIA)

What is it?

Caviar or scatophilia is the act of feeling intense erotic arousal linked to feces (poop). Caviar is a service that is very expensive, but also very demanding.

You must be prepared

It may be very difficult to offer this service if it disgusts you. The experience will be unpleasant for both you and your client. You must be prepared to accept the smells, noises, and disgust that this may cause you, and make sure that the client does not feel it (unless seeing you disgusted is part of the service).

Where to perform the service

- * **It is preferable** to perform this service at **the client's hotel or apartment**.
- * **You can do it in the bathroom tub or in an inflatable bath**. Make sure there is a window you can open to ventilate **the room**, otherwise the service may be unpleasant for you and even cause you to feel nauseous.

Define the framework clearly

- * **Ask your client questions**. Do they want to have caviar poured on them? Do they want to eat it? Do you have to watch them do it? Do they want you to receive it too? These questions will help you determine whether you are capable of providing the service they are requesting. If this is your first time providing this service, don't hesitate to let the client know.
- * Make it clear well in advance of the service whether or not you agree to receive **the champagne (urine)** as well.

Tips for performing the service

- * **It is impossible to decide when you will naturally feel the urge to defecate**. Especially since there is a chance that you will not be able to do it just once during the service. We recommend **eating plenty of fiber and prunes**, which are a natural laxative.
- * We do not recommend over-the-counter laxatives. But if you do take them, avoid doing so regularly and consult a doctor to find out the safe dosage.
- * **Drink plenty of water**. Laxatives tend to cause diarrhea and therefore dehydration.
- * **If you are not naked during the performance, plan to wear specific clothing**. Either wear something that you only wear for this type of performance, or something that you can throw away afterwards. Also plan to have a change of clothes for afterwards.
- * **Avoid straining too much during the service** (hemorrhoids, bleeding, etc.).
- * **Be aware of the risk of transmission of hepatitis A and hepatitis B!** We recommend that you get vaccinated if you wish to offer this type of service.

4.- Gender and sex work



GENDER IDENTITY: WHAT IS IT?

Gender identity refers to the **deep, personal feeling that each person has about their own gender, which may or may not correspond to the sex assigned at birth.**

- * You can be born male and identify as female (transgender woman).
- * You can be born female and identify as male (transgender man).
- * You can be born male and identify as male (cisgender man).

- * You can be born female and identify as female (cisgender woman).
- * You can be born with sex characteristics that do not fit typical definitions of “male” or “female” (intersex people). Intersex people may identify as male, female, or neither (non-binary).



YOUR GENDER IDENTITY AND SEX WORK

* Sex work involves the body and intimacy, and sometimes requires showing oneself naked to clients. Gender plays an important role in sex work, especially in the minds of clients.

* **Your colleagues and clients must respect your gender identity** and use the right pronoun (he, she, they or else).

* **Clients often expect sex workers to “perform their gender.”** For example, people who identify as female are expected to wear skirts, makeup, have breasts, etc.; people who identify as male

are expected to wear pants, not wear makeup, be muscular, not have breasts, etc.; and people that are non-binary are expected to wear neutral clothing, behave in a way that is neither too feminine nor too masculine, etc.

* Under these conditions, sex work can be **difficult for your mental health** because clients will tend to categorize you.



YOU HAVE THE RIGHT TO BE RESPECTED IN YOUR GENDER

- * You have the right to ask those around you to use **your preferred pronouns (he/she/they or else)**.
- * You have the right to use a **chosen name**, even if you have not changed your legal documents.
- * You have the right to privacy. No one should ask you to reveal your former first name, the shape of your genitals, photos of yourself before your transition, etc.
- * Failure to respect your rights constitutes **discrimination**, which is punishable by law.
- * **Gender-based violence is punishable by law.** A client does not have the right to be physically or verbally violent because of your gender (insults, harassment, violence during or after the service when they discover that you are trans, intersex or non-binary, etc.).



WHAT TO DO IF YOU ARE A VICTIM OF GENDER-BASED VIOLENCE?

- * For support, advice, and guidance, you can call and/or visit **Aspasie**.

* **Association 360**

Rue de la Navigation 36
1201 Geneva
juri@association360.ch
Phone: + 41 22 731 42 13

* **Association Dialogai**

Phone: +41 76 382 55 84
stopdiscriminations@dialogai.org

- * **If you are a victim of violence and want to know your rights**, see Part 1, "Your rights in cases of abuse and/or violence," p. 20.

THE MEETING

Sex work and being transgender

With Piti

Taking care of your mental health

Certain sexual acts may be difficult for you because they do not seem to conform to your gender identity.

*** When a client asks you to do something that makes you uncomfortable,** it is important not to overstep your boundaries and to refuse. Take the time to think about what you are willing to do and what you refuse to do.

*** It is easier to set limits with clients when you have already set them for yourself.** If your client asks for a service that you refuse to provide, try to find an alternative that is acceptable to you. For example, if they want to be penetrated by your penis and that is one of your boundaries, you can offer to penetrate them with a dildo if that is more acceptable to you.

Sex work is good for your morale

On the contrary, you may feel that sex work helps you assert your gender : you may feel more confident when the client chooses you and desires you for your true gender identity. But when you have fewer clients, you may feel insecure. If this is the case for you, don't hesitate to visit an association such as Epicène or Outrans, or join a discussion group organized by Groupe Santé Genève to talk about it.



Stronger together

You can contact associations that defend the rights of transgender people to defend your rights. Transgender sex workers experience double discrimination: discrimination related to their work and discrimination related to their gender. This discrimination can make it more difficult to access housing, open bank accounts, access healthcare, etc. To help you deal with this discrimination, you can contact associations.

Take care of your physical health

*** If you want to take hormone treatments, it is important to be monitored by a doctor.** Treatments must be tailored to you and your sexuality and discussed with an endocrinologist, as they can have side effects that are important to anticipate.

*** To avoid feeling alone in the face of medical discrimination** and to feel stronger in setting your boundaries, you can ask a friend or an association to **go with you** to your medical appointments.

Building (or rebuilding) a client base after transitioning

When transitioning, it is normal to lose some or all of your clientele. Here are a few tips to help you build or rebuild your clientele during and after your transition:

*** The clientele of transgender sexworkers is often different from that of cisgender sexworkers.** The ways of finding clients are therefore different and change quite quickly. A website may work for a while and then stop working for you. You will therefore need to be able to adapt to these changes fairly quickly.

*** Trying is the key:** you can go to several websites, several social networks, sell content, work on the street, etc. This is how you will find a balance and learn how sex work works in Geneva.

*** Most salons do not accept transgender people,** so you will most likely end up working on the internet or on the street. Feel free to refer to the chapter "Working on the Internet," p. 62, and the chapter "Your Safety at Work," p. 53, for advice.

Tips for a successful ad

*** Sell your charms:** describe yourself in the best possible light, without lying, and be aware of your assets: pretty mouth, pretty nose, high cheekbones, pretty feet, etc.

*** The ad should reflect who you are physically and mentally:** revealing a part of your personality can make all the difference.

*** Avoid overly long ads and copy/paste.**

*** Change your ad regularly** (description and photos) to make clients think you are new.

*** Announce your gender identity:** if you work on the Internet, we advise you to mention your gender in your ad, or to advertise yourself in the transgender/non-binary/intersex category. If you work on the street, we recommend you to tell the client at the time of negotiation. It is important to say this because the client may become angry if they discover that you are trans, non-binary or intersex during the service, which puts you in danger.

5.- I analyze my situation

Sex work should be carried out freely and independently. But it can sometimes be difficult to realize that we are under pressure that prevents us from working as sex workers in the way we would like to, or even from stopping this activity altogether. This pressure is sometimes individual, and sometimes caused by people. It is not always easy to distinguish between the choices we make ourselves and those we are subjected to. The aim of this section is to help you ask yourself the right questions in order to analyze your own situation.



ANALYZE YOUR RELATIONSHIPS

It is sometimes difficult to distinguish between the choices we make to improve our personal and family situation and those we feel obligated to make to serve the interests of another person. "Red flags" are problematic behaviors that should alert you if you notice them in someone close to you. Here are some examples of red flags:



** These testimonials are based on real events.*



CHOICE OR COERCION?

To make informed choices, you need to have the right information. Here are some questions to ask yourself to help you analyze your situation:



If your situation worries you or raises questions, know that you are not alone and that you can find confidential help:

Aspasie

Rue des Pâquis 11 – 5th floor
1201 Geneva
Phone: +41 22 732 68 28
aspasie@aspasie.ch

LAVI CENTER

Boulevard St-Georges 72
1205 Geneva
Phone: +41 22 320 01 02
info@centrelavi-ge.ch

CONTACT LIST

MEDICAL EMERGENCIES: 144 | POLICE EMERGENCY: 117

FOR ANY QUESTIONS, NEEDS, OR ADVICE

Aspasie

*Defense and support of sex workers
in Geneva*

Rue des Pâquis 11

1201 Geneva

Phone: +41 22 732 68 28

- Information sessions
- Social, administrative, medical, and legal support
- Screening services
- French language courses
- Community workshops
- Sale of supplies
- Archives and documentation on sex work (Grisélidis Réal Center)

POLICE AND ADMINISTRATIVE PROCEDURES

Brigade for Combating Trafficking and Illegal Prostitution (BTPI)

*Registration, control of sex work and
fight against trafficking*

Boulevard Carl-Vogt 17-19

1205 Geneva

Phone: +41 22 427 71 40

Office cantonal de la population et de la migration (OCPM)

Issuance of work and residence permits

Route de Chancy 88

1213 Onex

Phone: +41 22 546 46 46

LGBTQIA*

Espace 360

*Legal support and assistance for LGBTQIA+
people*

Route de Chancy 88

1213 Onex

Phone: +41 22 546 47 95

Lestime

Feminist and lesbian association

Rue de l'Industrie 5

1201 Geneva

Phone: +41 22 797 27 14

Epicène

Support and advocacy for transgender people

Rue de la Dôle 4

1203 Geneva

Phone: +41 22 940 01 01

Dialogai

*Support, prevention and activities
for LGBTQIA+ people*

Rue de la Navigation 11

1201 Genève

Phone: +41 22 906 40 40

MEDICAL CONSULTATIONS

Groupe santé Genève

Access to healthcare, support groups

Rue de Grand-Pré 9

1202 Geneva

Phone: +41 22 700 15 00

Centre Médical du Léman

General medical care center in Geneva

Rue Docteur-Alfred-Vincent 17

1201 Geneva

Phone: +41 22 716 06 60

UMSCOM

General medicine for people without health insurance

Rue Hugo-de-Senger 4

1205 Geneva

Phone: +41 22 372 53 11

Emergency dental care

Dental care for people in vulnerable situations.

Route des Acacias 9

1227 Geneva

Phone: +41 22 304 04 60

Checkpoint Genève

Community health center for LGBTIQ+ people, screenings, medical care

Rue de Lausanne 54

1201 Geneva

Phone: +41 22 906 40 30

Gynecological emergencies

Gynecological emergencies and specialized care

Boulevard de la Cluse 30

1205 Geneva

Phone: +41 22 372 42 36

University Clinic of Dentistry

University dental care and specialized consultations

Rue Lombard 19

1205 Geneva

Phone : +41 22 379 40 00

Geneva University Hospitals

General and specialized medical consultations and emergency services

Rue Gabrielle-Perret-Gentil 4

1205 Geneva

Phone : +41 22 372 33 11

Sexual Health and Family Planning

Emergency contraception, abortion and counseling

Boulevard de la Cluse 47

1205 Geneva

Phone : +41 22 372 55 00

ADDICTION AND SUBSTANCE USE

Première ligne

Harm reduction and support related to drug use

Rue de la Pépinière 6

1201 Genève

Phone : +41 22 748 28 78

Quai 9

Equipment exchange and harm reduction

Rue de la Pépinière 6

1201 Genève

Phone : +41 22 748 28 78

L'Entr'Acte

Support for addictions and excessive substance use

Avenue de Chamonix 5

1207 Genève

Phone : +41 22 734 85 35

CAAP Arve des HUG

Addiction care at HUG

Route des Acacias 3

1227 Genève

Phone : +41 22 305 55 11

VIOLENCES

Viol secours

Support and guidance for victims of sexual violence

Place des Charmilles 3

1203 Genève

Phone : +41 22 345 20 20

AVVEC

Support for victims of domestic violence

Rue de Montchoisy 46

1203 Genève

Phone : +41 22 797 10 10

UIMPV service

Medical care for victims of violence

Rue Gabrielle-Perret-Gentil 4

1205 Genève

Phone : +41 22 372 96 41

LAVI Center

Support for victims of criminal offences

Boulevard de Saint-Georges 72

1205 Genève

Phone : +41 22 320 01 02

REORIENTATION AND COMPLEMENTARY ACTIVITIES

Association Découvrir

Professional integration of qualified migrant women

Boulevard Carl-Vogt 2

1205 Genève

Phone : +41 22 732 75 40

Sos femmes

Support for career reorientation for sex workers

Rue de la Madeleine 10

1204 Genève

Phone : +41 22 311 22 22

CONTINUING EDUCATION

Corps solidaires

Training in sexual assistance for people with disabilities

Boulevard Carl-Vogt 7

1205 Genève

Phone : +41 79 898 35 65

DEVELOPMENT:

This guide was conceived,
developed, and translated by
the Aspasia team:

Judith Aregger
Irene Adán
Alexandre Buchs
Tania Caraulean
Suzanne Ding
Marc Ferreira
Angela Gallón
Pénélope Giacardy
Sara Karlen
Krisztina Kasa
Yamada Nakaoka
Eva-Luna Perez Cruz
Camille Prins
Noémie Schroeter
Roxana Sima
Mireille Wehrli
Jehane Zouyene

**GRAPHIC DESIGN AND
LAYOUT:**

Camille PRINS

ILLUSTRATIONS:

Madame Marilou
Benoît Drigny

FINANCIAL SUPPORT:

Loterie Romande
Sandoz Foundation

CONTACT:**Aspasie association**

Rue des Pâquis 11 – 5th floor
1201 - Geneva
Tel.+41 22 732 68 28
aspasie@aspasie.ch

EXPERTS:

La Diabla
Emma de Lestime
Loïc de Checkpoint Genève
Maria
Nicky du Boudoir
Piti
Tan Polyvalence
Swisssexcoach
Yumie Volupté

Practising Sex Work in Geneva

A practical and comprehensive guide to practising sex work safely and with respect for your rights.

This guide was designed to provide you with the essential information you need to practise sex work safely in Geneva.

All chapters reflect the years of experience of the Aspasia association and its close collaboration with sex workers. You will find information on:

- **Rights and duties in Geneva**
- **Physical and mental health**
- **Gender identity and sex work**
- **The ins and outs of the profession**
- **Analysing your own situation**
- **Ten meetings with sexuality experts on specific topics**

