

We all know that fucking without condoms is the riskiest sex when it comes to HIV ... / East London and The City Health Authority.

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We all know that ***fucking without condoms is the riskiest sex when it comes to HIV.*** But sometimes - when we're feeling particularly low, out of our heads or whatever - some of us don't use condoms. Some of us think if we are doing the fucking, we are not putting ourselves at risk. ***It isn't true.*** HIV can enter your bloodstream through the lining of your arse or through the hole in the end of your cock. We're not going to lie to you - getting a wad of cum deposited up your arse makes it easier to get infected than the other way round but neither are safer sex. Pulling out before cumming is no guarantee of safety either. ***Use extra strong condoms and lots of water based lube.*** Many people find that it isn't as simple as we are told it is, to always fuck with a condom. You have the information but sometimes it just doesn't, deep down, feel easy. Some people find that counselling or group work with other gay men, is helpful for them to talk about these complex issues.

Useful numbers of services run by gay men for gay men.
Newham Independent Counselling **0181 552 9799**
Big Up **0171 501 9264** PACE **0171 700 1323**
GMFA **0171 738 6872**

Adapted from resources produced by Healthy Gay Manchester, GMFA and SM Gays' booklet "Rough Sex Safer Sex". For more information about safer sex and local services please phone the London Lesbian and Gay Switchboard 0171-837 7324 or the National AIDS Helpline 0800 567 123

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