

**Our arses are very sensitive and can be very sexual : they can be damaged easily, so make sure that finger nails are cut short and filed when fisting ...
/ East London and The City Health Authority.**

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Our arses are very sensitive and can be very sexual. They can be damaged easily, so make sure that finger nails are cut short and filed when fisting.

Handle arses with care: loads of lubricant, patience and trust are needed if you're going to fist-fuck. Don't let alcohol or drugs cloud your judgements about your own safer sex boundaries.

Although **the lining of the arse can easily be damaged and bleed**, there's still very little risk of HIV if you wear rubber gloves (surgical type available at your local sexual health clinic, at a chemists or surgical suppliers). Take off rings and watches. Always use a new pair of gloves each time you fist fuck a different person. If you've been fisted with an oil based lube, don't get fucked, because the oil will rot the condom.

Always take things slowly. Do not remove your hand too quickly. **If you love fisting make sure it's with someone you trust.**

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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