

**SM sex can be heavy sex but it can also be the safest ... / East London and The City Health Authority.**

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**SM sex** can be heavy sex but it can also be some of the safest. Whatever the scene involves, it's important both guys know exactly where the boundaries are and how the scene can be stopped. A code word is a good idea - it's easy to yell 'stop' and not mean it. So agree a 'stop' word (a word you wouldn't usually use in a scene, like 'banana') right at the beginning. **SM sex** requires negotiation and regulars are experts in this area. So agree that any fucking should be done with an extra strong condom and waterbased lube when negotiating your codes and other agreements.

**SM sex** can be safer sex when it involves no exchange of body fluids (unless the skin is broken or someone is being fucked without a condom). **SM sex** includes bondage, role-playing, bootlicking and verbal abuse. **SM sex** is based on power, submission and trust so be aware of your own personal safety when alone with a stranger. **SM sex** may include shaving: if so, use a fresh blade per person and don't shoot your load on freshly shaven areas - you can't always see cuts. **SM sex** could be rimming and scat. These are unlikely to pass on HIV unless blood is present but you could pick up hepatitis A and B and gut infections. **SM sex** toys and CP implements should be cleaned in hot soapy water and a strong disinfectant after each use.

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 the National AIDS Helpline 0800 567 123 or SM Gays, BM SM Gays, London WC1N 3XX (send a sae).