

The map : guide to services for young lesbians, bisexuals and gay men in London / Camden & Islington Community Health Services NHS Trust.

Contributors

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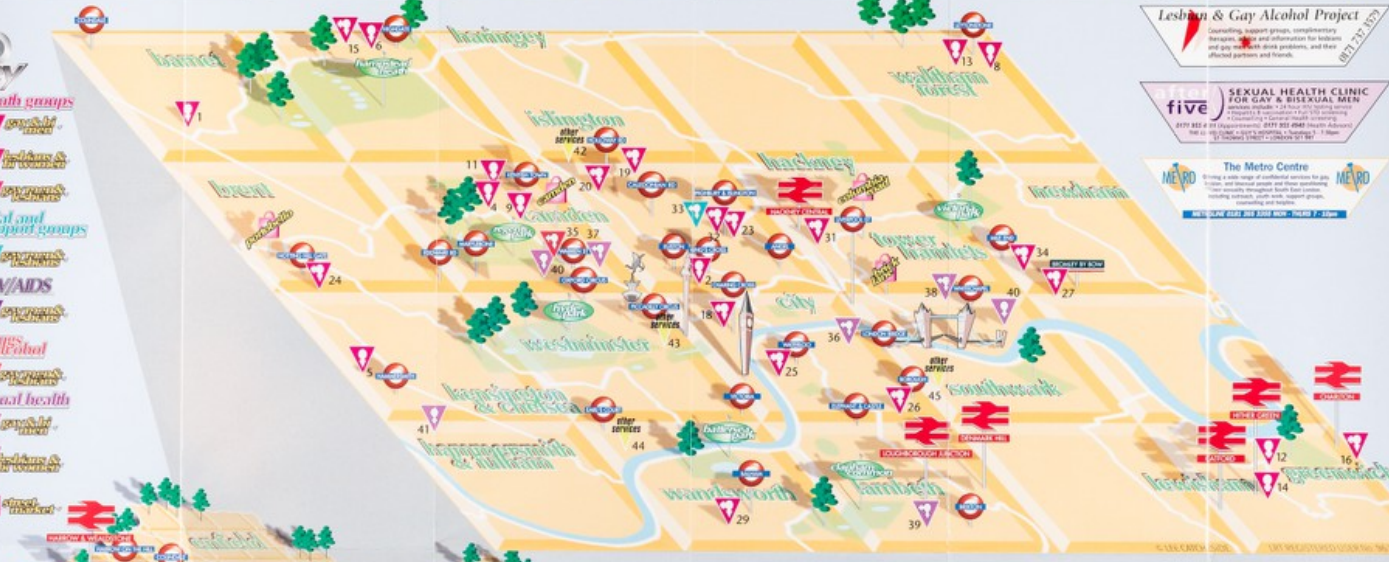
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Lesbian & Gay Alcohol Project
Counselling, support groups, complementary therapies, and information for lesbians and gay men with alcohol problems...
0171 734 1794

five SEXUAL HEALTH CLINIC FOR GAY & BISEXUAL MEN
0171 852 4144
www.fiveclinic.org.uk

MEAD The Metro Centre
0171 734 1794
www.metrocentre.org.uk

sex in the city

London can be a very exciting place to be young and gay. Not only are there lots of groups to join (listed here), but there is also a large gay scene, with plenty of places for you to meet other people like yourself. The gay scene offers all sorts of things to suit all tastes and not just your sexual needs, but also your social and cultural ones.

All of us decide to have sex at different times and it is up to you to decide when that is, but before you begin, there are a few basic things you should know. Even though HIV the virus that causes AIDS has been around for some time, and we know about it more today, the need to protect yourself still remains.

Gay men are still the group most affected by HIV, and there is still no cure or vaccination available, so it is what you protect yourself with.

HIV is present in the bloodstream, semen, and the vaginal fluid of women. Condoms can prevent the spread of HIV from one person to another by stopping the blood, semen or vaginal fluid from the infected person getting into the bloodstream of their partner. Using condoms and safe sex every time you have sex is the easiest way to protect yourself. Always use extra strong condoms and water-based lube, you can get these free from Sexual Health Clinics and from Gay venues in central London just ask for a 'safer sex kit'.

It is important that the next time you have sex you start using condoms straight away. Apart from protecting you from HIV, condoms also reduce the risk of getting other sexually transmitted infections (STIs).

Don't assume just because he looks very nice and gorgeous he is not HIV positive. Often many gay men think that this is the case and this is how many new people become infected. Sometimes circumstances can mean that using condoms may be difficult, for example your partner may be more experienced and makes it clear that he doesn't want to use condoms. It is important that you protect yourself and your condoms.

Remembering yourself is what matters most, this means feeling comfortable about discussing the sex you want with your partner and therefore protecting each other.

If you need to talk to others about sexual health in general or HIV, there are many services listed on this map. You can also talk to workers in the groups listed on this map, best of all talk to each other and enjoy the city and yourself!

PRODUCED BY THE GAY MEN'S TRUST
0171 530 3992
www.gaymenstrust.org.uk

sexual health
www.sexualhealth.org.uk
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