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RS Health Health First (Agency)

Publication/Creation

[1999?]

Persistent URL

https://wellcomecollection.org/works/fdmqsvn8

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Being young and gay can be great. You may be experiencing new freedom that you have never had before, doing what you want, when you want and sleeping with whom you choose. Enjoy your youth, but remember that it is no protection from HIV. Safer sex is vital, whether you have HIV or not.

Using an appropriate condom when you are screwing is the most reliable way to prevent getting or passing on HIV and other sexually transmitted diseases. Staying safe can also mean staying healthy!

Use extra strong condoms with plenty of water-based lubricant for screwing. Independent testing has shown that suitable condoms include Durex Ultra Strong, Mates Superstrong, HT Specials, SafeGuard Forte, Bays Own, Duo and Mondas Yantra.

HEALTH first

Intwork Chris Jepson

London Lesbian & Gay Switchboard 0171 837 7324, National AIDS Helpline 0800 567 123, THT Helpline 0171 242 1010, NRG L&G Youth Group 0171 620 1819

