

Gay sex & AIDS : English / Buro GVO.

Contributors

Buro GVO

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GAY
SEX

ENGLISH

& AIDS

information for men who have sex with men.

In this pocket-sized brochure you'll find information concerning a large number of sexual techniques used by homosexuals, in this case, sex between men.

We've divided them into three categories:
dangerous sex, safe sex... under certain conditions... and safe sex.

DANGEROUS

FUCKING or GETTING FUCKED: if ejaculation takes place during anal sexual contact (ass-fucking), contaminated sperm can, via the anus, lead to contamination with aids. Even if ejaculation doesn't take place contamination may result through blood-to-blood contact (because of the vulnerability of the penis- and anal channels mucous membranes).

Don't fuck.

If you insist on fucking, use the condom specifically developed for this purpose: **duo** condoms. They come with the necessary watersoluble lubricating jelly. **Remember** that a condom can tear or slip off. It's never 100% safe.

SAFE SEX,
UNDER
CERTAIN
CONDITIONS

COCK-SUCKING or BEING SUCKED: the

reason we list this one first is because many people are afraid of it. Under certain conditions, transmission of the virus is possible, namely if someone ejaculates in your mouth. That's why we advise everyone to 'play it safe': never ejaculate in your partner's mouth and never let him ejaculate in yours.

Licking your partners penis or putting it in your mouth is safe.

Infection from pre-cum has never been demonstrated.

RIMMING (ASS-LICKING): because of the fact that there's always a possibility of licking up blood (or of taking in faeces containing blood), there is a chance that the virus could be transmitted during rimming.

Though the possibility of contamination isn't that large it would be wise to limit yourself to superficial licking of the anus.

'GOLDEN SHOWER'/'DIRTY SEX': there is a danger of contamination with the aids virus if urine

or faeces come in contact with mucous membranes, of, for example, the anus, the mouth, the penis, the nose or the eyes.

If you insist on practicing this form of sex, make sure that neither urine nor faeces have contact with the body at places where the virus can enter your system.

DILDOS and VIBRATORS (only in case of collective use): Dildos, artificial penises, vibrators and other objects used for anal stimulation are dangerous if used on a **collective** basis. Never share them.

FIST-FUCKING: bodily contact occurs between two people when one inserts his fist into his partner's anus in order to achieve sexual stimulation. Aids cannot be transmitted in this way, but use of this technique can cause injury which can lead to infections as well as increasing the chance of contracting aids should one be fucked after being fist-fucked.

SAFE SEX

There are many ways in which one can practice **safe sex**. The big advantage is that you can enjoy without fear of feeling badly afterwards.

MASTURBATION/JACKING-OFF: jacking each other off, jacking yourself off and any imaginable variation (for example frottage/rubbing-sex) are safe. Even when you come on your partner's skin.

DIGITAL STIMULATION OF THE ANUS: this technique can be totally safe as long as you don't use the same finger to stimulate yourself and your partner.

(TONGUE) KISSING: although saliva can contain the virus, we know for sure that the amount is so small that transmission is **not** possible.



BODY MASSAGE or the **KISSING OF** nipples, earlobes, footsoles, testicles, etc., etc., is not only safe but very stimulating.

DILDOS and **VIBRATORS**: safe, provided each partner sticks to his own toy.

RUBBER, LEATHER, OIL, BONDAGE, SPANKING, PINCHING or **BITING** are safe as long as no **blood** is produced which can enter your body.

The virus that causes aids (HIV) **cannot** be transmitted by **skin-to-skin contact**, **not** by **(tongue) kissing**, **not** by **sweat or tears**, **not** by **coughing or sneezing**, **not** by collective use of **glasses, silverware, plates, sheets** or **toilets** and **not** by **insects**.

THE GOLDEN RULE: NEVER ALLOW SPERM OR BLOOD OF YOUR PARTNER INTO YOUR BODY.

Remember that the use of **alcohol, poppers, weed, hasj**, etc. can lead to an intoxication during which you might be less inclined to follow the guidelines for safe-sex. One single sexual contact – that hasn't been safe – can cause contamination!

The bottom line is: **avoid dangerous techniques**; the number of sexual contacts you have is of little importance, provided you practice safe-sex!

IMPORTANT ADDRESSES

Information concerning guidance for men with homosexual contacts:

Buro GVO (Health-information and education)
Prins Hendriklaan 12, 1075 BB Amsterdam; tel.
020-712815

Foundation for additional services (SAD)

Eerste Helmersstraat 17, 1054 CX Amsterdam,
tel. 020-853331.

- weekend out-patient clinic for homosexual men:
fri. and sat. 7 pm-9 pm and sun. 2 pm-3 pm.
- on week-days; concerning aids by appointment
only.
- (week-end) courses concerning **aids, health** and
sexuality.
- workshops on safe-sex.

AIDS INFO TELEPHONE:

06-3212120 on mon. up to and including fri.
2 pm-10 pm.

ASSOCIATION PEOPLE WITH AIDS (BMA)

Postbus 17021, 1001 JA Amsterdam,
tel. 020-730997.

ORGANIZATION OF SERO-POSITIVE PEOPLE

Postbus 70446, 1007 KK Amsterdam.

INFORMATION LINE FOR SERO- POSITIVE PEOPLE

020 - 245005

wed. and sun. 8 pm - 11 pm.

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