

Safer sex guide for gay & bisexual men / St. Peters House Project, Surrey.

Contributors

St. Peters House Project

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Monday - Friday: 7.30pm - 10.00pm

Sat, Sun & Bank Holidays: 3.30pm - 10.00pm

SAFER SEX GUIDE FOR GAY & BISEXUAL MEN

Fucking (penetrative sex) is the big risk.

The vast majority of people with HIV get it through fucking or being fucked, you know - inside the vagina or cock inside the bum. That kind of sex by far and away is the biggest risk, as HIV is in semen (come). HIV is the virus that causes Aids.

Safer Fucking

Please use plenty of water based lub like KY or 121 on the outside of the condom and on the bum before entry. Always use a strong brand of condom, one which suits you. Condoms age quickly from heat, strong light and rough treatment. Don't leave them in the sun or the glove box of your car, your wallet or purse for long periods. Always check the expiry date on the packet. Put the condom on after the cock is hard and obviously before any kind of fucking. After coming (ejaculation) withdraw the cock before it becomes soft (otherwise semen could leak out of the condom). To prevent the condom slipping off your cock, at this stage, hold it firmly round the base as you withdraw. Throw used condoms away. Never use a condom more than once. Never go fucking from one person to another without changing condoms.

If you have any questions you wish to ask about fucking or safer sex you can ring our helpline and advice line at the following times:-

Monday - Friday 7.30 pm to 10.00 pm

Saturday - Sunday, Bank Holidays 3.30 pm to 10.00 pm

0737 - 241044

SAFER SEX :

Oral Sex

Sucking the cock (fellatio) or licking the vagina (cunnilingus) may carry a small risk, but it's certainly very much safer than fucking. If you have cuts or sores in the mouth or throat, the virus (HIV, the virus that causes Aids) can pass into the blood stream. HIV is found in semen (come and pre-come) and womens vaginal juices. It is therefore better if you do not swallow come (semen) or vaginal juices. If come is swallowed the stomach acids will probably kill the virus.

Safer Sucking and Licking (oral sex)

You have a number of choices if you want to be cautious in the case of a small possible risk form taking come, pre-come or vaginal juices in the mouth. It could be just as much fun licking the shaft of the cock and the balls or just nuzzling the whole area round the crotch. Obviously, it is less easy to avoid juices if you lick a womans vagina and clitoris, and you might decide to be extra cautious during her menstrual period. On a cock use a good condom, some of them are flavoured. For the vagina you can use a dental dam (a small hanky sized square of latex, which you can buy from dental suppliers). You can suck a mans cock but stop before you take in any come or pre-come. This is more likely to be successful if you have agreed to limits in advance of sex. Even if it doesn't work and you taste or swallow any you will still have reduced the risk considerably stopping at this point (if your still worried about it then spitting it out and gargling afterwards will help).

If you have any questions you wish to ask about fucking, oral sex or safer sex in general you can ring our helpline and advice line at the following times.

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