

Safer sex : hold on to it : a leaflet by gay men for gay men / produced for Mesmen, reprinted with kind permission of Leicester City Council's Health Promotion Unit & Trade.

Contributors

Mesmen
Leicester (England). City Council. Health Promotion Unit.
Trade.

Publication/Creation

[between 1990 and 2000?]

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HIV / HEPATITIS / STDs.

HIV is the Human Immunodeficiency Virus which may lead to AIDS. HIV is transmitted by blood or cum entering your body.

Hepatitis like HIV is present in the body fluids of someone who has been infected and is more infectious than HIV. It is passed on through blood, cum, saliva, wet kissing and shit. A vaccine against Hepatitis B is available from your Genito Urinary Clinics. --- See contact list.

STDs this is an abbreviation used throughout the leaflet which stands for Sexually Transmitted Diseases.

STILL UNSURE?

Talk. Talk to your partner. Talk to a friend. Talk to trainers, volunteers or counsellors. Or to the people on the contact list.

Remember : TALK...LISTEN...PLAY SAFE.

Produced for

MESMEN

TEL : 0203 22 40 90

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CONTACT LIST

MESMEN - Health project for gay and bisexual men in Coventry and Warwickshire.
Offers free condoms and lubricant, safer sex promotions, outreach project, training, health group, volunteer action and copies of the gay press. Confidential advice and information line.
TEL : 0203 224090 - John or Fraser.

National Aids Helpline - free & 24 advice
TEL : 0800 567 123

Coventry & Warwickshire HIV Network - information on all HIV services including Buddies and Body Positive, Youth Action on HIV, Black HIV Forum
TEL : 0203 229292

GYGL - lesbian & gay youth group. Meets every Monday night in Coventry.
TEL : MESMEN or lesbian line

GHASP! - gay health and sex promotion group, new members welcome.
TEL : 0203 224090

Coventry Friend - lesbian and gay helpline.
Mon. Weds & Fri 7.30 - 9.30pm.
TEL : 0203 714199

Lesbian Line - helpline / Weds 7.00 - 9.30pm.
TEL : 0203 717166

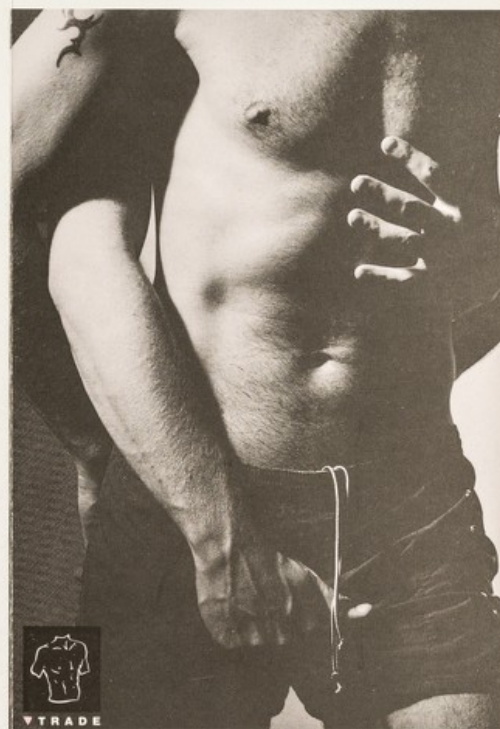
Bedworth CAB Advice Line - legal, housing, money advice for lesbians and gay men / Weds 6.00 - 8.00pm
TEL : 0203 640710

GU Clinics - Sexually transmitted disease clinic. Provides free and confidential services on all sexual health matters. If you choose to take a HIV test, clinics offer pre and post test counselling. Free condoms and Hepatitis B vaccinations.
TEL : Coventry 0203 844164

Warwick: 0926 495321 x 4401
Stratford 0789 205831 x 245
Rugby 0788 567799
Nuneaton 0203 865162

TPK Oalday - 'gay friendly' solicitors.
TEL : 0455 637030

SAFER SEX



HOLD ON TO IT

A LEAFLET BY GAY MEN
FOR GAY MEN

SAFER SEX

The golden rule for SAFER SEX is avoid getting your partner's blood or cum into your body and avoid getting your blood or cum into his.

Sex is fun and exciting ! SAFER SEX is all of these and more ! If sex makes you feel good, how much better would you feel knowing SAFER SEX protects you and your partners from HIV and other STDs ? It's not how often you have sex or who with, but what you do that matters...

You can't tell by looking at someone if they have HIV and being in love offers no protection. Everyone wants to trust their partners, so show you care by practicing SAFER SEX.

WHAT IS SAFER SEX

It's about exploring new and imaginative ways of having fun like :- BODY RUBBING DRESSING UP, FOOD GAMES, HUGGING, KISSING, LICKING, MASSAGE, NIBBLING, ROLE PLAY, SPANKING, SUCKING, STRIPPING, SHOWER SEX, SHRIMPING, TALKING DIRTY, USING SEX TOYS, WANKING EACH OTHER, WRESTLING.

HOW CAN WE MAKE SEX SAFER ? ANAL SEX / CONDOM USE.

If you like Fucking or being fucked do it safely. Always use a strong condom and lube. HIV, HEPATITIS B, and other STDs can be passed on by Fucking without condoms. Remember condoms are not 100% safe. But using them will vastly reduce the risk of transmitting HIV. Practice putting them on each other, or try wanking with them. ALWAYS use water-based lube like KY Jelly, NEVER use oil-based lube like hair or body oils, vaseline or creams. These will destroy the condom.

MESMEN recommends 4 condoms for anal sex. These are Mates Super Strong, Durex Extra Strong, HT Specials and Gay Safe. ALWAYS carry condoms and lube . BE PREPARED.

ORAL SEX

Sucking / Blow Jobs / Giving Head

The debate around oral sex continues. At worst it carries a small risk, at best no risk.... so the choice to use a condom when sucking or being sucked is yours. Cleaning your teeth before sex may cause the gums to bleed increasing the risk of infections from HIV, Hepatitis B or other STDs. It's best to use a mouth rinse instead.

SEX TOYS

Vibrators / Dildos / Butt Plugs

Don't share sex toys that go inside your body.

WATER SPORTS

Piss

This carries no risk from HIV if onto broken skin. There could be a small risk from other infections if piss gets into the eyes or mouth.

SHAVING

ALWAYS use a new disposable razor for each shave. There is no risk from HIV unless the skin is cut, allowing blood or cum from a partner to get into the wound.

RIMMING

Licking / Tonguing the Arse

This is low risk from HIV, but no matter how clean your arse is, certain organisms remain. These include viruses, bacteria and parasites. DENTAL DAMS, small squares of rubber are available for safer rimming. Further information see contact list.

FIST FUCKING

Requires an extra degree of safety awareness as this could cause injury leading to infections. When fisting use a water-based lube, if you use an oil-based lube, fucking after fisting even with a condom is extremely risky. Remember oil destroys condoms.

For safer fisting remove rings, keep finger nails short and wear rubber gloves

WHAT'S DIFFICULT ABOUT SAFER SEX ?

The hardest part about SAFER SEX is often talking about it, saying what you and your partner want to do. Even if you know what's safe and what's not safe, at some point you may be tempted to do something unsafe.

Certain situations may cause this to happen

ALCOHOL / RECREATIONAL DRUGS.

Alcohol, or drugs are a source of enjoyment for some. Any drug can be bad for you whether it's alcohol, cannabis, cocaine, ecstasy(E), heroin or poppers. Under the influence of any of these you may have UNSAFE SEX.

NEVER use shared or dirty needles, for injecting drugs, including steroids or vitamins the same applies to piercing or tattooing at home. ALWAYS dispose of your equipment (works) carefully. Contact your local needle exchange. Remember recreational drugs can suppress the immune system.

WHAT'S RISKY ?

IT'S SIMPLE ! NOT THINKING SAFER SEX OR PRACTICING SAFER SEX