

**SEX... : free leaflet / The Terrence Higgins Trust ; painting illustrations by John Lupton ; design by Richard Green and Shelley Davies.**

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**Publication/Creation**

[between 1985 and 1990?]

**Persistent URL**

<https://wellcomecollection.org/works/svk5pjas>

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**FREE**  
LEAFLET

**SEXY**

# "SEX" is GREAT

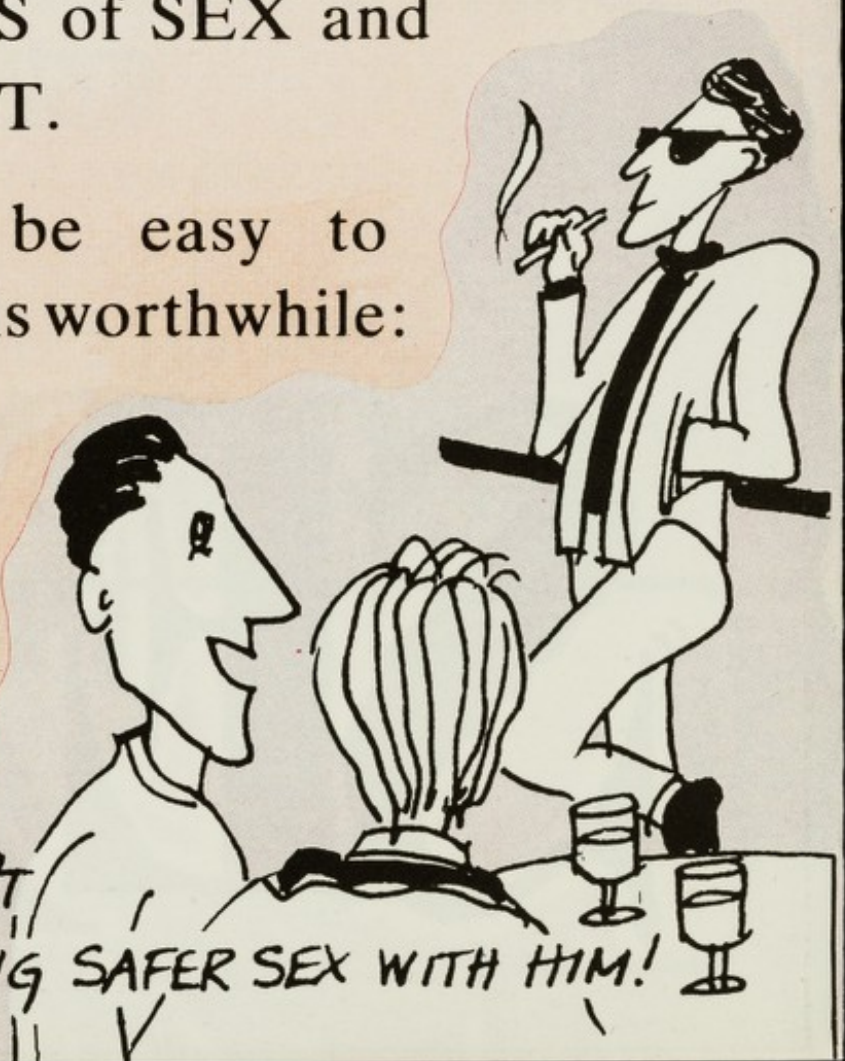
It takes energy and imagination to change habits you like . . . even when you want to.

The reward can be discovering **NEW DIMENSIONS** of SEX and **EXCITEMENT**.

It may not be easy to change, but it is worthwhile:

**DO** adopt the simple guidelines suggested in this leaflet.

*COR! I WOULDN'T MIND NEGOTIATING SAFER SEX WITH HIM!*



With the “AIDS VIRUS” around (also known as HTLV III) it’s now even more important than ever not to give or get more than you expected.

**Anyone** - Male or Female - can get or give the virus anytime in life and could have it a long time without realising.

The Virus can be passed if blood or other body fluids (like cum or piss) get **into** the body when fucking, or through the mouth, eyes or cuts in the skin.

Injecting drug users who share works are also at risk.

Apart from that, the virus is not passed on easily — despite the Public Panic.



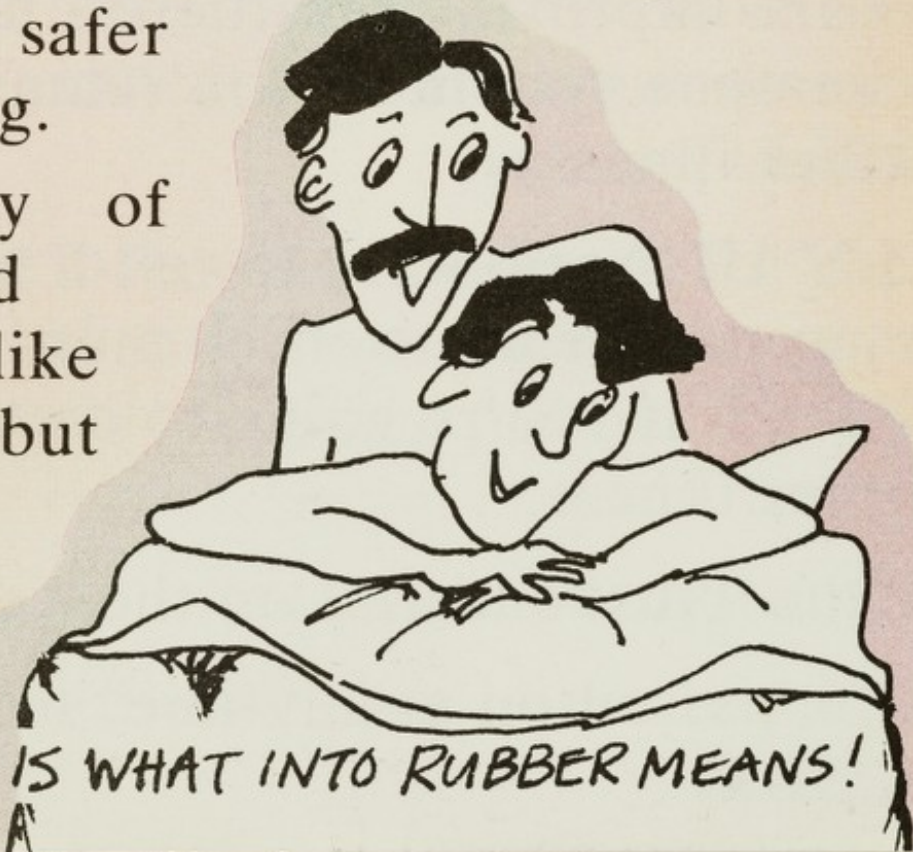
Since there's **NO CURE** yet for AIDS consider adopting the following recommendations . . . .

**FUCKING IS** very risky because you can get or give the virus through tiny tears in the skin or body tissue.

## **Really Want To Fuck ?**

Use Rubbers (Condoms) - they aren't 100% safe as they can tear or slip off: but they're safer than nothing.

Use plenty of water-based lubricant like KY or 121, but get the rubber on first.



SO THIS IS WHAT INTO RUBBER MEANS!

Rubbers might take a bit of getting used to:

Try Wanking with them, it helps.

Try putting it on him.

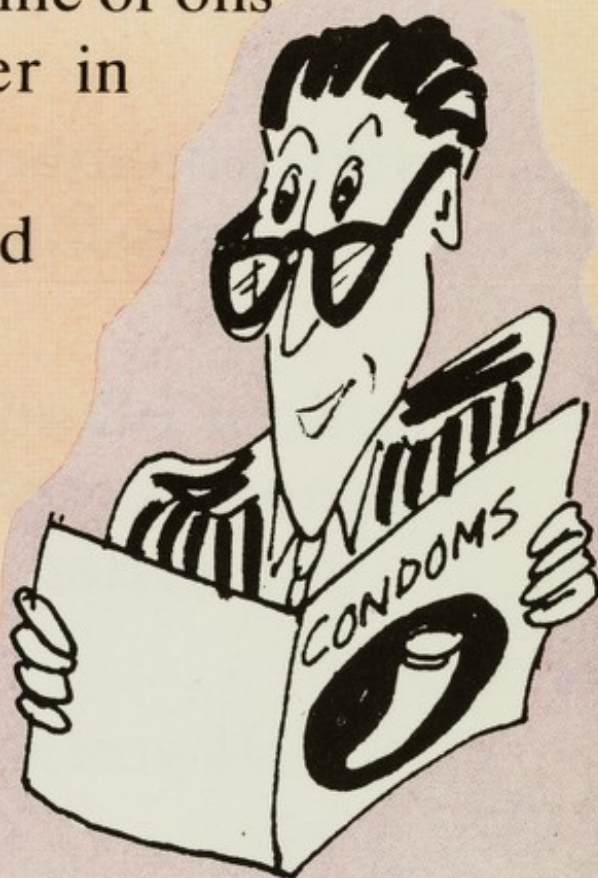
You'll soon get the hang of it!

**IMPORTANT** when using Rubbers:

**DON'T** use Vaseline or oils - they melt the rubber in minutes. Use KY or 121: both water-based lubricants.

**DON'T** use Spit.

**NEVER** reuse rubbers. Use a **NEW** Rubber every time you fuck.



THAT'S WHAT WE DO WITH THEM?

**FISTING** always creates internal tears, so it's riskier still if there are cuts on the hands or if you fuck after fisting. (**Remember:** the virus can pass either way).

**WATERSPORTS** are O K if piss doesn't enter your body, but be careful of broken skin, the mouth and eyes too.

## KISSING

is fine too:  
but if you've cuts or sores in your mouth or gums - it's not a good idea.



**SUCKING** is OK: but cum or pre-cum in the mouth is risky if there are cuts or sores on your cock or gums.

## **TOYS and DILDOS**

can be a real turn-on but: **DON'T** share them. Have one each!

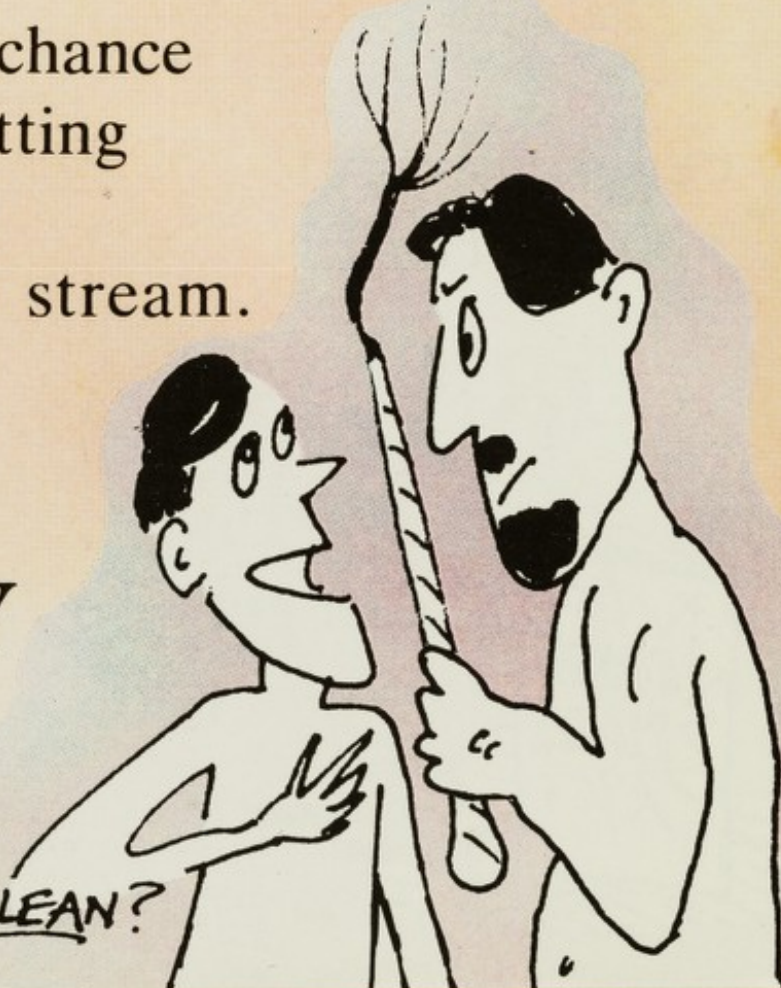
## **SEX** is SAFEST

when there's no chance of the Virus getting into the body and the blood stream.

## **SEX** is RISKY

if it can.

YES, BUT IS IT CLEAN?





**DRINK and DRUGS** can make you feel good but they can affect your judgement.

**POPPERS** can be fun, but many people believe they may be harmful long term. Until we know more it might be wiser not to sniff them.

## TALKING FANTASIES

can really get people HOT!

## PORN and VIDEOS

can get you hard.



OF COURSE I'M SURE THIS IS SAFE!

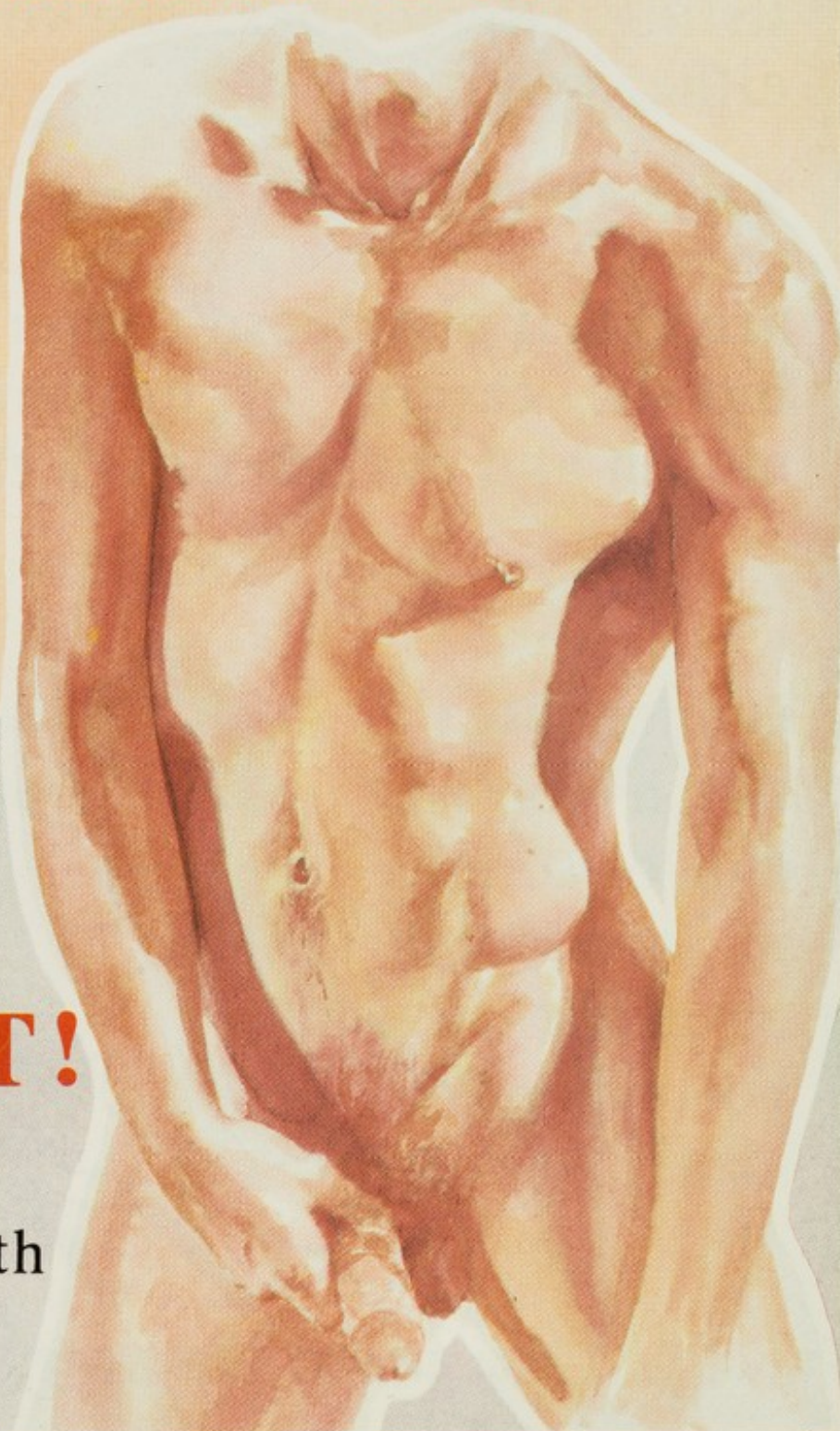


Everyone's turned on by different things . . .

As For **WANKING** ..

**GO  
FOR IT!**

Share the  
pleasure with  
a friend.



### **HTLV III — the so-called “AIDS VIRUS”**

attacks your body's “immune system” which usually protects you against invading germs.

Your immune system responds, producing “Antibodies”, but they don't stop the virus.

Depending on the damage to your immune system:

- Like most people, you may stay well
- You may suffer one or more illnesses

If your immune system is badly damaged, there are certain serious illnesses you can get. This is AIDS.

Treatments for many of these illnesses are improving but there's no cure yet for the basic weakness in the immune system so you remain susceptible to further illnesses.

Your blood can be tested for the HTLV III Antibodies to tell if you've been infected, but Antibodies may not appear for up to three months after infection. The Antibody Test **WON'T** tell if you're going to develop AIDS or any other illness.

If you want to know more, ask for the Trust's leaflet on the Test.  
Once the Virus is in the body, it can be passed on at anytime, so keep to **SAFER SEX.**

**DON'T DONATE BLOOD OR SEMEN  
OR CARRY AN ORGAN DONOR CARD**

**THE  
TERRENCE HIGGINS TRUST**

**provides practical support, help,  
counselling and advice for anyone  
with, or concerned about  
Acquired Immune Deficiency Syndrome  
— AIDS or HTLV III infection.**

**If you're worried give us a call on:**



**HELPLINE 01-833 2971**

**7PM-10PM EVERYDAY**

**or write to:**

**THE TERRENCE HIGGINS TRUST  
BM A.I.D.S LONDON WC1N 3XX**

**Safer Sex**