

Safer sex for gay men : hot sex now / Terrence Higgins Trust.

Contributors

Terrence Higgins Trust

Publication/Creation

1992.

Persistent URL

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safer sex

for gay men

The Terrence Higgins Trust



**HOT
SEX
NOW**

SAFER SEX

FOR GAY MEN

Why have safer sex?

You can't tell who's got HIV, the virus that can lead to AIDS.

Anyone can have HIV: young or old, hunky or thin, black or white, on the scene or off the scene. There are many men with HIV who look and feel completely well. We've got no way of knowing which of our sexual partners may have HIV infection. So the answer is not to "choose your sexual partners carefully".

The answer is simple. **Stick to safer sex with everyone.**

It doesn't matter if either of you has HIV. Safer sex will protect you both.

In the past, when we knew less than we do now, our advice used to be extra cautious. But in fact all we need to remember is this:

Basically..... HIV can only be transmitted between men through blood and cum. Fortunately, it can't get through ordinary, healthy, undamaged skin.

You may be worried about other body fluids like spit or piss, but HIV is only ever found in these in very small amounts which aren't enough to be infectious. Studies of many thousands of people have shown that no-one has ever been infected through kissing.

So the important thing is that HIV is only transmitted when blood or cum goes from one body into another. Bearing this in mind, safer sex is quite straightforward.

Fucking

The main risk of transmitting HIV is through fucking or being fucked. This is because the virus can easily get into your body through the sensitive linings of your arse or your dick.

You can really cut down the risk in fucking by using condoms as long as they're good quality and used properly. Remember:

- ▼ Open the packet carefully, not with your teeth.
- ▼ Unroll the condom all the way down the cock.
- ▼ Whilst fucking have a look from time to time to make sure it's still in one piece.
- ▼ When you withdraw make sure you hold the condom tight to the base of your dick as you pull it out.

It's important to use lots of extra water-based lubricant, such as "KY", on the condom and up the arse. Avoid oil-based ones like "Vaseline", "Crisco" or moisturising cream as the oil weakens the rubber. When strong condoms break it's often because an oily lube has been used.

Although condom manufacturers still don't make condoms specifically for anal sex, it's safest if you choose a thicker or stronger condom with the British Standard 'Kitemark'. You can make sure that the condoms aren't 'old stock' by checking the sell-by date, and store them away from hot or damp places. Buy plenty at a time - or get them free from clinics - to avoid running out at an inconvenient moment...

Many men find they can get the same sort of pleasure by using sex toys like dildos or butt plugs up the bum. There's no risk of transmitting HIV with these unless you share toys that go inside you.

Sharing needles or blades

Anything that can pierce the skin can transmit HIV by transferring blood from one person to another.

So never share anything that can pierce the skin such as:

- ▼ needles or other injecting equipment
- ▼ razors or blades
- ▼ tattooing needles or inks
- ▼ piercing equipment
- ▼ sex toys that could get blood on them

Sucking

No-one can be absolutely sure that virus in cum or pre-cum can't get through the linings of the mouth or throat.

A small number of people think they have been infected through sucking. However, when the sexual behaviour of thousands of gay men has been studied over a number of years, sucking hasn't shown up as a risk. So if there is a risk, it's very small. But the risk may be higher if your mouth is sore or bleeding.

You might choose to use condoms and avoid getting any cum or pre-cum in the mouth.

Some men get just as turned on by nuzzling and licking the cock and balls without taking them in the mouth.

HELPLIST

This leaflet is just a brief guide to safer sex.

It may raise new questions for you; or you may have questions about things we haven't covered, like fisting, scat or S/M.

Also, you may have questions about testing, living with a positive diagnosis, or other issues to do with HIV and AIDS.

You may also want to know about free condoms and clean needles etc.

There are a number of helplines and organisations which can offer advice on all these matters:

The Terrence Higgins Trust
52-54 Grays Inn Road,
London WC1X 8JU

Helpline

071-242 1010
12 noon - 10pm daily

The Terrence Higgins Trust offers a wide range of other services which are open to all gay men.

For gay men with HIV, help on welfare rights, housing and legal matters is available from the Advice Centre; practical help is offered by our Helper Cell Project and befriending by our Buddy Service.

Gay male counsellors, buddies and helpline volunteers are available upon request. Support for drug users (including those in prison) is also provided.

To access any of these services, please telephone us on 071-831 0330.

Other helpful organisations

Black Lesbian & Gay Switchboard
071-837 5364 7pm -10pm
Thursdays

London Lesbian & Gay Switchboard

071-837 7324 24 hrs a day
Staffed by lesbian and gay volunteers who can talk about HIV/AIDS and safer sex. You can ask to speak to a gay man if you prefer.

National AIDS Helpline

0800-567123 24 hrs a day
All calls are free from anywhere in the UK.

Help is also available in the following community languages:

Bengali, Gujarati, Hindi, Punjabi and Urdu: **0800-282445**
6pm -10pm Wednesday

Cantonese: **0800-282446**
6pm -10pm Tuesday

Arabic: **0800-282447**
6pm -10pm Wednesday

A Minicom is available for the hearing impaired:
0800-521361
10am -10pm daily

There are other local groups and helplines all over the country, details of which can be obtained from those listed here.

Scotland

Scottish AIDS Monitor
P.O. Box 48, Edinburgh EH1 3SA
031-557 3885
Provides a wide range of services throughout Scotland.

Northern Ireland

AIDS Helpline
0232-326117 7.30pm -10pm
Monday, Wednesday & Friday;
2pm-5pm Saturday
Provides a wide range of services throughout Northern Ireland.

Wales

Cardiff AIDS Helpline
0222-223443 7pm -10pm
weekdays
Provides a wide range of services throughout South Wales.

The Terrence Higgins Trust



is a registered charity which provides practical support, help, counselling and advice for anyone with or concerned about AIDS and HIV infection.

THE TERENCE HIGGINS TRUST

Administration & Advice Centre
52-54 Grays Inn Road
London WC1X 8JU
Tel: 071-831 0330
Fax: 071-241 0121

HELPLINE

071-242 1010

12 noon – 10pm daily

LEGAL LINE

071-405 2381

7pm – 10pm Wednesday

The Terrence Higgins Trust produces a range of safer sex materials for gay men, including the popular "Tales of Gay Sex" leaflets. Advice and assistance is available to other voluntary and statutory groups responding to the continuing needs of gay men during the AIDS crisis. Write or Telephone for more details.

The work of the Trust is mainly supported by voluntary donations. If you feel this leaflet has been helpful, you may care to send a donation to The Terrence Higgins Trust at the above address.

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Sponsored by the Health Education Authority (HEA)
Design: Robin Forster 071-386 7316
Print: Anderson Fraser 071-278 9703

Ninth edition October 1991 Revised May 1992
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