

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

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Terrence Higgins Trust

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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.
- ▼ Never re-use a condom or use it on more than one person.

For the safest fucking make sure you use the toughest condoms like the brands Mates Super Strong, Durex Ultra Strong, HT Special and Gay Safe. 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...

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.

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 flavoured 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.

## **Rimming**

Licking arse is safe unless there is any blood in or around the arse.

However there are some risks to your health from rimming from other types of infection, e.g. hepatitis, salmonella, and some parasites. If you have HIV, these can be very serious. Remember that you can get vaccinated against hepatitis B.

## **Everything else...**

You can still do almost everything else that turns you on, safely...

- ▼ You could suck, kiss, lick, touch, fondle, bite, nibble and squeeze all over his body – his nipples, arse, calves, toes, neck, ears, thighs, nose, crotch, balls, armpits, fingers...
- ▼ You could give him a soft sensual massage or get tougher with wrestling, rough and tumble or spanking...
- ▼ You could wank each other off – dry or using lots of lube but not 'cum' – or press, rub and slap your dick against his dick, buns, face, chest, thighs...
- ▼ You could have sex in front of mirrors; take Polaroids and videos; or watch each other jerking off...
- ▼ You could dress up or strip down to sports gear, lycra, leather, rubber, jock-straps, uniforms, work gear, torn jeans, boots, socks...
- ▼ You could use cock-rings, nipple clamps and other sex toys, or play with mud, piss, oil or beer...
- ▼ You could play with his arse – finger him, put dildos or butt plugs up him...
- ▼ You could talk dirty, and tell him about your wildest fantasies...
- ▼ You could get into role play and domination fantasies; taking orders; binding, roping and restraining; or cross-dressing...

The only precautions you need to take are common sense ones: avoid cutting the skin, and if you do, avoid getting blood or cum into the wound. And don't share sex toys that go inside the body.

## 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.

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 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  
**031-555 4850**

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 TERRENCE HIGGINS TRUST

Administration & Advice Centre  
52-54 Grays Inn Road  
London WC1X 8JU  
Tel: 071-831 0330  
Fax: 071-242 0121

## HELPLINE

**071-242 1010**

12 noon – 10pm daily

## LEGAL LINE

**071-405 2381**

7pm – 9pm Monday & 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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