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**Contributors**

Lothian Gay Men's Health Group  
Deutsche AIDS-Hilfe e.V.

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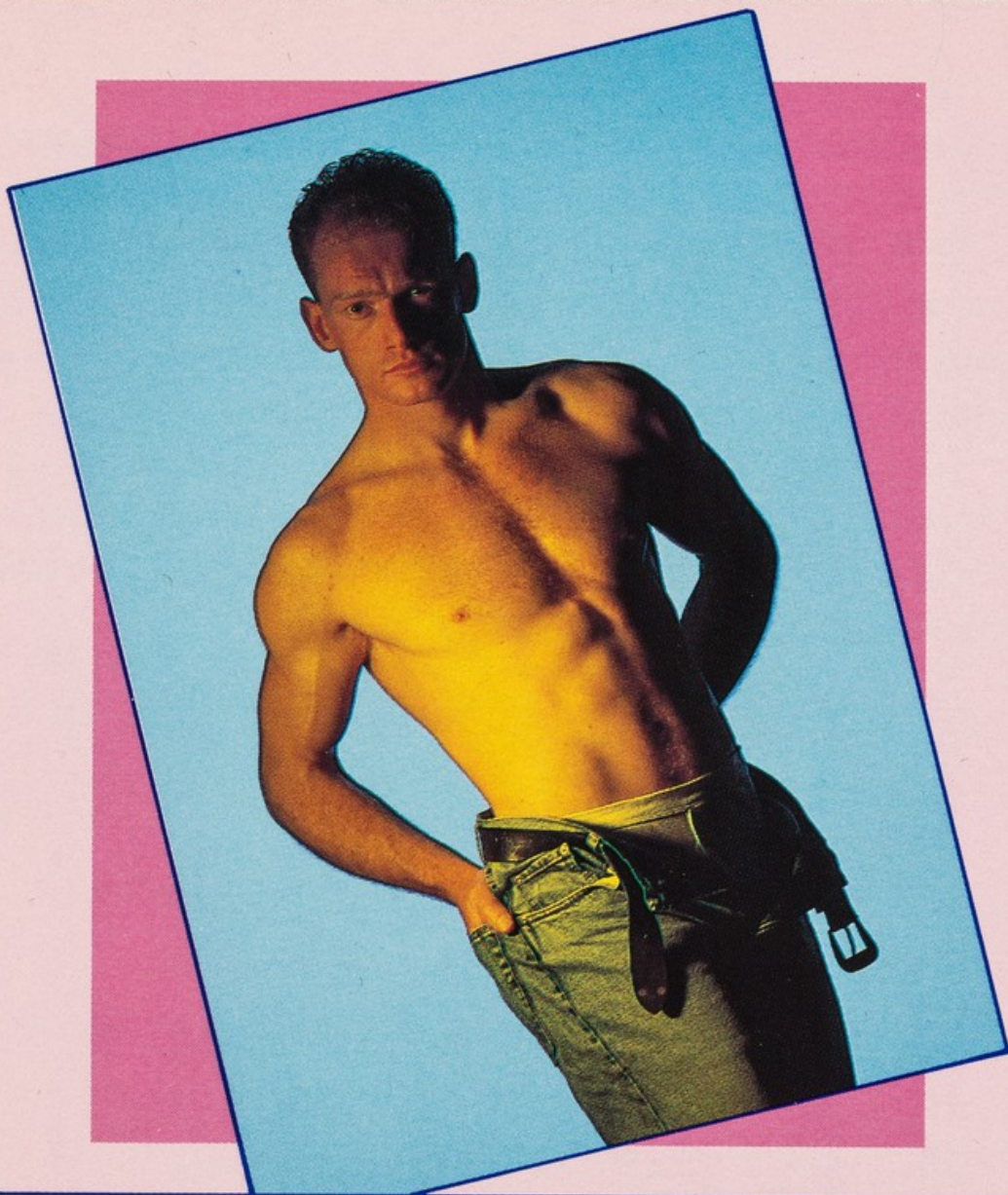
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Wellcome Collection  
183 Euston Road  
London NW1 2BE UK  
T +44 (0)20 7611 8722  
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**POCKET GUIDE TO HEALTHY SEX**  
**For men who have sex with men**



## **INTRODUCTION**

This is a 'safer sex' guide for men who like sex with men and applies to you whether or not you have HIV.

'Safer sex' is about having great sex that DOESN'T involve someone cumming inside you, or fucking you without a condom, or you fucking someone without a condom.

'Safer sex' is about being in control and having great sex that you're comfortable with and being able to say "STOP" when you want something to go no further or "NO" when you don't want to get involved. DON'T FORGET alcohol and some drugs may lead you to take risks you wouldn't normally take.

**MAKE SEX GOOD, MAKE IT FUN AND MAKE IT WHAT YOU WANT IT TO BE. ABOVE ALL MAKE IT 'SAFER' AND HELP AVOID HIV AND OTHER SEXUALLY TRANSMITTED INFECTIONS.**



## **KISSING, LICKING & MASSAGE**

Kissing IS SAFE and although HIV can be found in saliva, it is NOT a proven way of passing HIV on.

Kissing doesn't just have to be mouth to mouth. You can KISS and LICK him all over - under his arms (it's not "the pits"!), in his belly-button (watch that fluff!), in between his thighs (have a nibble, he'll love it!). KISS, LICK and BLOW on his nipples (watch how he reacts!). Give him a toe-job (don't knock it till you've tried it!).

Then there's MASSAGE. Make sure the room is warm. Turn the lights and the stereo down low. Warm the (scented) massage oil. Then GET NAKED and get down to it. Rub the oil all over his body. This is COMPLETELY SAFE!

REMEMBER - oil and condoms DON'T go together. So if you're going to screw, wash off the oil before you do.



## **ORAL SEX**

There is NO clear evidence that you can get HIV from giving or getting a blow job, especially if your mouth is healthy and you don't get cum in your mouth.

While going down on him, try drinking something warm and then something cold between sucks, he'll love it. Or try a '69' and suck each other at the same time. Try it with a non-lubricated or flavoured condom to make sure you don't get cum in your mouth. You can get all kinds of flavours from fruit to mint.

**REMEMBER** if you want to fuck after you suck change to an 'EXTRA/ULTRA STRONG' CONDOM, because flavoured and fruit just won't suit!

## **RIMMING**

If you want to lick his arse you can do it a lot more safely and help avoid unwanted infections (such as Hepatitis A & B and tummy bugs) by using a 'dental dam' or a condom which has been cut open.

If you want to rim, don't be dim, do it safely, you and him.



## WANKING

Wanking is FUN and SAFE. Do it on your own or with someone else. Watch each other wank or wank each other. Try wanking with or without your clothes. Do it in the shower or in the mirror. Do it quickly, do it slowly. Hold his cock in different ways. Do it sitting, standing, or lying down. Make orgasms longer by holding the base of his/your cock tightly. Try wanking wearing a condom? Use a lubricant (like KY) on the head of the cock, or all over it. Try squeezing, sucking or licking his nipples and balls while wanking.

REMEMBER - cuts in your skin could be a possible route of transmission for HIV. So if you're wanking with someone and you have any cuts on your body, cover them up and enjoy yourselves.



## **FUCKING & CONDOM USE**

Fucking is VERY RISKY and you should ALWAYS WEAR A CONDOM AND USE LOADS OF LUBE WHEN YOU FUCK.

1. Before putting a condom on yourself or your partner wait until your/his cock is hard.
2. Remove the condom carefully from the pack so that you don't damage it. Mind those finger nails!
3. Whether the condom has a teat or not, squeeze some air out of the top of it (about half an inch). If you have a foreskin pull it right back before rolling the condom on.
4. Still holding the top of the condom between your finger and thumb, roll it all the way down the shaft of the cock with the other hand. You might like to do this for each other? Once that's done and you've applied lots of lube, you're ready to fuck.
5. After you've cum hold on to the bottom of the condom and take your cock out of his arse - this will stop the condom coming off or leaking up his arse. Remove the condom, wrap it in tissue or toilet paper, and dispose of it in a bin.



**REMEMBER** - If you're going to fuck a man ONLY USE 'EXTRA / ULTRA STRONG' CONDOMS and ONLY WATER-BASED LUBRICANTS -like KY or Duragel- with your condoms. Oil-based lubricants will damage the rubber and a condom is more likely to split. Massage oil will also damage rubber, so wash it off before you screw.

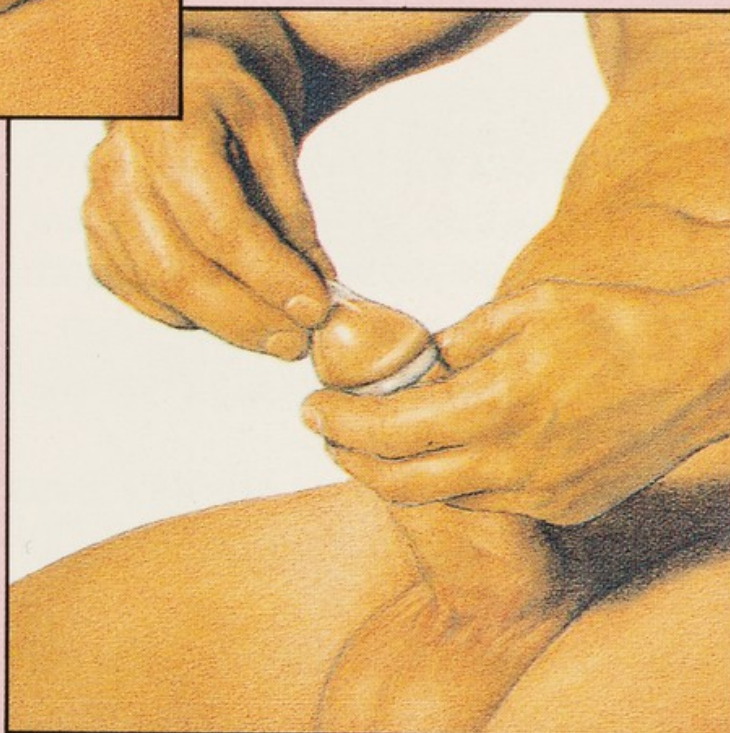
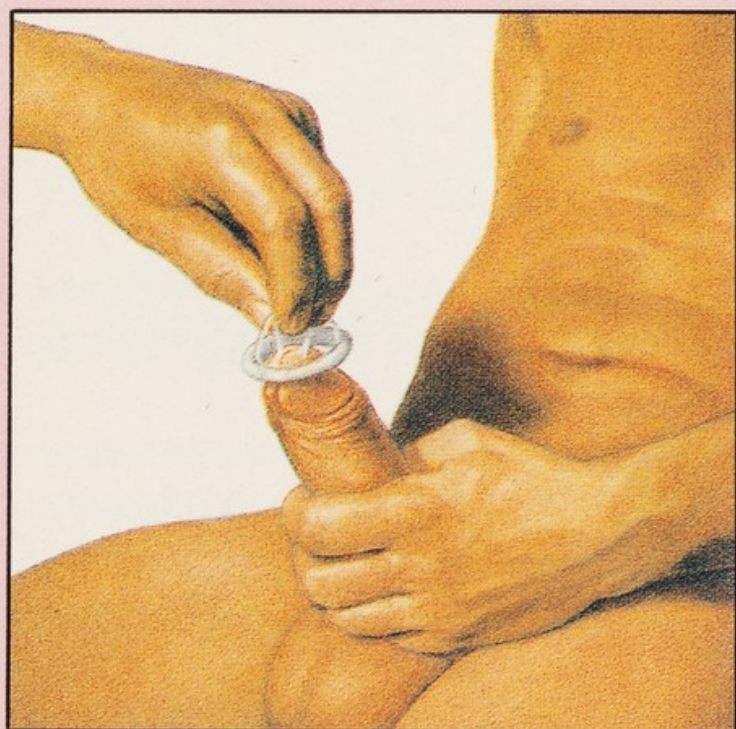
If your cock loses sensitivity when you use a condom, try putting a tiny amount of lubricant onto the head of your cock before rolling a condom on.

CONDOMS CAN ALSO HELP PREVENT OTHER SEXUALLY TRANSMITTED INFECTIONS

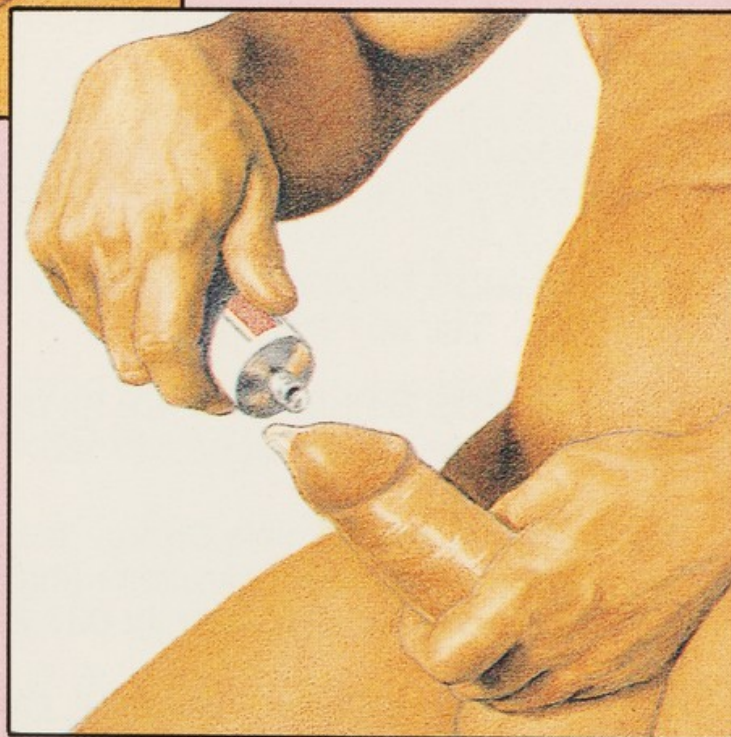
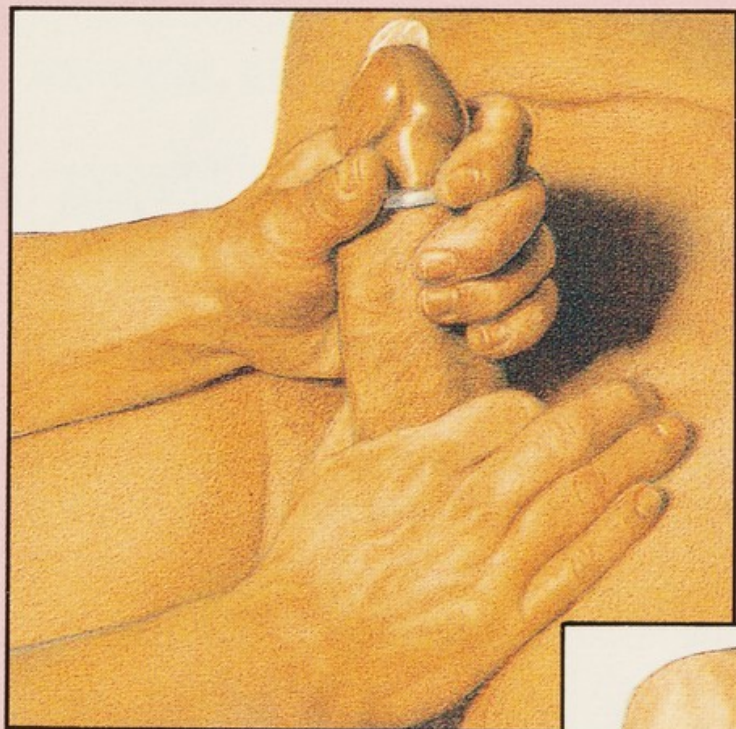
### **ALTERNATIVE FUCKING**

Avoid his arse and use other parts of his body. Try screwing his armpit, between his thighs or behind his knees, on his chest, belly or back, under his chin or even between his toes!











## **SEX TOYS & FETISHES**

SEX TOYS are great fun to use on your own or with a partner. BUT if you're going to share them make sure you clean them thoroughly before passing them on. For extra safety why not put a condom on your dildo or vibrator?

Whatever your particular fetish is REMEMBER that as long as you don't get someone else's cum or blood into your body, or yours into their body, that's 'safer sex' and whatever turns you on is fine.

## **S & M**

If you're into S & M you can enjoy the gear, the slapping, spanking, the bondage and those servant and master roles without putting yourself at risk of HIV.

Good S & M practice is about agreeing boundaries in advance and sticking to them. It's about you being able to be fully involved, BUT say "STOP" if something is going further than you want it to, or "NO" if you don't want to get involved at all.

So stick to your limits and make leather, rubber, latex and sex a fun combination.

## **FISTING**

Fisting is a VERY RISKY activity in itself, so if you're going to do it make it as safe as possible. ALWAYS make sure that you cover any cuts in your skin with waterproof plasters and ALWAYS wear gloves. Use LOADS of water - based lube, not oil - based, if you fuck after you fist.



## **END PIECE**

If you get HIV it can seriously weaken your body's ability to fight off infections and illness. It could also lead to AIDS which can kill you.

Someone you meet could have had HIV for a long time without even knowing it himself. You won't be able to tell just by looking at him.

**REMEMBER - YOU DON'T HAVE TO GIVE UP SEX  
BECAUSE OF HIV. ALL YOU HAVE TO DO IS HAVE  
'SAFER SEX' and that means not getting blood or cum  
into your body.**

**So do what's right for YOU, when YOU want to do it and  
*KEEP IT UP... KEEP IT SAFER... KEEP IT FUN...***

**This leaflet was produced by the Lothian *GAY MEN'S HEALTH*  
Group - a group of people who working to improve the sexual,  
physical and mental health of gay men.**

For more copies of this leaflet write to: LGMHG  
P.O.Box 12204, Edinburgh, EH4 1WX.

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Front cover photography - Gus Campbell



## HELPFUL AGENCIES

If you have any questions about what's in this leaflet, or are concerned in any way about HIV, here are some agencies you can contact for confidential services:

**Gay Switchboard** - information, support and 'safer sex' advice every night 7.30-10pm. Tel: 031 556 4049.

**Stonewall Youth Project** - advice and information for lesbian and gay teenagers, Tuesdays 7.30-9pm. Tel: 031 556 4040.

**'The Exchange'** for FREE condoms and 'safer sex' information Mon - Fri, 9am-5pm. Telephone for an appointment on 031 229 5686.

**Body Positive** - self help groups, advice & support for all those affected by HIV or AIDS. 24hr answerphone. Tel: 031 652 0754.

**Scottish AIDS Monitor** - information and support, Mon- Fri 9am-5pm. Tel: 031 555 4850.

**National AIDS Helpline** - FREE 24 hour advice and information telephone service. Tel: 0800 567123.

**Genito-Urinary Medicine Clinic** - testing and counselling service for sexually transmitted infections (including HIV). Mon - Fri 9am-5pm, telephone for appointment 031 229 2477 Ext 4181.

**HIV Counselling Clinic** - Ward 17, City Hospital. Mon - Fri 9am-5pm. Tel: 031 447 0411 Ext 3484.