

Safer Sex

Life is precious. Life is good. Your life, my life, everyone's life.

Stay alive!

You may think that HIV or AIDS doesn't affect you either because you are too young or too old or just because you live on the Isle of Man.

The truth is that HIV can infect anyone, whatever age, wherever they live and whilst there have been major advances in the drug treatments for people with HIV and AIDS; there is still no cure. There is no vaccine against HIV.

The HIV virus is transmitted through the exchange of human body fluids especially during sex. Safer sex is the only way of being sure to avoid sexual transmission of the HIV virus.

HIV is only transmitted from one person (infected with HIV or AIDS) through come, blood or vaginal fluids into another person's bloodstream. The HIV virus can't get through healthy, undamaged skin. The highest level of risk of HIV infection is through anal sex between men without a condom. This accounts for almost all HIV transmission between men in the western world.

Be safer

Even if you don't come inside someone, there is still a risk to both partners from blood (tiny cuts in the anal passage) and pre-come. The use of strong condoms and water-based lubricants greatly reduces the risk of HIV but remember condoms may break or slip off so;

- Make sure that condoms are stored away from heat or damp places.
- Check the expiry date-condoms only have a limited life.
- Don't open the packet with your teeth.
- Gently squeeze the air out of the tip.
- Check the condom is put on the right way up unrolling down the erect cock.
- Use plenty of water-based lubricants (lube), up the arse and on the condom.
- Whilst fucking, check occasionally to see the condom is still in one piece.
- When you withdraw, hold condom tight to your cock as you pull out.
- Never reuse a condom or use the same condom with more than one person.
- If you are not used to condoms practice putting them on, either yourself, a friend or a cucumber

Sex toys like dildos and but plugs are safe. If you share them however use a new condom each time or wash them well between use.

To ensure that your safer sex is the safest it can be, use the strongest condoms. Try Durex Ultra Strong, Mates Super Strong, HT Specials or Rubber Stuffers Packs. Condoms may be free in many STI clinics or GUM clinics and can be obtained from many Bars. It is also essential to use lots of water-based lubricants such as KY, Wet Stuff, Slik or Liquid Silk. Never use come as a lubricant.

Never use oil grease based products as lubricants.

Oral sex

Compared with fucking, sucking someone's cock is far safer. Swallowing come does not necessarily mean that HIV gets absorbed into the bloodstream. A small number of cases of HIV infection have been linked to sucking and swallowing come. The risk appears to be minimal however. Certain factors might increase the risk;

- Letting someone come in side your mouth.
- Throat infections such as gonorrhoea
- If you have cuts, sores or infections in your mouth and throat
- If you suffer from stomach ulcers

So what is safer?

There are so many things you can do which are absolutely safe; wanking each other; rubbing your cocks against each other; kissing, sucking and licking all over the body; -to name but a few.

If you find safer sex difficult why not contact us or alternatively you could ring the Terrence Higgins Trust help line which is open between Noon and 10 PM every day on 020 7242 1010

Be safe Be sexy

