

Produced by:

ACT
AIDS Committee of Toronto

In collaboration with:

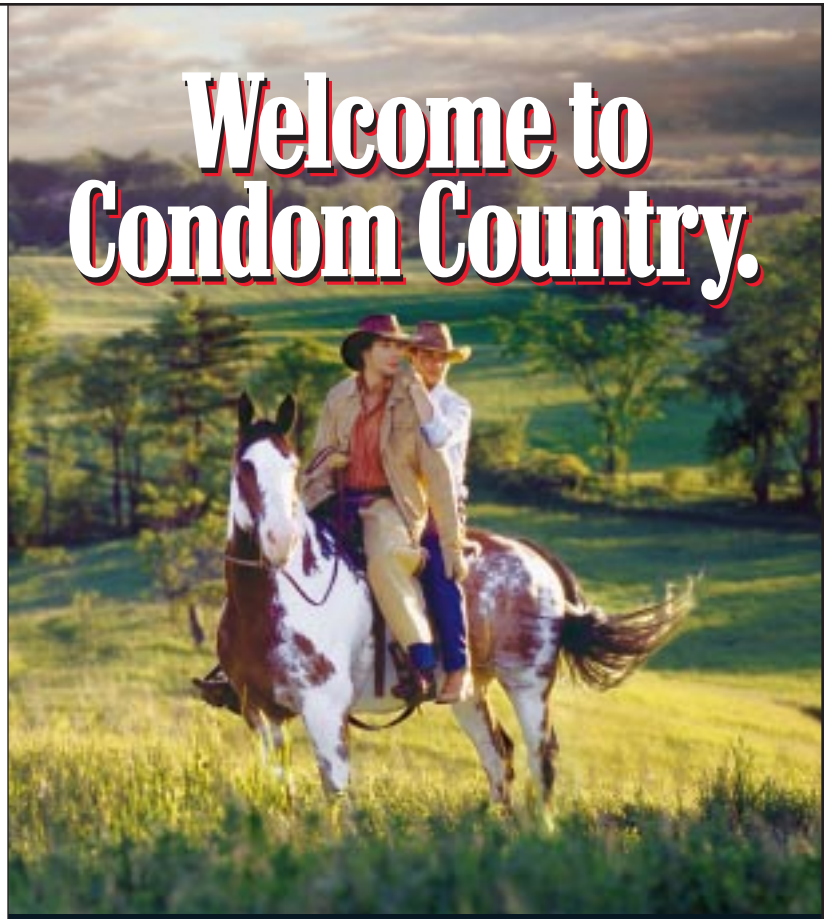


Centre for Spanish Speaking Peoples

399 Church Street, 4th floor
Toronto ON, M5B 2J6
Tel. 416.340.2437
Fax. 416.340.8224
Hotline. 416.340.8844
Email: ask@actoronto.org
actoronto.org

“Your local HIV/AIDS organization”

Welcome to Condom Country.



HIV is on the rise in Toronto. Ride Safely.

A Sex Update for Men on Men

This pamphlet has information about sex for gay and bisexual men. You can have good sex with other men and stay safe and healthy. You can have intimacy and use condoms.

THE BARE FACTS

Gay and bisexual men are still getting HIV (the virus that causes AIDS).

Most men get HIV when they fuck (have anal or vaginal sex) without a condom. Both the top (the person sticking his penis in) and the bottom (the person who takes the penis in his ass) can get HIV. It may be riskier for the top if he is uncut (not circumcised). You can get HIV if you share sex toys (like dildos). You can get HIV if you share your works (needle and/or spoon) when injecting drugs.

Some (but not many) men get HIV when they suck a guy off or lick a woman's pussy (have oral sex). Men who get HIV from oral sex usually have sores, gum disease, or infections

in their mouth or throat. Men who smoke crack may be at increased risk for HIV if they have cracked lips when they suck a dick or lick a woman's pussy.

Don't assume you know if a guy has HIV because he's not saying anything or because he wants sex without a condom. If a guy does not want to use a condom it doesn't necessarily mean anything about his HIV status. He might have HIV. He might not have HIV. You simply can't be sure.

It is much easier to get HIV if you have another sexually transmitted infection (STI), like gonorrhoea, warts, or herpes.

You don't get HIV from kissing, hugging, massage or jerking each other off (mutual masturbation).

Don't use your partners cum as lube on your dick. Rimming (licking someone's ass hole) is not a likely way to get HIV, but it is an easy way to get other STIs (like hepatitis and parasites).

RIDING WITH CONFIDENCE

SEX TIPS

Use your imagination. Put a latex condom on your penis (dick). Cover the condom and his ass with lube. Now, tell him you're sliding it in raw and you're going to shoot your load in his ass.

You can pretend to have bareback (no condom) sex, but still stay safe and healthy.

Have condoms and lube within reach before sex starts.

Use your lips and tongue on the shaft of his dick. Suck his balls. Avoid deep throating, or getting cum in your mouth and throat.

Slide a flavoured condom on his hard dick with your mouth and tongue.

Condoms can break. Some guys can fuck for a long time, especially on some drugs. Change positions when you fuck. You can check the condom and add more lube.

If you get fucked, take your hand and feel his dick sliding in to be sure he's wearing a condom.

Do you use sex toys (dildos, butt plugs)? Get two. Keep one for yourself and one for your partner.

If sharing sex toys change the condom every time it goes up a different ass.

Focus on the guy you are with and not your dick when you're sliding on a condom. Look at his ass and think about your dick sliding in.

Clean his ass well with soap and water before you lick it (rim).

RIDE SAFELY

HEALTH TIPS

Piss after you fuck someone or get sucked to flush out bacteria.

Get vaccinated against Hepatitis A and Hepatitis B. Hepatitis B vaccine is free at clinics or your doctor. Find a clinic or doctor where you feel you can talk about the sex you have. You deserve good health care without attitude or judgement no matter what you do. Get checked regularly for infections in your throat, dick, and ass.

Don't mix Viagra and poppers. It can be a fatal combination. If you take HIV medications, check with your doctor before you take Viagra.

GUYS WITH HIV: SADDLE UP

You deserve good, healthy, intimate, safe sex. Enjoy it. As a person with HIV you are no more responsible for safety than others – just equally responsible. Protect yourself and your sex partners.

There are good reasons to choose condoms when you fuck. Drug-resistant strains of HIV can complicate treatment. Other strains of HIV and other STIs can compromise your health.

GUYS WITHOUT HIV: RIDE SAFELY

Getting HIV is not inevitable. You can enjoy sex and avoid HIV.

Don't put your health and safety in someone else's hands. You don't want HIV. And people with HIV don't need STIs. Take equal responsibility. Protect yourself and your sex partners.

THERE'S MORE THAN ONE WAY TO SADDLE YOUR HORSE

CONDOM TIPS

Some guys hate condoms. Some guys find that their penis goes soft when they slide on a condom. For some guys, sex without condoms is more intimate. Some guys want cum in their ass. Some guys want skin-on-skin sex. There's nothing wrong with wanting that! Fucking between guys is good, healthy, and natural.

But the fact is this: condoms are still the best way to stay safe and healthy when you fuck. It's just a fact. As much as we might not like it or be tired of it, it's worth repeating. You're worth it. Our community is worth it.

Free condoms are available at bath houses, in community health clinics and

centres, through outreach workers in the baths, bars, and parks, and at local HIV/AIDS organizations. Many places also provide free lube. Help yourself.

Try "female" condoms. They go in the ass so the top has no condom on his dick. You can buy "female" condoms (Reality brand) at drug stores.

CONDOMS & YOUR DICK: THE MORE YOU RIDE WITH THEM THE BETTER YOU'LL BE

You can stay hard with a condom. Try not to anticipate going soft before you use a condom. Get used to condoms while you jerk off.

Use larger condoms or thinner condoms to see if they help you to stay hard when sliding on a condom.

Stroke water-based lube over the latex condom once it's on.

**RIDE TOGETHER.
RIDE WITH PRIDE.**

INTIMACY & SEX

Fucking is one way to be intimate (feel close) with another man. Some men feel closer when they don't use condoms or when they take cum in their ass. Condoms might feel like a barrier to intimacy.

Find other ways to feel close with another man. Massage inside his ass with your fingers. Lick his armpits or play with his nipples. Tell him something really dirty you want to do. Hold him naked. Run your tongue over his whole body. Talk after sex.

When we're lonely, it's only natural to want to be with other people. To be close to someone else. That's why loneliness can lead to sex without a condom. There are safer ways to overcome loneliness.

Get out socially. Join a club or organization. Become a volunteer. Your community needs you – healthy, happy and strong.

UNSAFE SEX & YOU: YOU ARE YOUR OWN COWBOY

Unsafe sex is not bad. But it is risky. HIV is a serious, life-threatening infection with no cure. Treatments help some people. Others are not helped. Still others find the side effects too difficult to cope with. And, sexually transmitted infections compromise your immune system and your quality of life.

There are many good reasons to continue to choose condoms when you fuck.

Funding for this program was provided by the AIDS Bureau, Ontario Ministry of Health and Long-Term Care, and AIDS Community Action Program, Health Canada.

The views expressed herein do not necessarily represent the official policy of our funders.

Copy: James Murray
Design: Naked

COMMUNITY SUPPORT

For information about HIV/AIDS & STIs, condoms use, safer sex, and referrals to community supports call:

AIDS Committee of Toronto – Information and Support Hotline – 416-340-8844

AIDS Committee of Toronto Portuguese-Speaking Men's Outreach Program 416-340-8484, ext. 242

AIDS & Sexual Health Information Line 416-392-2437 OR 1-800-668-2437

Alliance for South Asian AIDS Prevention 416-599-2727

Asian Community AIDS Services 416-963-4300

Black Coalition for AIDS Prevention 416-977-7725

Centre for Spanish Speaking Peoples AIDS Program 416-925-2800

For information about HIV & STI testing:

Hassle Free Men's Clinic 416-922-0603

For Counselling and Support:

AIDS Committee of Toronto 416-340-2437

David Kelley Community Counselling Program 416-595-0242