

Great

WARNING:

**CONTAINS SEXUALLY
EXPLICIT MATERIAL**

Healthy Sex

ADVICE FOR GAY AND BISEXUAL MEN

A.I.D.S. (Acquired Immune Deficiency Syndrome) weakens the body's natural defences making it easy for illnesses called opportunistic diseases, that usually aren't serious, to take hold and even kill. AIDS is caused by a virus which is passed on in body fluids, especially blood and semen (cum) and possibly faeces and urine. (Poo's and Wee's!)

AVOID THE EXCHANGE OF BODY FLUIDS especially BLOOD AND SEMEN

We are at risk because gay men in New York were one of the first groups outside Africa to catch AIDS. It is a Sexually Transmitted Disease (S.T.D.) or V.D. and it spread to other gay men around the world before this was discovered. Now all men and women who have sex with more than one partner may be at risk.

MEDICAL EXPERTS SAY that your chances of catching AIDS are greatly increased by:

- 1) Having more than one sexual partner, especially ones you don't know.
- 2) Having sex with some one from a high risk area overseas (eg. some cities in America and Australia, the Caribbean and central Africa)
- 3) Having anal sex
- 4) Oral/genital (sucking) and mouth/anus (rimming) contact.
- 5) Using Intravenous (I.V.) drugs unless supervised by a doctor. ("Shooting up")
- 6) Having sex with anyone who fits in the groups above (1-5) and is therefore at risk.

**YOU MUST NOT DONATE BLOOD IF YOU FIT IN ANY OF THESE
GROUPS WITHIN THE LAST 5 YEARS.**

STAYING HEALTHY TO PREVENT AIDS

Staying healthy cuts down the chances of getting AIDS. Not everyone exposed to the AIDS virus gets ill. People who are healthy often don't get ill or they only get a mild form called an AIDS Related Condition (A.R.C.) or swollen lymph glands (Lymphadenopathy).

- ★ Stay healthy by eating well, exercising and getting plenty of rest. Learn to cope with stress in ways that make your defences stronger like exercise, relaxation, meditation, etc instead of using alcohol or drugs which don't.
- ★ Cut down on alcohol, tobacco and "dope" (marijuana) and stop the use of other "recreational drugs" especially 'poppers' (nitrites). Some studies have shown these damage your immune system. If you get "high" you are also likely to be less careful about healthy sex.
- ★ Have sex where you can be clean. Showering together is a good way to start the fun. Try talking about health and the risks of AIDS and STD's with new sexual partners. It could lead to a healthier community and even better friendships.



THE CHOICE IS YOURS-LEARN THE FACTS

The only ways to totally protect yourself from AIDS are to continue having one steady partner (monogamy) or to have no partners (celibacy). These ways are not possible for many men. The suggestions below are to make sex as safe as possible, although there will be small risks. Until we know more about AIDS this is the best advice available. Remember, it's WHAT YOU DO that's important, not just the number of partners. The choice is yours. Make changes; find new ways to love each other and we will all be safer.

SALIVA (spit) : The AIDS virus may be found in saliva. No one has yet caught AIDS by kissing or sharing glasses etc. However kissing when there are sores or cuts in the mouth or on the lips or skin could let the virus get into your bloodstream. Passionate "wet" kissing with a person with AIDS (P.W.A.) should also be avoided.

HETEROSEXUAL SEX can also pass on AIDS! Use a rubber (condom) and don't exchange body fluids with women partners.

HEALTHY SEX CHECK LIST

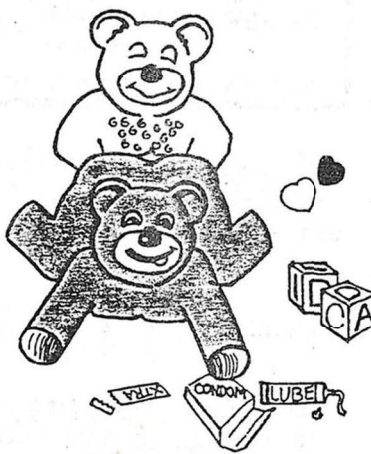
	Safe	Some Risk?	Very Risky
Anal sex without condom and care			✓
Anal sex with condom and lube	✓		
Sucking		✓	
Being sucked without coming	✓		
Wanking	✓		
Cuddling, Massage, Hugging etc	✓		
Fantasies, erotic talk	✓		

LESS PARTNERS = SAFER SEX ★ NOT LESS SEX!

ANAL SEX

Anal intercourse can cause tiny tears in the anus. Viruses and germs from both partners can enter the body through these. Rimming (mouth to anus) and fisting have a very high risk of spreading disease. Both should be avoided.

- ★ **ALWAYS USE CONDOMS** (rubbers). They stop many STD's. Some rip, so use a strong brand and be careful.
- ★ **PULL OUT** before you come, even when wearing a condom. Be twice as safe!
- ★ **USE LOTS OF LUBRICANT**; water - based from a sealed tube or packet, not a jar which can trap germs. Perfumed and some oil-based lubricants can irritate your anus. **DON'T USE SPIT.**
- ★ **DON'T USE ENEMAS/DOUCHES** (flushing out your arse) before or after sex. This removes natural barriers to infection.
- ★ **KEEP ANYTHING** (fingers, dildoes) that touches your arse away from other parts of the body until they are given a good wash.



USE CONDOMS AND GOOD LUBRICANTS

SUCKING (All Mouth to Penis Contact)

Sucking is fine if you only do it with your one steady partner. With all others it has some risks. Sucking is risky because there could be tiny cuts or broken skin in the mouth (eg. bleeding gums) or on the penis (scraped or rubbed skin.) These could let the AIDS virus enter your blood stream from the semen or perhaps even from saliva. Sucking is also risky, even if you don't come because it can spread STD's like syphilis and herpes.



- ★ **NEVER** let others come in your mouth, and don't come in theirs. (only your one steady partner is really safe)
- ★ **ALWAYS** make sure the penis is clean and don't suck if there are any cuts or sores on it or in the mouth.

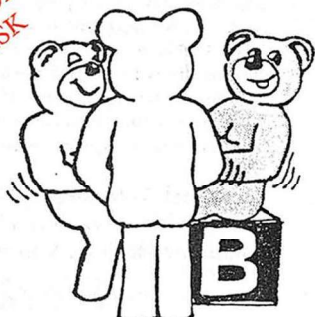
YOU AND YOUR PARTNER'S MUST HAVE REGULAR STD CHECK UPS

WANKING/MASTURBATION, HUGGING, MASSAGE, CUDDLING

The good news! There is no risk unless semen, blood, urine, and maybe saliva contact open cuts or sores. Restrict casual partners to these safe practices. Save the others for your steady partners whose health and way of life you know.

ONLY YOU CAN — PROTECT YOUR HEALTH

LITTLE OR NO RISK



DISCUSS AIDS/STD's WITH YOUR PARTNERS



AIDS SUPPORT NETWORK

The AIDS Support Network is a national communication, information and fundraising group started because of the AIDS epidemic. We will be working to prevent a large outbreak of AIDS in N.Z. through education and telling people about risk reduction measures (Healthy Sex). The Network will also set up local support groups through out the country. These will give emotional, practical and financial support to anyone effected by AIDS related conditions (ARC). We will also help their lovers, families and friends, and anyone worried about AIDS. The Network is setting up a counselling organisation to give emotional and spiritual support to people with the life - threatening form of AIDS.



We Need Your Support: money for our Prevention/Education Program, to print pamphlets, and provide services to AIDS sufferers. We need staff to administer our work and to answer the telephone Hotline. Volunteers are needed to train as counsellors for persons with AIDS & ARC.

Working to preserve your health

AIDS HOTLINE 33-124 (Auck) For Information, Referral and Counselling
Post to: **A.S.N. Box 6663, Auckland or Box 11-695 Wellington.**

NAME Phone
ADDRESS
Please send more information ☐ (tick) Enclosed is a donation \$
I wish to help, contact me ☐

All information & names are totally confidential