

# Gay sex for clueless

Most gay guys think they know everything there is to know about sex... but actually have a lot to learn? Here's everything you need to know if you are clueless about sex, or even if you're not.



## Get clued up about... YOUR COCK

- Your cock contains some of the most sensitive areas of your body, that's why it's so much fun to fool around with.
- Sexually transmitted infections (STIs) like HIV can get into your body through your cock.
- The areas that let viruses in are the opening you wee through, your foreskin and the head.
- STIs can also get into your body through any cuts or scrapes you have on your cock.
- If you are HIV-positive and you have a sore on your cock from an STI like herpes (or an internal infection like gonorrhoea), you will be more infectious.

## Get clued up about... SUCKING

- Very few people have ever caught HIV from sucking cock.
- Both partners can catch gonorrhoea, syphilis, herpes or chlamydia from blow-jobs.

## Get clued up about... FUCKING

- Fucking without condoms is the most common way for gay men to catch HIV and other STIs.
- Most gay men in the UK with HIV caught it from fucking without a condom.
- Getting fucked without a condom and the guy cumming inside you is the riskiest sex you can have when it comes to HIV.
- If you are HIV-negative, fucking someone without a condom is more likely to lead to infection than sucking cock, but less likely than getting fucked.

## Get clued up about... YOUR ARSE

- The lining of your arse is like a sponge that soaks up liquid, including spunk if you get fucked

without a condom and the guy cums inside you. That's why the arse is so vulnerable to infections like HIV. If there is HIV in his spunk, it will be absorbed into your bloodstream.

**You can catch HIV by fucking someone who has HIV without a condom.**

- The mucus in the arse of an HIV-positive man will contain HIV. In fact, there will be more HIV in his mucus than in his spunk or even his blood.

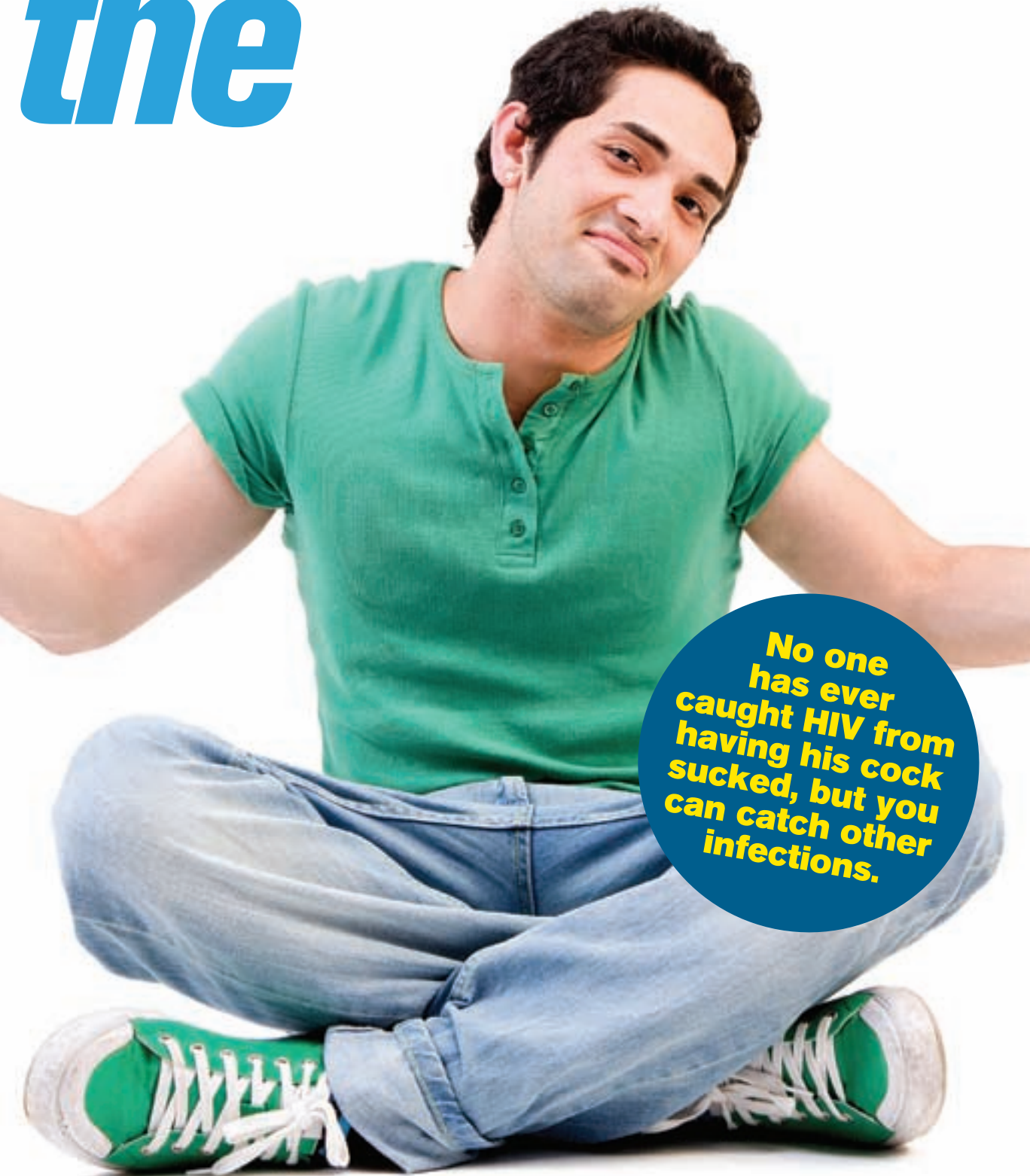
■ The route up your arse is not a straight line - there is a bend in it. That's why certain sexual positions feel better than others.

## Get clued up about... STIs

- From fucking without a condom you can catch: HIV, Hep B and C, gonorrhoea, chlamydia, syphilis, herpes, anal warts, and NSU.
- From sucking cock, you can catch gonorrhoea, chlamydia, syphilis and herpes.

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**No one  
has ever  
caught HIV from  
having his cock  
sucked, but you  
can catch other  
infections.**

■ From rimming, you can catch LGV, gonorrhoea and Hep A.

■ From just rubbing up against another guy naked, you can catch: herpes, warts, crabs and sometimes syphilis (when sores are present).

■ If you share sex toys without cleaning them in between, you can catch: HIV, Hep B and C, gonorrhoea, chlamydia, syphilis, and anal warts.

■ Most STIs can be easily treated.

■ You can have an STI, not know it, and pass it on to someone else. If you are having lots of sex with different guys, then it's recommended that you go for a sexual health check-up at a GUM clinic every three to six months.

**Get clued up about...  
GUM CLINICS**

■ Sexual health (GUM) clinics are completely confidential. You don't have to tell them who you are and your results will not be sent to your GP unless you ask them to.

■ They can test and treat you for all STIs.

■ Many offer fast HIV tests and are open in the evenings.

■ You can get jabs against Hep A and B.

■ You can get free condoms and lube.

■ You can get free counselling and advice about sex.

■ They have seen it all before, so there is no need to be embarrassed.

**Without treatment, some STI can cause serious health problems.**

**Research suggests poppers may play a part in catching HIV, although we don't know exactly how.**

**Many clinics offer fast HIV testing, sometimes within one hour.**



## Voxpop



**Ahmed, 24**  
Shop assistant from Palestine

How old were you when you started fooling around with guys? I suppose about eleven or twelve. Were you clueless or did you know what you were doing? I just kind of knew and got on with it. It was instinct. I got off with boys at my school on the Gaza strip. We just worked it out together in a very naive way. Where did you learn about gay sex? I picked it up as I went along. I learned a little bit every time I did it. It was all basically from experience. It was never talked about or discussed. I knew it was a bad thing, or at least it seemed to be, but that didn't bother me.

## Get clued up about... SEX, DRUGS AND ALCOHOL

- Drugs, such as coke, crystal meth and ecstasy, may make you more vulnerable to catching infections, including HIV.
- When you're drunk or off your face, you may take risks you might not do when you're sober. Deciding what your limits are before you get wasted, may help you make better decisions when you are.
- The maximum recommended number of units of alcohol for a man is 21 per week.

## Voxpop



**Sean, 22**  
Student from New York

How old were you when you started fooling around with guys? I was about eight. Were you clueless or did you know what you were doing? Sexually I pretty much knew what I was doing, just instinctively. I kind of worked it out as I did it. It was all quite childish and natural, and I just figured things out. I suppose I didn't understand about being top or bottom. I thought you had to do both. I tried being a bottom, but I soon worked out that I'm much happier being a top. Where did you learn about gay sex? I also learned a lot from my family. I have a few gay uncles and aunts. My mum's the only straight child in her family, so there were a lot of family members I could talk to and who would give me advice. And growing up in New York, I had access to everything so it was easy to find things out anyway. What do you think most gay men need to learn about sex? I think protection is a really, really big issue. Gay men should know about the risks of unsafe sex, not just anal sex or protection from HIV, but also oral sex. It's really easy to get an STI from a blow job and I don't think many men realise that. People know the basics of safer sex but not all the ins and outs.

## Voxpop



**Pete, 35**  
Shop assistant from London

How old were you when you started fooling around with guys? I was about 15. Were you clueless or did you know what you were doing? I was totally clueless about getting fucked. I had no idea about that. I had no idea how to do it or the logistics of it. Where did you find out about gay sex from? From my dad's porn actually. It was straight, but I kind of got the gist. What do you think most gay men need to learn about sex? Restraint... sex for gay men is very instant. We don't think about what effect it might have. I think gay men should think a bit more about what the knock on effects of what they do might be. It can have far reaching consequences.

Voxpop



**Quim, 23**  
Translator from Spain

**How old were you when you started fooling around with boys?**  
I was 15, I think...

**Were you clueless or did you know what you were doing?**  
I had a good idea of what I was doing. Mostly from instinct, I can't really remember.

**Where did you learn about gay sex?** My family are very open. I have three older sisters and they used to tell me things and answer my questions about sex. They were a great help.

**What do you think most gay men need to learn about sex?** I think gay men should use their brains in general. To gay men, sex is just a game. They don't think of the risks or take it seriously. They should find out more about what activities are risky.

■ There are about two and a half units in a pint of lager, two in a large glass of wine, two in a large vodka and two in an alcopop, maybe more in strong lager or wine.

■ Mixing drugs and alcohol can have serious consequences, including death. Many gay men have died each year after taking a combination of drugs and alcohol... it's scary but true.

**Get clued up about...  
HIV**

■ HIV is passed on by the blood or bodily fluid of a person with the virus getting into the body of someone who isn't infected and it taking hold.



**Liam, 32**  
Market researcher from South London

**How old were you when you started fooling around with boys?**  
I think I was about 17.

**Were you clueless or did you know what you were doing?**  
I was totally clueless, about all of it, going to gay places, what was going on. I didn't understand anything.

**Where did you learn about sex?**  
I went to the Kudos on a date with a guy I met at G-A-Y. We started off fumbling in one of those little alcoves downstairs, and that was my first experience. I learned everything from that guy. We went back to his place and we went straight into the shower which I thought was a bit strange. Anyway, we had a shower together and a bit of a rub down, then we got down to it.

**What do you think most gay guys need to learn about sex?**  
It would be good for them to learn about sensuality. A bit of touching and foreplay makes for much better sex. Many men don't seem to appreciate that. Good foreplay helps with the build up.

■ You can find HIV in blood, spunk and the stuff (mucus) that lines the inside of your arse. The riskiest sex is for a HIV-positive guy to fuck a HIV-negative guy without a condom and cum in his arse.

■ One in four gay men with HIV don't know they have it.

**Using condoms is the best way to protect yourself from HIV.**

Voxpop



**Jason, 24**  
Assistant manager from Kent

**How old were you when you started fooling around with boys?**  
I was about ten.

**Were you clueless or did you know what you were doing?**  
Oh I knew what I was doing. Me and my friend used to plan it when we were in primary school. He'd put his hand up to go to the toilet and then I'd follow him or vice versa.

**Where did you learn about gay sex?** We just did what felt good, and picked it up by instinct. I never felt as if I was clueless, we just did what we wanted to do. I've always been very highly sexed, even as a little kid. My mum took me to the doctor because I was humping my teddies. I've calmed down a bit now.

**What do you think most gay men need to learn about sex?**  
They need to learn to be more cautious and safe, to understand safer sex and practise it.

■ Most men with HIV don't tell a new partner they have it before sex.

■ PEP is a treatment you can take if you have been exposed to HIV. It's available from GUM clinics and A&E departments. For more information visit: [www.gmfa.org.uk/pep](http://www.gmfa.org.uk/pep).

■ For more information about sex, HIV, STIs and GUM clinics visit [www.gmfa.org.uk/sex](http://www.gmfa.org.uk/sex).