

man {sex} man

man{sex}man gives basic information about sex between men so you can decide what's right for you. It has tips that can make sex better and information about making sex safer.

man{sex}man contains explicit information using the words that most men use to describe the sex they have.

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This booklet is for guys who have sex with other men. Some only have sex with men; others have sex with men and women.

This booklet has been written for men who don't have HIV. To find out what other information is available contact one of the organisations listed at the back.



Hi. I'm Pete

I don't know

I'm bisexual

I'm just me

Hello. My name's Paul

I'm gay

What you call yourself and what you're in to **don't** matter. This booklet **won't** tell you what you can and can't do.

But if the idea of sex with men turns you on, this booklet can help you keep an eye on your health while you **get what you want.**

Sex can be what you want it to be. Some guys just like to hang out, some want to mess around together and others want to fall in love - how about you?

Thinking about what you want and don't want gives you a chance to explore the things you might try and the things you don't want to do.

Taking it slow



Being pushed around

Having my nipples pinched



Getting an infection

Talking, kissing and fouching



Guys who only want sex

Mates who wank together



My family finding out

Sucking a big cock



Getting fucked

Fucking and getting fucked



Rough sex and pain

Not everyone enjoys the same things. If you aren't enjoying yourself or want to stop, say so and move away. You shouldn't have to do anything that you don't like and being forced is against the law.

If you were forced, phoning **Victim Support** on **0845 303 0900** might help you think about how to deal with it (*you won't have to give your name if you don't want to*).

Sexually transmitted infections

Something to think about

Infections (called **STI's** or sexually transmitted infections) can be passed on during sex if one of you **already** has one.

Some **STI's** are no more than an itch; others can be serious.

Sooner or later you'll probably have sex with someone who has an **STI**. Often you can't tell if someone has an infection and sometimes men don't realise themselves.

Some men know they have an infection but choose **not** to say anything about it.

There are things you can do to make it less likely that you'll pick up or pass on an infection.

The most common infections can be hard to avoid. Luckily these infections aren't serious so long as they are found quickly and treated properly. But some **STI's**, especially HIV, can be serious.

But if you do get an **STI** it can be treated at your local **Sexual Health Clinic**.

Sexually Transmitted Infections

In a recent survey*, 14 out of every 100 men said they'd caught a Sexually Transmitted Infection (STI) in the previous year.

The most common STIs are the easiest to treat. They aren't usually serious as long as they are found and treated quickly. That's why some men have regular check ups -just to make sure- even if they don't have any symptoms.

You can find out more about STIs by reading a guide called **The Manual** which is available by calling **THT Direct** on **0845 12 21 200**.

* Statistic from Gay Men's Sex Survey, 2000 (Sigma Research)

Did you know ... ?

These STIs
are the most common:

Crabs:

tiny blood-sucking bugs which live in your pubic hair and make you itch.

Gonorrhoea:

can live in your arse, cock or throat and sometimes has no symptoms.

NSU:

can make your cock sore especially when you piss but sometimes has no symptoms.

HIV is quite rare compared to gonorrhoea and crabs but is more serious. It attacks your body's natural defences making it harder to fight off infections. Most men with HIV got it when they fucked or got fucked by a man who had it, but some have got it from sucking cock. HIV can be treated but it can't be cured. Condoms can stop HIV from being passed on.

Hepatitis A and B

can be passed on during sex. You can be vaccinated against them for **FREE** at your local Sexual Health Clinic.

Sexual Health Clinics

Sexual Health Clinics are also known as Genito-Urinary Medicine, GUM or GU, Clinics. If you think you have an STI going to a Clinic means you'll get a free check up and treatment if you need it. Some men have a check up every few months just to be sure they haven't got any infections without knowing. Clinics also offer vaccinations against hepatitis A & B.

Clinic staff are used to talking about all kinds of sex, this can make it less embarrassing taking to them. They can give you advice about sex and STI's. Anything you say is strictly confidential and will not go on your general medical notes. Some clinics have special times just for men who have sex with other men.



Find your local **Sexual Health Clinic** by phoning **0845 12 21 200** (THT Direct) or on the web at www.shastd.org.uk

Oral sex, giving head, or plain old fashioned...

...cock sucking

Many men like to have their cock sucked and to suck off other men, but not everyone does it.

Some guys say they like cock sucking but it makes them gag or choke. You can make this less likely by tipping your head back when you're sucking because this opens your throat more.

SUCKING

or SUCKED

I don't just suck,
I lick, kiss
and blow too!



I like to watch
my dick sliding
in and out
of his mouth

I ask him to
pull out
before he cums



I tell him when it
feels good so
he does it more!

I like to lick
his balls while I'm
down there



I like to rub my
wet cock on his
face and lips

I like to smear
his cock in
yoghurt and then
lick it clean



I watch and listen
and try to learn
from the way he
does it



Cock sucking and HIV

A small number of men with HIV got it from cock sucking but most men with HIV got it from fucking or getting fucked without a condom. We think that most guys who have got HIV from oral sex got cum in their mouths whilst sucking off a man with HIV.

Making it safer

HIV is in the cum and precum of men with HIV. (Precum is the sticky stuff which oozes from a man's cock before he cums). Used properly, a condom can stop HIV and other STI's like gonorrhoea and syphilis being passed on during cock sucking.

Some men use condoms, particularly flavoured ones, to stop cum or precum getting into their mouths.

If you decide not to use condoms for cock sucking you can reduce the risks by:

Not getting cum in your mouth

Not doing it when you have a throat infection (even if it's not sore)

Not sucking cock when you have bleeding gums or have had dental work in the last couple of weeks

Doing it fewer times with fewer men



Anal sex / Shagging / Fucking

Anal sex is when you put a man's cock up your arse or put your cock up his. Some men like to fuck or get fucked; others don't.

Many men who enjoy getting fucked say it took a while to get used to the feeling and that taking it slow helped. Some men get ready to be fucked by relaxing their arse with their fingers or by getting the other guy to do it for them.

Water-based lubricants (lubes) like KY Jelly, Wet Stuff and Slick make anal sex easier because the arse doesn't lubricate itself. So, putting lots of water-based lubricant (lube) on the cock of the man who's doing the fucking and up the arse of the guy getting fucked makes fucking safer and more comfortable.

Some men find it hurts when they first have a cock inside them, this usually happens because the muscles tighten. Stopping, holding still and letting your arse relax again should make it feel better.

Sometimes anal sex can be messy and that can be a turn-off. Some guys get round this by having a shit first to make sure they are as clean as possible.



Some men say that the best way to start getting fucked is to kneel over him so that you can control how much of his cock goes into you.



I like him to be on top of me so he can set the pace

While he's putting a condom on I put the lube up my arse



I suggest a few positions because different guys like being fucked different ways

I tell them straight out that I don't like being fucked



I get him horny and relaxed using a lubed up finger first

I use a douche I got from a sex shop to wash my arse out first



I go in really slowly to give him time to get used to the feeling

I only get fucked by guys who I trust and really like

HIV and fucking

Most of the men in the UK who have got HIV from another man got it by fucking or getting fucked without a condom. Because condoms are very good at stopping HIV being passed on most gay men use them when they fuck or get fucked. Some men don't always use condoms, but unless you are sure that neither of you has HIV you are taking a risk.

If you do decide not to use a condom it's worth knowing that it's easier to get HIV from being fucked than from doing the fucking - so it is safer to fuck than to get fucked. But either way, if the man you're with has HIV and you fuck together without a condom there's a real risk you'll get HIV from him.

If you fuck, or get fucked, by a man with HIV and don't use a condom, there's a risk you could get it too.

This risk goes up if you have an STI like gonorrhoea because it makes it easier for HIV to infect you. It's also worth bearing in mind that every time you don't use a condom you take another risk; fucking less and with fewer men means taking fewer risks.

**If HE
fucks you
without a condom**

Using lots of water-based lubricant and getting him to pull out before he cums makes it less likely you'll get HIV; but there is still a risk.

**If YOU
fuck him
without a condom**

Using lots of water-based lubricant, fucking gently and not doing it for too long will make it less likely you'll get HIV; but there's still a risk.

Fucking boyfriends

It is easy to assume a man doesn't have HIV, especially if you really like or love him. You can't tell if someone has HIV just by looking. Also, you can't assume that if he had HIV he'd tell you. Some men have HIV and don't know, others have HIV and choose not to tell.

If you feel really close it can be tempting not to use a condom when you fuck together. The problem is that hoping for the best won't stop you getting HIV.

Unless you are sure that the man you're with does not have HIV there's a risk. In the same way, unless you are sure that you don't have HIV there's a risk you could give it to him.



The only way to know for sure if you have HIV is to get an HIV test. If it comes back clear ("*HIV negative*") it means you haven't got HIV but you could still get it. If you take another risk after your test you won't know if you've been infected until you get tested again.

To find out more about HIV tests you could speak to a Health Adviser at a Sexual Health Clinic or call one of the helplines listed at the back of this booklet.

Condom tips

Used properly, condoms are very good at stopping HIV; which is why most men use condoms most of the time for fucking or getting fucked. Some men also use condoms for sucking cock. Condoms are FREE from Sexual Health Clinics, Family Planning Centres and many gay pubs and clubs. Condom packets have instructions inside to help you get them on right. Although many men have problems to begin with, most men get used to condoms with practise.

Some men say extra-strong condoms make them feel safer. But whatever kind you use, it's important to know what will help to stop them breaking or coming off.

Did you know ... ?

Water-based lubricant (like KY Jelly or Wet Stuff) put up the arse of the guy getting fucked and on the outside of the condom make it much less likely the condom will break or slip off.

Squeezing the air out of the tip as you put your condom on makes it less likely to break when you fuck.

Rolling the condom right down to the base of your dick makes it less likely to come off.

Condoms that do not have a ♥ and a CE mark are less likely to be up to the job.

Two condoms used together are more likely to break than one used on its own.

A condom should only be used once and only to fuck one person.



I don't really like condoms but they stop me from worrying about getting HIV

When I'm fucking I stop every so often to check the condom is still doing its job - it makes me last longer too

I got used to condoms by using one each time I had a wank

Sex is great! Sex with other men is what you make it. There is no reason why you shouldn't enjoy sex with other men. Like thousands of other men, you can have a good sex life whilst looking after your health and your sex partners.

To talk to someone about anything in this booklet you could call **THT Direct** on **0845 12 21 200** or visit **www.tht.org.uk**

Other useful numbers:

Survivors UK Helpline (for men who have been sexually abused): **020 7613 0808**

Victim Support (for victims of crime): **0845 303 0900**

You can find information about sex with men, health and groups for guys into other guys on the world wide web. You could use a search engine (like google.co.uk) to find sites yourself or check out the ones below:

National sites:

avert.org

queeryouth.org.uk

tht.org.uk

Regional sites:

armistead-project.com (Liverpool)

gmhp.demon.co.uk (Salisbury and Swindon)

mshp.dircon.co.uk (Leicester)

lgfoundation.org.uk (Manchester)

metromate.org.uk (London)

mesmac.co.uk (Leeds)

Developed by **Terrence Higgins Trust** funded through the **CHAPS** partnership.



The HIV & AIDS charity for life

Website: www.tht.org.uk **National Helpline:** 020 7242 1010 12 noon – 10pm daily

Registered office: 52-54 Grays Inn Road London WC1X 8JU **Tel:** 020 7831 0330 **Email:** info@tht.org.uk