

Safer Sex: For men who have sex with men

How can I lower my risk of HIV and STIs?

- **Avoid your partner's body fluids.** You can do this by using condoms, dental dams, and finger condoms.
- **Choose safer sex acts over riskier ones.** See the next page to find out what's safer.
- **Get tested for HIV and STIs every 3-6 months.** Or get tested every time you have a new sex partner. Many STIs do not have signs, so you may not know if you have one or if someone you had sex with has one. If you or your partner have any bumps, sores, or any other sign of an STI, get checked before you have sex.
- **Be open with your doctor about your sex life.** Tell your doctor about the kinds of sex you have. This helps your doctors do the right tests for STIs and HIV.
- **Ask your doctor about vaccines (shots)** you may need, like the HPV vaccine.
- **Do not share needles.** Use only new or clean needles and drug tools.
- **Know your limits.** Before you have sex, decide what kinds of sex feel safe for you and what kinds don't.



What do I do if I have sex without a condom or if the condom breaks?

- If you're not sure if your partner has HIV, ask your doctor for **Post-Exposure Prophylaxis (PEP)**. PEP is a medicine that works really well to protect you from HIV after you're exposed.
- It works better the sooner you take it. It doesn't work as well after 36 hours. Talk to a CHN doctor right away if you think you need PEP.

Sex should be fun!

Have safer sex to feel good about sex and your body.

Higher Risk Anal sex (topping or bottoming)

Higher Risk

Anal sex can put you at high risk for STIs and HIV. The risk is a lower for the partner who is giving (topping) than for the one who is receiving (bottoming). To make anal sex safer:

- **Use external condoms** (regular condoms) on the penis.
 - Pinch the tip of the condom as you put it on. This will help the condom not burst when you cum.
 - Put a drop of lube inside the tip of the condom. After you put on the condom, put lube on the outside too. Lube helps condoms not break and makes sex feel better.
- **Use internal condoms** (sometimes called female condoms) inside the anus:
 - Squeeze the inner ring inside the condom. Put the inner ring in the anus. Put one finger inside the condom and gently push the inner ring to move the condom further into the anus.
 - About 1 inch of the outer ring of the condom will hang out of the butt.

- **Don't use external and internal condoms together.** Only use one.
- **Use a new condom every time you have sex.**
- **Put condoms over sex toys** if you share them with different partners.

Oral sex on the anus (rimming)

Oral sex on the anus (butt) can put partners at a high risk for infections if you don't use a dental dam. To make oral sex safer:

- Put a dental dam over the anus. Put lube under the dam to help it feel better.

Oral sex on the penis (going down or giving head)

To make oral sex safer:

- Use a condom. Try flavored condoms for fun!
- If you don't like condoms, don't take cum in your mouth.
- Do not give oral sex if you have bleeding gums or sores in your mouth. Wait an hour after brushing or flossing your teeth.
- Try not to deep-throat. Deep-throating makes it easier to get an STI.

Sex with fingers and hands (fingering or fisting)

To make sex with fingers and hands safer:

- Use a different hand to touch your partner than the one you use on yourself.
- Use lots of lube. Lube can make sex feel good. It also helps prevent small tears in the anus (butt). STIs can get into your body through these small tears.
- Use gloves or finger cots to cover any cuts on your hands.

Lower Risk

Questions? Talk to your CHN health educator or doctor!