

All the  
f\*\*\*ing  
facts

**Last year, out of every 10 gay men, 2 didn't fuck with another man. 8 did, and about half of those didn't use a condom for at least one fuck. HIV can be passed on if you and the man you're fucking with don't have the same HIV status, that is, if one of you has HIV and the other doesn't. If you can't be sure, you're taking a risk. And with any risk of HIV, the more times you take it, the more chances you'll get or pass on HIV. Even though condoms sometimes tear or come off, they are still the surest way to stop HIV. That said, HIV isn't passed on every time men fuck without condoms. With a lot of us fucking and not always using condoms, it's worth knowing there are other ways you can reduce the risks of getting or passing on HIV. This booklet tells you what you need to know.**

Information about gay men, fucking and condom use is from "Vital Statistics", a survey of 10,000 gay men in England by Sigma Research (funded by CHAPS).

For advice or information ring the Terrence Higgins Trust Helpline (12 noon – 10pm) on 020 7242 1010. Many gay men's health projects offer advice sessions; to find one close by call an HIV/AIDS helpline.

**If you don't have HIV** you're more likely to get it if an infected man fucks you than if you fuck him. But, just because it's less likely, it doesn't mean it won't happen.

Some men who don't have HIV and don't always use condoms fuck (rather than get fucked) to make it less likely they'll get HIV.

# It's safer to fuck than get fucked

**If you have HIV** though, you're more likely to pass the virus on if you fuck an uninfected man rather than if he fucks you. But just because it's less likely HIV will be passed on if he fucks you, it doesn't mean it won't happen.

Some men with HIV who don't always use condoms get fucked (rather than do the fucking) to make it less likely their HIV will be passed on.

# Fucking or getting fucked: the more men, the more risks

Each time you fuck with a new man there's another chance you'll have sex with someone who doesn't have the same HIV status as you do. If you can't be sure that you have the same HIV status, HIV could be passed on if you fuck without condoms. Whilst HIV isn't passed on every time, with each new risk there is another chance.

Some men don't fuck with every man they have sex with to reduce the chance they'll get or pass on HIV.

Some men use lubricant, fuck less hard and for less time to reduce the chances of HIV being passed on when they fuck without condoms.

Fucking can cause soreness and bleeding which help HIV to be passed on if you don't use a condom and one of you has it. The longer and harder the fuck, the more chance of soreness and bleeding. Using water-based lubricant during your fuck makes soreness less likely.

# The longer and harder the fuck, the bigger the risk

**If you have HIV** it will be in your cum and pre-cum. If you cum inside a man whilst fucking him there is a risk he'll become infected. If you pull out before you cum the risk goes down although he could still get infected from your pre-cum.

Some men with HIV who don't always use condoms pull out before cumming to make it less likely HIV will be passed on.

**If you don't have HIV** you're more likely to get infected if a man with HIV cums up your arse. If he pulls out before he cums, this reduces the risk. But even if he doesn't cum inside you, you could still get HIV from his pre-cum. Whilst HIV isn't passed on every time, each new risk increases the chances.

Some men who don't have HIV ask the man fucking them to pull out before he cums to make it less likely they'll get HIV.

**Pulling out before cumming is safer**

# A higher viral load makes it easier to pass HIV on

"Viral load" is the amount of HIV in the blood of someone who has it. Men who aren't infected have no HIV and so cannot have a viral load. Viral load goes up and down as the body deals with HIV. The higher someone's viral load, the higher the chances of HIV being passed on during unprotected sex. Tests can give an idea of what the level is. Having an infection or being run-down can make it easier for HIV to be passed on. Even with a low (or even "undetectable") viral load, HIV can still be passed on during sex. Whatever a man's viral load, there is still a risk of infection if he and a man without HIV fuck without a condom.

Some people take viral load into account when thinking about what kinds of sex to have, like whether to fuck and whether or not to use condoms.

## Sexually transmitted infections make HIV more of a risk

If you have a sexually transmitted infection (STI) like gonorrhoea or NSU, the risks from HIV increase. Men who don't have HIV can get it more easily if they already have an STI. And men with HIV become more infectious when they have an STI because the amount of HIV in their body goes up. So, whether or not you have HIV, STIs increase the risks.

Because you can have an STI without knowing, a check-up at a sexual health clinic will let you know for sure. Some men have regular check-ups for STIs so that they can have any infection treated quickly.

# Condoms are not 100% safe

Condoms are very good at stopping HIV. But condoms can break or slip off, especially if they aren't used properly. Oil-based lubricants like Vaseline and hand cream damage condoms. Water-based lube, like KY Jelly, makes condoms less likely to break. Learning how to make condoms work for you should come with time and practice. To be sure the condom is still working during a fuck you can stop to check it.

## If you don't have HIV you can't pass it on

For HIV to be passed on during sex, one of you has to have it already. If neither of you have HIV you can't get it by fucking together, even without a condom. But you might not know for sure whether you or he have HIV. If either of you have taken a risk since you last knew your HIV status, the only way to be certain is to have HIV tests.

Men who are sure they don't have HIV sometimes fuck together without condoms.

These facts can't  
stop you getting  
or passing on HIV,  
**but what you do  
with them might**

If you fuck with other men who don't have the same HIV status as you there will always be a risk that HIV will be passed on. Knowing what things make the risks bigger and smaller can help you decide what kinds of sex to have.

Some men use the facts in this book to make it less likely that they will get or pass on HIV. They decide who to fuck with, when and how to fuck and whether or not to use condoms. Now that you've got the facts for life, what will you do with them?