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SEX TIPS

FOR MEN

2009/10 EDITION

SEX

WE WANT IT AND
WE WANT IT **GOOD!**

GAY SEX IS AMAZING. ESPECIALLY WHEN THE GUYS DOING IT GET IT RIGHT. BUT LET'S FACE IT, WHERE ARE WE GOING TO LEARN THE BEST GAY SEX TECHNIQUES? FROM OUR PARENTS? AT SCHOOL? OUR GP'S? WELCOME TO *SEX TIPS FOR MEN!*

We get asked loads of questions about gay sex and how to do it properly (myth number one... there is no *proper* way to have gay sex!), and this handy pocket guide is designed to ensure your moments of passion are just that little bit more passionate. Bin those expensive self-help books, this one is free and it's been written by guys like you, who love a bit of cock and bum fun.

Before we get cracking on the good stuff, there are few things to remember:

1

Good sexual health is more than just wearing condoms and getting checked out at the clinic - (though of course that is important) - it's also about having a sex life you're happy with.

2

Great sex starts with confidence about exploring your sexuality -and his!

3

Finally... not everybody is going to like the same thing. The real fun begins with a bit of experimentation - whether you're new to the whole thing, or a seasoned professional, have fun with your sex, explore new things, and enjoy yourself!

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SEX ON THE BRAIN!



Confidence improves sex and good sex can improve your confidence!

If you're confident about what you want, and how to ask for it, you're more likely to have a good time and avoid rubbish, unfulfilling sex.

For most of us, sex isn't like a porn movie. If it was, the porn industry would quickly go out of business.

Porn can play an important role in all of our lives, and can help us if we're on our own (or with partners!), but although we may get turned on by it, porn can also give us some unrealistic expectations. If we spend all of our quality time watching porn and not going out to meet guys, who knows what amazing *real-life* men we might be missing?

Whether you're meeting a guy in a bar or a club, out cruising, or visiting a sauna, personal safety should always be a priority whether you're deciding to go with a new guy (or guys!) or asking someone to use a condom.

**SEX
TIP**

If you're not happy in any situation - leave it!

PILLOW TALK



Sometimes we just aren't very good at talking about the kind of sex we want.

If we don't tell him what we want from him, how can we expect him to know what we like?

Simple conversations around what you do or don't enjoy will often lead to a more satisfying experience. By bringing up safer sex and condom use you get an opportunity to talk about your sexual likes and dislikes.

Most men are happy to talk about safer sex and their sexual preferences – they just don't want to be the ones to bring up the subject! Why not open the conversation?

SEX TIP

If the guy you are interested in isn't listening to what you want he isn't worth your attention. There are plenty more guys out there.

MIND



FUCK

We've all been there. So horny that we'd shag the first thing in trousers. But afterwards... ohmygod, what did we just do?!

There's nothing wrong with getting sex when you want it, but if we do something we're not happy with, chances are we are going to regret it. And that can have a lasting effect on how we feel about ourselves. It's important to remember that you can only control your own behaviour - you can't control other people. Unless a bit of consensual control-play is your thing.

Use your strengths, skills and abilities to enhance your confidence. It's really important to understand that we all have the right to change our minds. 'No' means no, and you don't need to explain yourself, or do anything you're not comfortable with.

SEX TIP

Respect yourself and respect your sexual partner(s). The result will be better for you, him and them.

FOREPLAY



SEX TIPS

Many guys underestimate the power of foreplay, and it's common for some people to skip this part if they want to get straight down to the nitty gritty.

If this sounds like you, you don't know what you're missing! Foreplay is like the starter before the main dish. You might be surprised at just how good it can be, and how much it can add physical and intense pleasure.

Even better, it can lead to a stronger desire to explore each other even more... everyone's a winner.

For starters, why not go for a full house with our **Foreplay Checklist:**

- Rub your bodies together
- Talk dirty
- Massage him
- Touch him
- Kiss him
- Lick him
- Play with his nipples
- Play with his arse (*try using your tongue, fingers, or sex toys*)
- Play with his cock and balls (*without making him cum!*)

PLANNING A WANK?



Wanking, tossing off, knocking one out - whatever you want to call it - sometimes we spend so much time playing with ourselves we forget that it is something we can enjoy with others too.

We may have used the same knuckle shuffle method since we discovered it but not everyone enjoys the same motion during wanking, and just because you like something, doesn't mean your partner(s) will too. It also doesn't mean that there aren't a hundred new ways to try that you might like even more.

Next time you take advantage of yourself, experiment with different techniques and ask your partner(s) what they like and dislike. You might be surprised!

SEX TIP

Using lube can reduce friction and heighten the sexual sensation even when 'playing' alone



MAD FOR

COCK!

Your cock is an important part of your sex life but it isn't the only part.

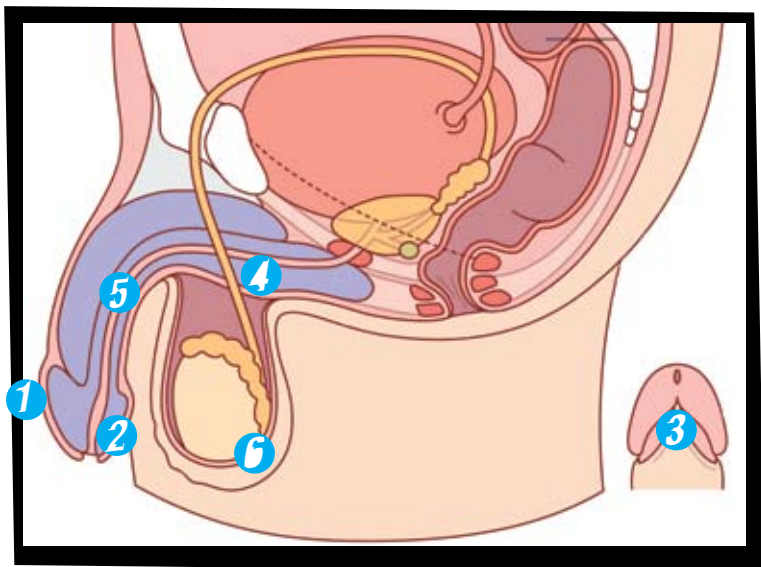
Cocks can be long, short, thin, fat, straight, curved, smooth, veiny, cut or uncut but they can all give a lot of pleasure if treated properly!

Average length of an erect penis - 5.5 inches

Average girth of an erect penis - 4.85 inches

You can't predict the size of an erect cock by its flaccid state. Just because he has a small flaccid cock doesn't mean he will have a small erection. The only way to find out is to turn him on and see for yourself!

MEET YOUR



1

FORESKIN

Protects the sensitive glans, and provides lubricant for it. It contains the most nerve endings in the cock. Some men have their foreskin surgically removed for cultural, religious or medical reasons. **SEX TIP** If he has one, make sure you take some time to stroke, lick and play with it.

2

GLANS

The sensitive head of the cock which contains nerves. **SEX TIP** The glans responds well to being enclosed and squeezed.

COCK

3

FRENULUM

The line of fine skin that connects the foreskin to the glans. The French call this the 'sex nerve'. **SEX TIP** Why not try flicking the tip of your tongue across his (or yours if you can reach it - but don't break your back).

4

ROOT OF THE COCK

Only a portion of your cock is visible. The part which isn't visible is called the root.

SEX TIP Gently applying pressure between the arse hole and the balls will massage the root.

5

URETHRA

The tube which carries piss and cum to the outside world. **SEX TIP** Why not try flicking your tongue over the opening, and closing the urethra by squeezing the cock gently.

6

SCROTUM

Holds the balls outside the body to keep them at the best temperature for producing sperm. **SEX TIP** The skin and muscle here have a good supply of nerve endings that respond well to touch, pressure and a little loving attention.

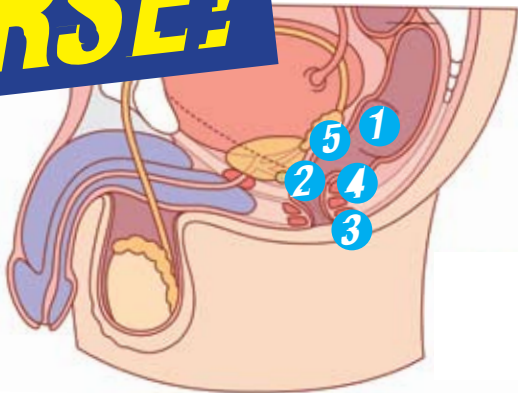




Contrary to popular belief, not every gay man is obsessed with shoving things up his arse.

The truth is the first time you try playing with your bum, it might not send you into the instant orgasm you might be expecting. In fact, with an inexperienced (or thoughtless) partner, it can really hurt! A bad experience can put you off ever trying a bit of bum fun ever again, which is a shame because your bottom holds the key to a world of sexual pleasure. Just take things at your own pace and learn what feels good for you.

ARSE!



1

ANAL CANAL

Final passageway of the arse.

SEX TIP The rectal wall responds well when massaged gently with a well lubed finger. This can reduce pain when using sex toys or getting fucked, as the canal will relax and become more flexible. Massaging also releases natural lubricants which will reduce friction and help prevent tears.

2

ANAL PILLOW

Anal pillows run the length of the anal canal and are another restriction when they are filled with blood.

SEX TIP Gentle massage (fingering, etc.) can help drain the pillows and make arse play more enjoyable.

3

EXTERNAL SPHINCTER

Holds the anal canal in shape and prevents unwanted 'entry and exit'. It belongs to the set of muscles that you can learn to control, and therefore you can learn to tense and relax this muscle at will.

SEX TIP The external sphincter is supplied with nerve endings, and responds well to touch and both hot and cold temperature.

ARSE!



4

INTERNAL SPHINCTER

Has the same function as the external sphincter, except it is less easy to control. **SEX TIP** Being aware of your breathing can help relax and reduce the tightness of this muscle. Try taking deep breaths in, and breathing out slowly.

5

RECTUM

Last section of your intestines and contains relatively few nerve endings therefore making it less sensitive. The sensations of pressure are mostly felt here.

SEX TIP

The key to playing with your arse is to be relaxed. Take your time and enjoy yourself!

**“YOU LIKE THAT
DONCHA!”**



“OH YEAH BABY, THAT’S IT... KEEP GOING!” In other words, listen to him and you’ll quickly learn what really turns him on.

Knowing he’s really enjoying himself can be a real turn-on. Don’t be afraid to talk to each other (even if you’re pretending to be an American porn star!) about what you like doing. And remember - if you *don’t* like it, tell him that too!

SEX TIP

Don’t limit yourself to just the naughty bits. His whole body will respond to different sensations, so why not explore and experiment?



EARS

There are lots of nerve endings in the ear. Why not try kissing, biting and licking them. Our ears obviously help us to listen, so take advantage of this. **SEX TIP** Let him know if he's hitting the right spot - he'll do it even more!

NECK

Turn him over and kiss him gently on the back and side of his neck. **SEX TIP** Sucking too hard can sometimes leave love bites - (not always pretty.)

INNER THIGHS

Inner thighs tend to be sensitive to touch as they rarely get any attention. **SEX TIP** Try kissing, biting and massaging them.

NIPPLES

Nipples tend to be sensitive to touch too. Kissing and biting is often a turn on. **SEX TIP** Be sure that what you are doing is pleasurable and not painful - unless this is what he wants - you can then both decide if you want to take things a bit further.

**IN THE
ZONE!**

**SEX
TIP**

GOOD NEWS! All the above activities run an extremely low risk of transmitting STIs.

STRONGER!
HARDER!
FASTER!

Pelvic floor exercises aren't just for the girls. Men have pelvic floor muscles too, and strengthening them can help improve your erection!

Other benefits include: Improved blood circulation to the genital area, which helps arousal; Stronger and more pleasurable orgasms; A greater feeling of control and confidence over ejaculation; Improvement in the angle of erection.

Don't know where your pelvic floor muscles are? There are two main sets of muscles you're looking for:

1. The first set can be found by stopping the flow of urine next time you go to the toilet - the muscles you use to do this are your pelvic floor muscles.
2. Tighten the ring of muscles around your arsehole as if you are trying to control wind. These are the second set of muscles you need to identify.





YOU BETTER WORK!

Doing your pelvic floor exercises...

- Squeeze and release the muscles mentioned on page 13/14. Don't hold the contraction.
- Start with one set of 15 squeezes twice a day. Concentrate on squeezing your pelvic floor muscles only, not your stomach and thighs. This will become easier with practice. (Some people say that sucking their thumb while doing it helps).
- Over time, gradually increase the number of contractions until you can do 40 or 50 at a time. Once you're comfortable doing this, vary the exercise by holding each contraction for three seconds before releasing. Again, slowly increase the number of repetitions until you can do 40 or 50.
- You can do these exercises any time, any place - no one will know you're doing them. But for maximum impact try to do them every day.

ORGASM v CUMMING



IT'S THE GIFT THAT KEEPS ON GIVING...

The male orgasm is not just about the physical act of cumming. It is possible to cum without having an orgasm, and it is also possible to have an orgasm without cumming.

Every person experiences different feelings while they orgasm. Some men experience an intense feeling around their cock and balls, while others experience a feeling that spreads over their whole body.

Having an orgasm at the same time as your partner can really heighten the sensation. Although this may take some practice, you will definitely notice the difference when it does happen.

MULTIPLE ORGASMS



No, we're not being greedy!

Girls may think they are blessed with the joys of multiple orgasms, but the fact is, guys can also experience the joys!

Multiple male orgasms mean you will experience orgasms without cumming more than once in succession, before finally ejaculating.

QUESTION

CAN YOU TRAIN YOURSELF TO HAVE A MULTIPLE ORGASM?

With a little practice - yes! The first thing you need to get into your head is that cumming and having an orgasm are two separate events.

You can train yourself by experimenting on your own when you are wanking:

- Just as you are about to cum, squeeze and hold your pelvic floor muscles for 10 seconds.
- Allow yourself to relax for a few minutes.
- Start wanking again, this time bringing yourself a little closer to cumming than before.
- Again, once you're at this point squeeze your pelvic floor muscles to prevent cumming.
- Carry on until you are satisfied and want to release all of the good stuff.

SUCK ON THIS!

It won't suck itself!

Loads of people are into oral sex - it's one of the most popular sexual acts for gay, bi and straight men alike, but different men like different things. Some men like attention round the head, whereas others prefer attention on the shaft of the cock.

Some men like 'deep throating' (where the whole cock is taken in the mouth), and believe it or not, some men don't like receiving blow jobs at all!

Playing with the speed and rhythm of your mouth and tongue and using your hands can help to increase his pleasure. We all like a bit of variation

There's a fine line between pleasure and pain so the easiest thing to do is check if your partner is enjoying himself - if you are doing a good job, he'll more than likely let you know but don't be afraid to ask him how he likes your oral skills.



GIVING

Giving a good blow job is a skill that takes a bit of practice. If he says he doesn't like what you're doing or gives you a suggestion of what to do, don't take it personally! Communication is the key to good sex and if he's giving you pointers, then you can do the same and you can learn from your own experiences too.

GETTING

Don't forget, if you are on the receiving end, there is more to it than just lying (or standing!) there. You can let your partner(s) know if you like a particular technique. Some men like the sensation of gentle thrusting to help them aid their oral technique - others prefer being a bit more heavy handed humping if they are really getting into it.



SEX TIP

The risk of HIV transmission during oral sex is low – but NOT no risk. Damaged or bleeding gums can increase your chances of catching HIV. Don't brush your teeth before or after giving head. Brushing can weaken the gums and allow HIV to get into your bloodstream. If he cums in your mouth either spit it out straight away or swallow it. It's important to remember that other STIs like syphilis and chlamydia are easily transmitted by oral sex too. If you have ulcers, sores or a sore throat, it's best not to perform oral sex.



ANAL SEX

Did you know a third of all gay men never have anal sex?

You should never feel pressured into anal sex just to satisfy your man. It doesn't make you any less gay if you don't like anal sex. Do what you want, when you want to do it.

You and your partners(s) will have a better time if you concentrate on the things you are both comfortable with, talk to each other and don't be afraid to try out new things together.

FLIPFLOP



Deciding if you want to get fucked (be a 'bottom') or do the fucking (be a 'top') or do both (be 'versatile') is something that a lot of guys worry about.

Many of us might think we're going to behave in a certain way only to surprise ourselves when we meet a partner who wants to try something different. The idea that tops have to be dominant and masculine and bottoms passive and feminine is deeply unfashionable! As long as you're comfortable, you can act and do whatever you like.

There's a general misconception that men who get fucked are not as masculine as men who only do the fucking.

Many guys enjoy being versatile meaning they get fucked as well as fuck people, and this obviously gives them a wider choice of sexual activities. Whether you decide to top or bottom can be down to many factors including who you're with, what mood you're in, and how comfortable you feel.

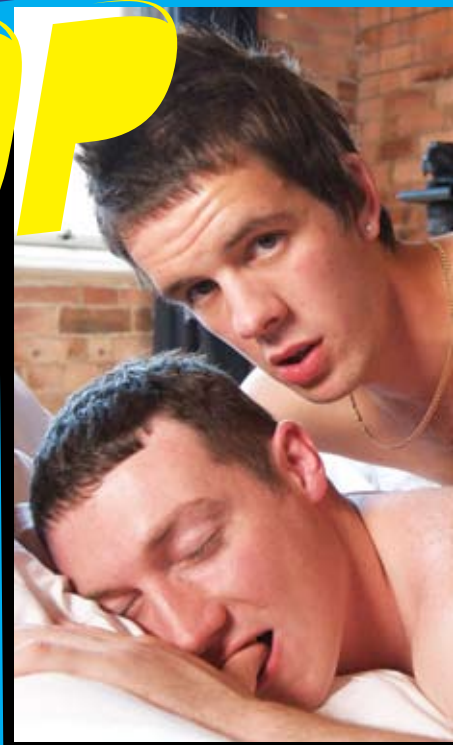
BEING A

TOP

Remember that the guy you are having sex with needs to be relaxed, otherwise getting fucked could be painful for him.

Being a top is not always about being dominant, so don't just bang away! Think about what your partner wants, and respond to his noises and actions.

As with any part of sex, communication is really important in order to get the best out of it.



SAFER SEX TIP! Being a top doesn't exclude you from STIs including HIV. Condoms still remain the best way of preventing the transmission of such infections.

SEX TIP

Instead of in and out, why not try a circular motion and vary the speed of your thrusts? Kissing and playing with his cock at the same time can enhance pleasure.



One of the most important things about being a bottom is to relax and take your time.

Breathing slowly and deeply will help you relax, and you can use foreplay to get your arse ready for his cock. If something is painful, or uncomfortable, tell him. You can always change positions or stop and start again.

A good position to reduce pain is to lie with your knees drawn up to your chest, either on your back or side. With time you can try different positions to see what works best for you.

SAFER SEX TIP! Using plenty of water based lube can help reduce pain and discomfort. The use of condoms will help prevent the transmission of STIs

BEING A BOTTOM

SEX TIP

Why not control the fucking speed and tease your partner by only allowing him to enter you when you are ready.



THE **FIRST** TIME

The prospect of having anal sex for the first time can be exciting, but also a bit daunting.

When it comes to taking a cock up your arse, it can feel strange to begin with. Relax and try not to rush. Foreplay before getting fucked can help you do this. It is important to use plenty of water based lube as this will help make the experience more pleasurable, and help reduce pain and discomfort. If you feel uncomfortable, or it hurts, just stop and try again when you feel ready.

SEX TIP

As with anything, only do what you want to do. You have the right to stop at any time. Practice on yourself with a sex toy, remembering to use plenty of water-based lube.

GOOD CLEAN FUN

Good hygiene is essential for a satisfying sex life.

MOUTH

Clean your teeth regularly to keep that breath fresh! But **don't** clean your teeth if you are about to go down on someone. Chemicals in toothpaste and mouthwash can affect your saliva's natural defences against infections, including HIV.

CLEAN YOUR COCK!

To clean thoroughly, pull back your foreskin (if you have one) and expose the glans. Using lukewarm water clean the glans and under the foreskin. Do not use strong shower gels as this can result in irritation.

If you don't keep your cock clean you may get smegma (cock cheese) under the foreskin, this is a white, smelly substance made from natural oils and dead skin cells. If you don't have a foreskin then it is slightly easier to keep clean, but it is still just as important to do so.



FRESH BOTTOM

Normal washing and bathing should be enough to keep your arse clean.

For extra cleanliness, some guys use a douche, which is a plastic bulb that you fill with water and squirt up your arse. If you don't need to go to the toilet then there won't be any need to douche before taking cock up the arse.

If you do prefer to douche, don't use a shower head attachment as these can be dangerous. The inside of the arse is not sensitive to temperature, so you might seriously damage yourself without knowing it. A small bulb douche is the safest thing to use. Only use a small amount of luke warm water, and try not to over do it.



SEX TIP

Over douching may damage the lining of the arse which could increase the likelihood of HIV transmission.



play

TIME!

Experimenting with sex toys can help us experience and understand how our bodies respond to different sensations and help us understand what we enjoy – and equally what we don't.

COCK TOYS

FLESHLIGHT

Masturbation aids that replicate the feeling of inserting your cock into someone's mouth or arse.

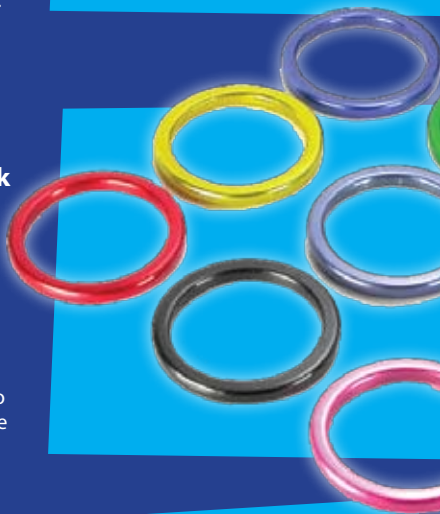
They look a bit like flashlights (hence the name) and are basically a fake mouth or arse that you can stick your cock into, and then use for wanking.



COCK RINGS

A rubber, metal, plastic or leather ring that is placed around the base of the cock to maintain a hard-on for longer.

Some can be placed around both the cock and balls. In orgasm, your balls usually pull back towards the body before you cum. A cock ring restraining your balls, forces them to stay away from the body making the sensation more intense.



SEX TIP

Cock rings that are too tight, or worn for too long can be dangerous.

ANAL TOYS



Playing with anal sex toys can be loads of fun...

They can also help people overcome anxieties they may have with anal sex – They can help you get used to having something up your arse and allow you to relax when it comes to the real thing. Don't get too ambitious, start with smaller toys and work your way up to the larger ones.

Sex toys can also be used with your partner(s) to compliment and enhance the sex you are having.

SAFER SEX TIP! When sharing toys it is recommended to use a new condom for each person. – This will help avoid the spread of STIs.

SEX TIP

Toys can be cleaned by washing them in warm soapy water after each use.

ASSUME THE POSITION



There are as many different positions as your imagination can come up with.

Getting stuck in a routine of having sex in just one position can be very boring! Novelty is a large part of sexual excitement for many men, and trying different sex positions can keep your relationship fresh.

WHY NOT TRY



Depending on your gymnastic prowess here are just a few positions that create different sexual sensations for both you AND him...

MISSIONARY This is where partners lie on each other facing each other. It's an intimate position that allows eye contact and a lot of bodily contact during sex.

DOGGY (OR REAR ENTRY) A big turn on for guys who like to see the act of penetration as they fuck. The bottom man can thrust his hips vigorously or just enjoy the sensation of being fucked.

BOTTOM ON TOP The man fucking will feel more comfortable if he lies back as his partner sits on top of his erect cock. The bottom can sit either facing towards or away from his partner.

STANDING ROOM ONLY Easiest if the bottom leans up against a wall and keeps balance. Keep legs wide apart for the top to keep better pace with swifter motion.

SIDEWAYS This position allows you to relax and have your hands free to explore each other's bodies. Also it's easier for the cock to enter deeper and the bottom doesn't have to support his partner's weight.

RELATIONSHIPS

& SEX



There's no reason why sex in a relationship shouldn't remain exciting and enjoyable. In fact, many couples feel that sex gets better as their relationship develops.

However, some couples start to feel that their sex lives become less interesting. With a bit of effort and imagination, this doesn't have to be the case. Being open and honest if you're not enjoying sex is the best way forward. If you're stuck for new ideas, read on!

MIX IT UP A BIT! Just because you like something now doesn't mean that you always will. Don't be afraid to try something new to add to your repertoire. Half of the fun in having a regular partner is that you can experiment more and he won't think you're some crazed sex fiend.

TALK ABOUT YOUR SEXUAL FANTASIES and desires and why stop at just talking about them? Try and make your fantasy a reality – try role play, toys, blindfolds, handcuffs - the only thing that is limited is your imagination!

SURPRISE

HIM



Sex doesn't always have to happen in the bedroom just before bedtime! Surprise your partner with an unexpected sexual adventure.

Celebrate the fact that you are with someone... the main reason people go out and have sex is that they are looking for the very thing that you have.

Finally, be honest with yourself. If you are unhappy having sex with the same guy, is he the right one for you?

There's no shame in admitting that you might not be ready for a relationship at the moment. You both have the right to be happy.

SO MANY MEN!

Relationships mean different things to different people, and some gay men may decide to have an 'open' relationship in order to keep their sex lives interesting.

This could mean that the couple have a mutual agreement that they are allowed to "play" with other men outside of the relationship.

Some couples also like to have threesomes, foursomes or moresomes. A decision to include other people in your sex lives is a very personal decision and involves a lot of trust. It is really important that the ground rules are set and you are both happy as a couple with the situation.

**SAFER
SEX
TIP**

In order to protect yourself and your partner(s) always use condoms with plenty of water based lube to prevent the transmission of STIs including HIV.





HARD CORE!

Hardcore sex often involves doing things with an element of mutually agreed pain.

Playing with pain can be amazing but it can also be dangerous-physically and emotionally. There are many varied sexual practises men may like to engage in but it is worth remembering that they are not for everyone!

SEX TIP

Lots of guys use safety words -something you can shout to let him know he has to stop what he's doing.

BONDAGE

Bondage is getting your kicks from being restrained or restraining others (with rope, metal etc).

COCK AND BALL TORTURE (CBT)

Means prolonged stimulation of the genitals and can involve stimulation with electricity, shaving hanging weights from the genitals, kicking, punching, or hitting with hands, canes, paddles or any blunt instrument that comes to hand.

DOUBLE PENETRATION

This is when a man takes two cocks up his arse at the same time and being fucked by both at once. Usually one from the bottom and one from the top.

SCAT

Scat involves playing with shit, smearing it on your or his body. It can also mean just getting off on seeing another guy dump his load.

SOUNDING

Involves inserting metal probes into your urethra. If you do it right there shouldn't be any real pain and the feeling can be intensely pleasurable. Sounding probes tend to be straight steel rods with rounded ends.

WATERSPORTS

Watersports is playing with piss during sex. While cum taken into the mouth or arse can be a risk in terms of picking up HIV, the same is less true for piss.



SEX TIP

Don't try any of the above if you're not with an experienced guy, or if you are not entirely comfortable that it is something you really want to try.

FISTING

Sticking your entire fist and even your forearm up someone's arse is not to be entered into lightly. Literally!

Fisting fans call it the ultimate sexual experience, involving intense feelings of trust, intimacy and vulnerability. Fisting is a slow process that involves patience and a lot of lubrication. Fisting is not for everyone and can be dangerous if not done properly. But for those that do enjoy it or want to try it, below is some useful advice:

Trim and file fingernails of the person doing the fisting. If you are being fisted don't douche beforehand as this can irritate the anal wall, increasing the risk of infection.

The receiving partner should be very relaxed and highly aroused. Gently massage or rim his arse during foreplay for an extended period of time.

Place a latex glove on the fisting hand. Generously lubricate the entire hand, forearm and arse of the person being fisted. Fisting without protection can lead to bacterial and viral infections.

Slowly and gently insert one finger at a time into the anus. Hold fingers as close together as possible.

Once all fingers and the thumb are inserted, add more lube and gently rotate the hand into the body.

Ball the hand into a fist once it is fully inserted. Slowly move the fist in and out, massaging the prostate.

ADVICE

If your partner experiences extreme discomfort or there is excessive bleeding, there may be a tear in the rectal wall. Encourage your partner to relax and slowly pull out.

D·I·L·F

Despite the common myth, sex is not just for the young studs. Plenty of older men have very fulfilling sex lives.

Many older people have better sex lives because the older you are the more sexual experience you'll have.

Older men tend to have a better understanding of what they like and dislike. They can often teach younger guys a trick or two.

However older guys need to take the same precautions against HIV & STI's.



SEX TIP

Regardless of your age, safer sex is always important and the use of water based lube and condoms are an effective way of preventing the transmission of STIs.

CHEM SEX



Some guys use drugs to heighten sexual pleasure, but you should remember that drugs can remove inhibitions, which can lead to taking sexual risks.

Sex, drunk or high can be fun and lots of guys like it but it can also stop you getting hard and you may end up doing something that you regret-or can't even remember. Know your limits and stick to them.

Some people use Viagra, poppers, cocaine, crystal meth and ecstasy. Because of the different effects different drugs have, some people mix them together. Mixing drugs together and/or with alcohol can lead to serious, sudden and unexpected side effects, and can even be fatal.

Drugs don't turn everyone into a sex machine, some drugs can restrict the blood flow, making it more difficult to get or maintain an erection. Other drugs can make it much more difficult to cum, increasing the risk of damage to the cock or arse, which can in turn make it easier to pick up an STI, including HIV.

SEX TIP

If you're going to experiment with drugs make sure you understand the combinations that cause problems and aim to play with people that you trust.
For more support, see the contacts page at the back of this booklet.



POSITIVE SEX

Although living with HIV can affect the way you think about sex, it doesn't have to mean the end of your sex life.

It's common for HIV positive men to worry about passing on the virus to their partner(s), and this can sometimes result in a reduced desire for sex. If you are HIV+ and worried about sex and your sex life, it's useful to have a good understanding of how the HIV virus can be passed on.

SEX TIP

Having a good understanding of how HIV can be passed on, can reduce anxieties around sex. Talk to your doctor or one of the organisations listed in our contacts section .

KEEP FUCKING

SAFE!



This booklet aims to show you that it is just as important to have enjoyable sex as it is to protect ourselves and others from sexually transmitted infections.

However condoms still remain the best way of preventing the transmission of STIs (unless you refrain from having sex altogether!).

For further information on STIs and safer sex, please check out our resource *Sex Education*

For further information on HIV please see our resource *Sex Bomb*.

Visit our website: www.lgf.org.uk

E-mail us: info@lgf.org.uk



SEX TIP

If you're concerned in any way about your sex life, call the LGF Helpline (6pm-10pm every night) on 0845 3 30 30 30

SEXUAL HEALTH CLINICS in Greater Manchester

Clinical services at the Lesbian and Gay Foundation.	0161 235 8035
Ballie St Health Centre, <i>Rochdale</i>	0161 627 8753
Brook Advisory, <i>Manchester</i>	0161 237 3001
Crickets Lane Clinic, <i>Ashton-under-Lyne, Tameside</i>	0161 339 2222
Goodman Sexual Health Clinic, <i>Lancaster Road, Salford</i>	0161 212 5717
Manchester Centre for Sexual Health, <i>Central Manchester</i>	0161 276 5200
Royal Albert infirmary Sexual Health Clinic, <i>Wigan</i>	01942 482128
Stepping Hill Sexual Health Clinic, <i>Stockport</i>	0161 419 5370
North Manchester Hospital Sexual Health Clinic, <i>Crumpsall</i>	0161 720 2681
The Barlow Suite Clinic, <i>Fairfield. Hospital, Bury</i>	0161 627 8753
The Bolton Centre for Sexual Health, <i>Bolton</i>	01204 390771
The Jarman Clinic, <i>Withington Community Hospital</i>	0161 217 4939
The Phoenix Centre, <i>Royal Oldham Hospital</i>	0161 627 8753
The Trafford Centre for Sexual Health, <i>Trafford</i>	0161 746 2621
Withington Hospital, Sexual Health Clinic, <i>Withington</i>	0161 217 4939

SEX TIP

For other North West clinics check out the listings section in outnorthwest magazine or call The Lesbian and Gay Foundation.

USEFUL

WEBSITES



The Lesbian & Gay Foundation

www.lgf.org.uk

HIV Support & Information

www.ghf.org.uk
www.bpnw.org.uk
www.tht.org.uk

Sex & Sexual Health for Gay Men

www.gmfa.org.uk

Hardcore Sex

www.hardcell.org.uk

Condoms, Lubes & More

Durex are providing exclusive online discounts on all their products. You can claim a 25% discount simply by entering the code **LGF01** at the checkout

www.shopdurex.com

THANK YOU!

To all our models, Velvet Hotel for the location, Village Spartans Rugby Club, Outdoor Lads, Andy Summerfield and Paul Jones @ Exposure photography.

LGF CLINICS

For Gay and Bisexual Men.

If you have no symptoms and would like a sexual health check up, why not come along?

CHECK YOURSELF

OUT

The LGF weekly outreach clinic in partnership with the Manchester centre of Sexual Health and Manchester Public Health Development service. For more information please contact 0161 235 8035, email: peter.boyle@lgf.org.uk or visit: www.lgf.org.uk

THE MONDAY CLINIC

HIV TEST

WHILE YOU WAIT

Every Thursday between 4pm and 6pm at Princess House (Home of the LGF) 3rd Floor, 105-107 Princess St, Manchester. M1 6DD.

THE THURSDAY CLINIC

Results given within 20 minutes of taking the HIV test

No appointment necessary. For more information please contact 0161 235 8035, email: peter.boyle@lgf.org.uk or visit: www.lgf.org.uk

Manchester **NHS**

Primary Care Trust

Public Health Development Service

Central Manchester and Manchester Children's University Hospitals



Central Manchester University Hospitals **NHS**

105-107 Princess Street

0161 275 5000

We believe in a
fair and equal
society where all
lesbian, gay and
bisexual people
can achieve their
full potential.



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The Lesbian and Gay Foundation

Princess House, 105-107 Princess Street,
Manchester M1 6DD

Tel: 0161 235 8035 **Fax:** 0161 235 8036

Email: info@lgf.org.uk **Web:** www.lgf.org.uk

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