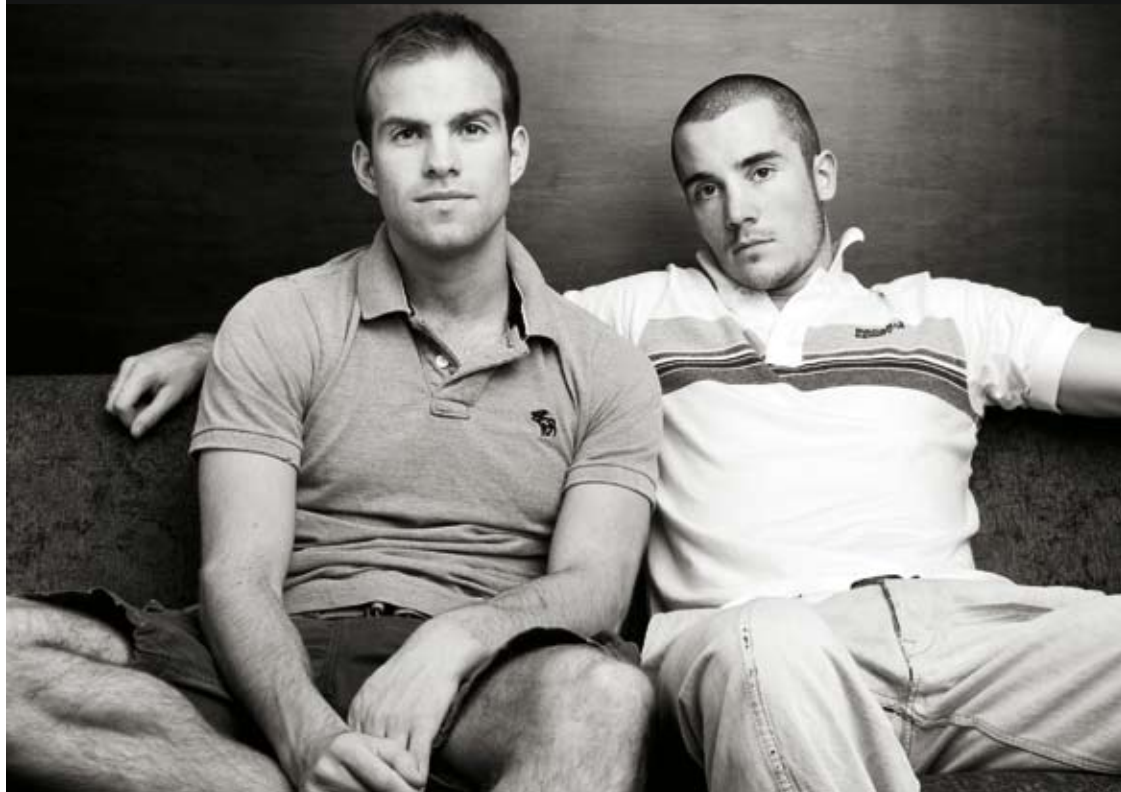


Assumptions don't  
protect you from HIV.

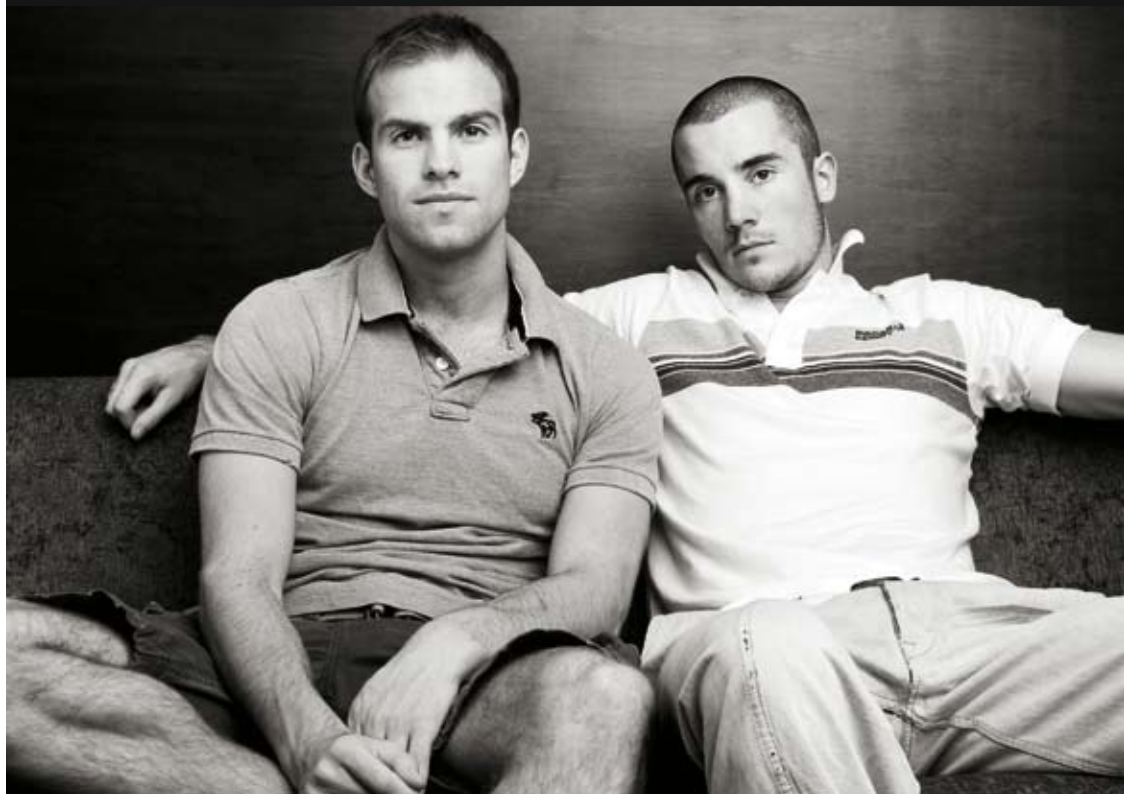


Respect

World Aids Day  
1st December

Protect

Assumptions don't  
protect you from HIV.



# Condoms do.

Condoms are the most effective weapon we have to protect against HIV.

Condoms work – Condoms can keep you healthy.

Condoms can stop you catching HIV.

Condoms can stop you passing on HIV to other people.

If you are already HIV positive condoms can stop you becoming reinfected with another more serious strain of HIV.

Condoms can also reduce the risk of you catching other sexually transmitted infections.

Research has shown that standard strength condoms are just as safe as extra strong condoms for anal sex. The main thing to remember is to use condoms properly. Open the packet carefully and slowly roll it on to your cock.

Use plenty of water or silicone based lube and, if you're having sex for more than 45 minutes, it's safer to change condoms and lube up again. The lubes to avoid are the oil-based ones as they weaken the rubber in condoms.

Using two condoms ('double-bagging') is less safe than using one. So is putting lube inside the condom. So these are both no-no's!

Free condoms are available in many gay venues and in clinics throughout Edinburgh and the Lothians. They are also available free by post from [www.healthygayscotland.com](http://www.healthygayscotland.com)

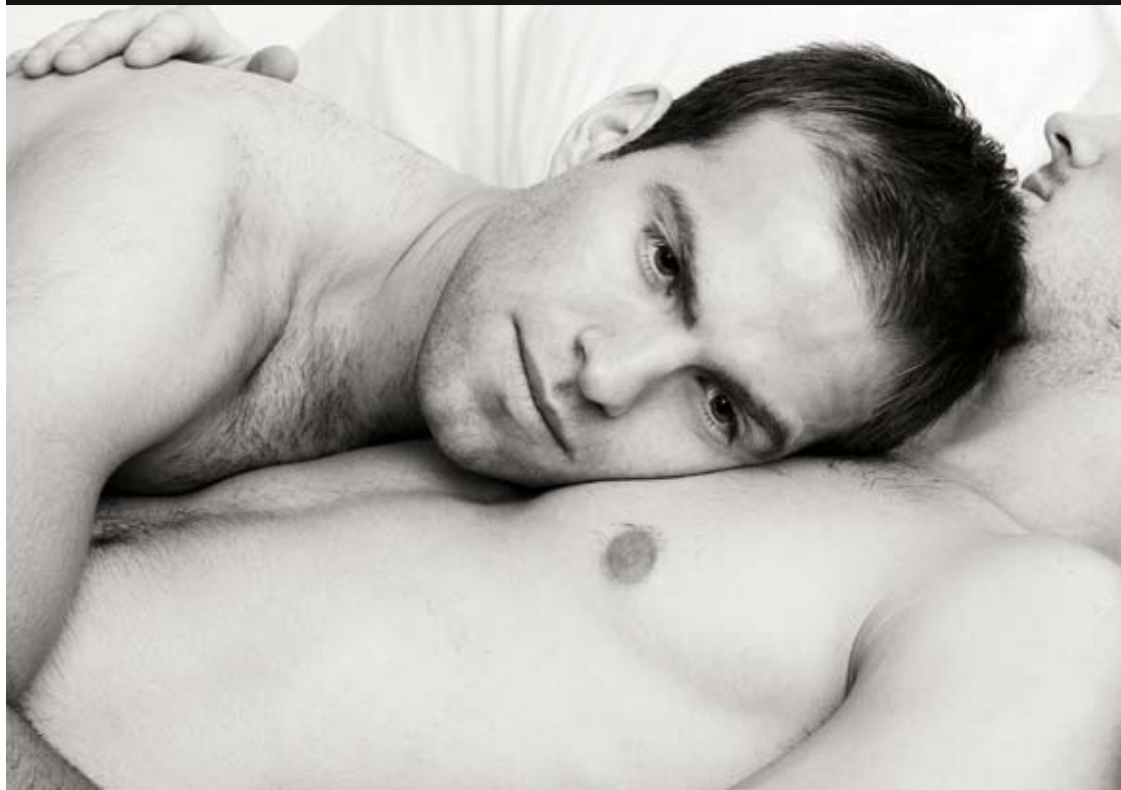
If you have HIV, there could be serious legal consequences if you have unprotected sex with someone and end up infecting them.

Condoms can protect - regularly using condoms is the most effective tool we all have to stop the spread of HIV and other sexually transmitted infections.

[www.hivcomebacktour.co.uk](http://www.hivcomebacktour.co.uk)

0131 558 9444

**Relationships don't  
protect you from HIV.**



**Respect**

**World Aids Day  
1st December**

**Protect**

Relationships don't  
protect you from HIV.



# Condoms do.

As we know, sexual relationships come in many forms – from the guy you’ve had sex with a couple of times to long-term partnerships. Making sure that you and your partner keep well and healthy is important. People can often assume that HIV only affects men who have a lot of casual sex. However, we now know that a large number of gay and bisexual men are acquiring HIV whilst in a relationship. The main reason for this is men assuming that neither they nor their partner has HIV and therefore that unprotected sex will be safe.

Research tells us that many guys stop using condoms very early on in relationships and, usually, without any discussion. This can be for many reasons, such as wanting to feel closer to their partner, to show love and trust or to be more spontaneous. While these reasons are understandable, it is important that if you decide to stop using condoms with your partner, you both get tested for HIV and other sexually transmitted infections first, and then take the time to discuss the type of relationship you both want and how you will negotiate this.

Talking about HIV and condoms can be awkward and embarrassing. However, it can also help you take control of your sexual health and your future. If you would like further information and support about discussing HIV and condoms with your partner, visit our website or call Gay Men’s Health on the number below. If you feel unable to talk with your partner about this, condoms remain the most reliable protection from HIV.

[www.hivcomebacktour.co.uk](http://www.hivcomebacktour.co.uk)

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