

HAVING HEALTHY SEX

Anal sex

- The most common way of contracting HIV is through anal sex without a condom.
- Receptive anal sex (bottoming) without a condom is particularly risky.
- Insertive anal sex (topping) without a condom is often assumed to be of no risk... this is wrong. Approximately 1 in 5 HIV positive gay men say they contracted HIV while being 'on top'.
- Withdrawal, pulling out before cumming, is not a safe option. HIV can still be passed on this way.
- Using condoms and water based lube stops HIV transmission.

Oral sex

- Contracting HIV from oral sex is very rare. The risk is far lower than anal sex without a condom.
- Avoiding cum in your mouth and looking after your teeth and gums will lower the risk even more.
- Get regular sexual health check ups to make sure you don't have any STIs in your throat.

Fingers and Hands

- Using fingers or hands poses no risk of HIV unless there are cuts or sores on the fingers or hands.
- If cuts or sores are present, using a glove will provide protection.
- There are other risks associated with using fingers and hands including bowel perforation. Its important to use gloves and plenty of lube.

Rimming

(licking, tonguing and kissing in and around a guys anus)

- Rimming does not pass on HIV, but there are a number of other infections that are easily passed on this way, such as hepatitis A.
- There is a hepatitis A and hepatitis B vaccination available... if you haven't had it, you should get it!
- If you have a stomach bug, do not let your partner rim you.

For more information on having healthy sex and sexually transmissible infections check out the following websites:

www.whytest.org
www.acon.org.au

Or call the Gay Men's Hotline: 1800 009 448

EXPOSED TO HIV?

If you have had unsafe sex, or think you might have done something to put yourself at risk of HIV, there is a treatment available called Post Exposure Prophylaxis (PEP).

PEP is a combination of anti-HIV drugs that are prescribed for use immediately after exposure. It may prevent the virus from 'taking hold'. PEP is most effective if started within a few hours and no later than 72 hours after a potential exposure to HIV.

For more information call the PEP 24 hour hotline on 1800 737 669 (1800 PEP NOW).

Remember that the best way to protect yourself against infection is to use condoms and water based lube every time you have anal sex. If you're sexually active make sure you have an STI check up at least every 6-12 months – more often if you have sex with lots of casual partners.

BEATS

Many guys use beats as a way to meet other guys; it is not something to feel ashamed of.

- It is your right to be in any public place (including beats) as long as you are not breaking the law.
- Having sex with another person in a public place is against the law.
- Having sex with or making sexual advances towards another man who is under 16 is against the law in any setting.
- Exposing your penis or arse to another person in a public place is against the law.
- There are dangers associated with beats - like gay bashers.
- If you decide to use a beat, keep your guard up and be aware of who's around. If you can, let someone know you're going to the beat.
- As an alternative to using a beat you might like to find out where Sex on Premises Venues can be found in your area.
- Sex on Premises Venues includes sex clubs, saunas and backrooms.
- The bottom line is take every measure to keep yourself safe.

ALCOHOL & OTHER DRUGS

Some gay guys use alcohol and other drugs before and during sex for a variety of reasons, as this can make you feel more relaxed and self-confident.

Having sex when you're out of it can make the need to 'get off' even more urgent than usual. This sense of urgency can lead to unsafe sex.

Be prepared to play. Make sure you have condoms and lube with you and that you make sure that the sex you have is safe.

Make sure there is plenty of equipment available – more than you think you might need. Be prepared, be safe.

WESDARC is a Western Sydney alcohol and other drug resource centre which can provide information and referral to support services.

Call WESDARC on (02) 4732 1999.

INJECTING?

Sharing needles and syringes (fits) to inject drugs is a way that hepatitis C, hepatitis B and HIV can be passed on.

If you inject drugs, the safest way to prevent hepatitis C, hepatitis B and HIV transmission is to use new injecting equipment every time.

This includes swabs, water, spoons, filters, tourniquets and fits.

Clean fits are free and available at NSP services listed in this booklet.

Make sure there is plenty of equipment available – more than you think you might need. Be prepared, be safe.

Speak to an NSP worker or someone at the Alcohol and Drug Information Service (ADIS) on (02) 9361 8000 or 1800 422 599.

For more information, refer to the Needle & Syringe Program Outlets listed in this booklet or the Hepatitis C Helpline on (02) 9332 1599 or 1800 803 990.

SERVICES



in Greater Western Sydney

**FOR GAY AND
BISEXUAL MEN**



This resource has been developed by
ACON Western Sydney
Community Development Team,
2009.

It is a partner resource to
'SERVICES IN GREATER WESTERN SYDNEY FOR
LESBIANS AND OTHER SAME SEX ATTRACTED WOMEN'.



ACON Western Sydney Community Development Team
www.acon.org.au
Funded by NSW Health

ACON SERVICES

ACON Western Sydney Community Development Team
9 Commonwealth Street
Surry Hills, NSW 2010
Ph: 9206 2000 or 1800 063 060
Email aconwest@acon.org.au

ACON has many other projects including:

- Aboriginal & Torres Strait Islander Project
- ACON Community Support Network (CSN) Western Sydney
- Asian Gay Men's Project
- Youth Programs
- Counselling
- HIV treatments
- Workshops & groups for gay & bisexual men
- Sex Workers Outreach Project (SWOP)

Please call 9206 2000 or 1800 063 060 to make an enquiry.

OTHER COMMUNITY SERVICES

Multicultural HIV/AIDS and Hepatitis C Service
Ph: (02) 9515 5030 or 1800 108 098
Web: www.multiculturalhivhepc.net.au

Blue Mountains PLWHA Centre Inc.
Provides social support activities for people living with HIV/AIDS.

Ph: (02) 4782 2119

The Western Suburbs Haven Inc
Provides social support activities and respite/convalescent care.

Ph: (02) 9672 3600

Email: thehavenoffice@bigpond.com

PFLAG - Parents and Friends of Lesbians and Gays
Information and support to families and friends of all gay people.

Ph: (02) 9294 1002

Web: www.pflagaustralia.org.au

YOUTH HEALTH SERVICES

Information, medical services, support, counselling and referral for all young people.

Services are free and confidential.
No Medicare card is required.

Please phone for current service hours.

BANKSTOWN

The Corner Youth Health Service (02) 9796 8633
101 Restwell St, Bankstown

CAMPBELLTOWN / MACARTHUR

Traxside (02) 4625 2525
4 Langdon Avenue, Campbelltown TTY: (02) 4625 4185

FAIRFIELD / LIVERPOOL

FLYHT (Fairfield/Liverpool Youth Health Team)(02) 8717 1717
53-65 Mitchell St, Carramar

MOUNT DRUITT / BLACKTOWN

WAAT (Western Area Adolescent Team) (02) 9881 1230
Cnr Kelly Pl & Buran Close, Mount Druitt

PARRAMATTA / HOLROYD / THE HILLS

High Street Youth Health Service (02) 9687 2544
65 High Street, Harris Park

PENRITH / BLUE MOUNTAINS / HAWKESBURY

The Warehouse (02) 4721 8330
13 Reserve Street, Penrith

HIV & SEXUAL HEALTH CLINICS

Information, education, consultation, treatment, and counselling related to STIs, sexual health and HIV/AIDS.

Services are free and confidential.
No Medicare card is required.

Please phone for current service hours.

Blue Mountains Sexual Health and HIV Clinic (02) 4784 6560
Blue Mountains Hospital, Great Western Hwy, Katoomba

Bigge Park Centre (Sexual Health Clinic) (02) 9827 8022
Cnr Elizabeth & Bigge Sts, Liverpool

Campbelltown Sexual Health Clinic (02) 9827 8022
Suite 11, 261 Queen St, Campbelltown

Mt Druitt Sexual Health Clinic (02) 9881 1206
Kelly Close Services, Kelly Close, Mt Druitt

Nepean Sexual Health and HIV Clinic (02) 4734 2507
Nepean Hospital, Derby St, Kingswood

Parramatta Sexual Health Clinic (02) 9843 3124
Level 1, Jeffery House, 162 Marsden St, Parramatta

Interpreters available upon request.

NEEDLE & SYRINGE PROGRAM OUTLETS (NSP)

Provide safe injecting and safe sex equipment, safe disposal, outreach, education, information and referral. Services are free and confidential.

Please phone for current service hours.

Auburn Community Health Centre (02) 9646 2233

Blacktown Outreach Service (02) 9831 4037

Bowral NSP 0418 454 462

Cabramatta Outreach Service 0418 216 343

Hawkesbury Outreach Service 1800 354 589

Liverpool Outreach Service 0417 422 285

Merrylands Community Health Centre (02) 9682 3133

Parramatta HIV/Hep C Prevention Service (02) 9687 5326

Penrith South Court Primary Centre (02) 4734 3996
or 1800 354 589

Information about NSP services and information about alcohol and other drugs is available from the Alcohol and Drug Information Service (ADIS) on (02) 9361 8000 or 1800 422 599.

VIOLENCE & SAFETY

Homophobic violence can take many forms including physical, verbal & sexual threats, abuse and harassment.

The Lesbian & Gay Anti-Violence Project takes reports of homophobic violence and can provide information and referral to support services. The Lesbian and Gay Anti-Violence Project can be contacted during normal business hours on (02) 9206 2116 to report an incident and for referral information.

If you would like to report directly to the Police, you can also ask to speak with a Gay and Lesbian Liaison Officer. Check with your local station if one is available.

Violence can also occur between men in relationships.

If you are in a domestic violence situation, it is important to seek outside help through one of the agencies as below.

- ACON Same Sex Domestic Violence Website for information, education and contacts at ssdv.acon.org.au
- The Department of Community Services operates a Domestic Violence Counselling & Advice Line on 1800 656 463 or TTY 1800 671 442.
- The Gay and Lesbian Counselling Service can be contacted on 1800 184 527 or (02) 8594 9596.