

SAFER SEX FOR GAY & BISEXUAL MEN

MALE CONDOMS

A thin sleeve usually made of latex. It fits over an erect penis or a similarly shaped sex toy.

HOW TO USE: Use SABS-approved condoms. Always check the date and make sure the condom has not expired. Open the packaging carefully to avoid tearing the condom. Squeeze the tip of the condom to remove the air and leave room for the semen. Gently roll the condom down to the base of the penis. For uncircumcised men before putting on the condom, it may be useful to pull the foreskin back. After cumming, withdraw the penis while it is still hard. To keep sperm from leaking out, hold the condom on the penis during withdrawal. Throw away the condom and use a new condom if you want to continue or switch positions.

For anal sex: Always use a condom and water-based lube like KY Jelly to protect the condom from breaking. Adding lubrication increases pleasure for both partners and encourages continued condom use. The anus does not have natural lubrication and can therefore be painful and tear the lining of your partner's anus.

For oral sex: When sucking your partner's penis, always make sure he is wearing a condom. Your risk for HIV and STIs increases when sucking a penis without a condom especially if the penis has sores or warts or if you have cuts or sores in your mouth. Remember your risk for HIV increases when your partner cums in your mouth as semen carries a high concentration of HIV.



LUBRICANT (LUBE)

Jellylike substance that serves as a lubricant to make penetration easier. Lube can also make sex feel better and more exciting, whether having oral or penetrative sex, masturbating, or using sex toys. Only use water-based lube, as any oils like Vaseline weaken the strength of the condom.

HOW TO USE: When using a condom, you can add one or two drops of lube into the tip of the condom. You can also rub some lube around your partner's anus for a more pleasurable ride.

LATEX GLOVES

Disposable fitted gloves used by medical professionals. Latex gloves can be used for fingering and fisting. Be sure to NOT use dishwashing gloves.

HOW TO USE: **For fisting or fingering the anus:** Place a surgical glove over your hand and forearm and use lots of water-based lubricant for easier penetration and to prevent tearing of the anus, which may cause bleeding.



DENTAL DAM

Square piece of latex that is used to prevent HIV and STIs during anal sex. Alternatively, you can cut open a condom lengthwise and place it over the anus.

HOW TO USE: For rimming (licking the anus) you lay it against the anus. Once the dam is in place, you can lick away. Always use a new dental dam for each new sex act.



CLING WRAP

Household cling wrap that you'd use to cover food could be used if you don't have a dental dam at hand. Another option is a cut-open condom!

HOW TO USE: Cut a piece of cling wrap big enough to cover the entire anal area. Make sure there are no holes in it to prevent semen secretions from passing through them. Place it over the anus and lick away. Use a new piece of cling wrap for each new sex act.

Have fun and stay protected! Anyone who is sexually active is at risk of HIV and other STIs.



triangle project

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Triangle Project has a sexual health clinic that offers HIV and STI testing, CD4 counts, viral load testing and prostate testing. Triangle Project distributes barrier methods (dental dams, lubricant, and condoms). Feel free to collect from us.

For more information or an appointment, contact Heather on 021 422 0255 or health2@triangle.org.za

For confidential over-the-phone counselling, call 021 712 6699 between 13H00 - 21H00 daily. You may leave your number and a counsellor will call you back.

For e-advice, you can contact Sharon on health@triangle.org.za