

ROUGH SEX

SAFER SEX





ROUGH HORNY SAFE

All sex is good sex
as long as both partners want it
All sex can be safe sex
as long as both partners make it safe

fuck, kiss, suck, piss, beat, lick, fist, spank, wank, nibble, rim, fuck, kiss, suck, piss, beat, lick, fist,

This booklet has been produced by SM Gays

The sole aim of this booklet is to promote safer sex amongst gay men.

It has been produced for gay men who practise, or want to practise, the sex described, and is not intended for any other audience. The language and photographs are explicit in order to make the booklet as accessible as possible. In the face of continuing HIV and Hepatitis C infection in the gay community, SM Gays believes it is unacceptable to be anything other than totally clear when giving out information about HIV and other risks.

Remember that, in the light of the Operation Spanner case, sexual activity which causes anything other than “transient or trifling” injuries is illegal in the UK, even if all the people involved consent to the activities.

**However rough you want it to be,
you can be safe in what you are doing.**
How safe you choose to be is up to you.
You may be happy to take low HIV risks.
You may want to be extra safe.

You may want to protect yourself and others from other infections like Hepatitis.

**It's up to each of us to decide what we want to be.
And it is up to each of us to respect the decisions,
even if we disagree with them, that others make.**

Whatever your HIV status, sexual appetite and sexual interests, we hope this booklet will help you make these decisions with more confidence and to enjoy sex even more.

MORE INFORMATION

More information is available from www.smgays.org

SM Gays meets on the third Thursday of every month at The Hoist, Arch 47c, South Lambeth Road, London SW8 (3 minutes walk from Vauxhall Station).

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FUCKING

There's nothing like a good old-fashioned fuck...

.. as long as you're wearing a condom and know how to use it. Fucking without a condom is much the easiest way of giving or getting HIV and other STIs. Condoms may not be the horniest sex accessory invented, but with a little practice they'll still allow you to get your rocks off.

Any BS branded condom is OK (although watch out for counterfeits!) and use lots of water or silicone based lube.

Oil or grease based lubes (like Crisco) are no good as they rot latex – if you prefer that kind of lube, or if you've been using it for fisting, then use non-latex condoms like Durex Avanti – these are also thinner than latex condoms.

Practise putting a condom on when you feel like a good wank. Don't rip the packet open with your teeth as you may rip the condom as

well. Don't try to use two condoms together - they can break against each other.

A dab of lube on the end of the cock may help the sensation, but don't smear the shaft in it or the condom can easily slide off inside him. If it's a lubricated condom make sure it has its gunky side out. Squeeze the air out of the teat of the condom (if it has one) and roll it all the way down your cock.

Make sure both arse and cock are kept well-lubed and enjoy! It's worth checking occasionally to make sure the condom hasn't broken or come off and when you've cum (or even if you haven't!) hold the base of the condom when you pull out so it doesn't stay inside him.

IF YOU FIND YOURSELF HEADING TOWARDS GETTING FUCKED AND YOU'RE NOT SURE IF HE'S GOING TO PUT A CONDOM ON, ASK!



Suck that dick!

There is a risk of catching HIV from oral sex, but it's very small.

So it's up to you to decide how safe you want to be.

It's possible that HIV in cum or pre-cum can get into the blood through unhealthy gums, mouth infections, sores or cuts.

But this is difficult - the mouth is a very tough place for the virus to survive in, as saliva kills it fast, and it certainly won't survive in your stomach.

It's a very good idea to keep your mouth healthy if you like sucking cock; if you do

suffer from bleeding gums, then avoid brushing your teeth before sex.

And if you have any ulcers or mouth infections you should avoid sucking.

It's up to you whether you let pre-cum or cum get in your mouth – if you do it's better to swallow and rinse your mouth out than let the cum stay in your mouth.

If you want to be extra safe, ask him to put a condom on - you can get a range of flavours.

Sadly there's no cock flavoured condom so far.

& SUCKING



If you're into intense sex, you may also be into pain and/or control. Whatever the scene involves, it's important that both guys know exactly where the boundaries are and how the scene can be stopped.

A coded stop word is **essential** - it's easy to yell stop and not really mean it. And if fucking is on the agenda make sure it's clear from the start that it's going to be with a condom.

If you're into CP (Corporal Punishment), or any kind of beating, whipping or caning,

you may draw blood or cut the skin. If this happens you shouldn't use the same implement on anyone else without thoroughly cleaning it first - sharing a cane could mean sharing blood and sharing HIV or Hepatitis.

Injuries can easily happen to delicate parts of the body, so stick to areas where there are large muscles to protect internal organs - buttocks and upper back are the safest.

If someone does bleed for any reason - beating, abrasion, heavy tit work

- make sure you don't cum near the wound. Remember that if you cum on him and he moves, the cum could trickle into the wound.

Heavy tit work or beating may also release serum - a clear fluid which is as rich in HIV as blood. So take the same care with this as you would with blood - don't let it get anywhere near a cut or graze.

Hot wax and ice don't have any HIV risks, so you can enjoy candles and ice cream to your heart's content!

A little restraint is a good thing ...

For many guys, tying people up and being tied up is very sexy - and is safe as long as you are both clear about what's going on. As always, talking first is really important. Check with each other that you don't have any medical conditions like epilepsy, heart problems, low blood pressure or diabetes.

If you're getting tied up you must be sure that he's not going to try anything you don't want, and that you know how to tell him to stop if anything becomes too much to take - an agreed stop word is **essential**.

Bondage can involve ropes, chains, hoods, gags, rubber, leather and much more. You don't need a Venture Scout knotting award, just some imagination and the ability to tie the simplest of knots. NEVER tie anything around the neck, and take care not to cut off the circulation in the limbs or hands - don't tie the knots too tight, and change things around from time to time. If any limbs, cock or balls are tied up, make sure they don't get too cold or blue, as this is a sign that the blood circulation is impeded.

If you are using hoods or gags on someone make sure that he can breathe easily and that he can still indicate if he wants you to stop - a couple of short grunts or a squeaky ball in his hand may have to replace a stop word.

You don't need a fully equipped playroom to get into bondage - it only takes one piece of rope tied around your cock and balls and you'll be converted!

DON'T LET A STRANGER TIE YOU UP UNLESS YOU ARE 100% SURE YOU CAN TRUST HIM.



BONDAGE

PAIN & PLEASURE

or pain is pleasure!



RIMMING

Arses are there to be licked. But they have other uses too, and traces of shit can pass on Hepatitis and a number of gut infections which could be dangerous, especially if you have HIV.

Remember that vaccinations against Hepatitis A and B are available from your doctor or Sexual Health (GUM) Clinic, but there is no vaccination against Hepatitis C.

However it is unlikely that HIV could be passed on this way. There just isn't enough of the virus in shit for this to happen. HIV can only be passed on if anal mucous or blood from small tears in the arse gets into a mouth which has sores or cuts.

It's usually a good idea to wash your arse before being rimmed, but if you douche (use a kit to wash out your rectum with water), that may bring more germs out around the arsehole, so it needs to be done thoroughly. If you want to be extra safe, or you want to protect yourself from other infections, you could use a dental dam or a condom (cut down the middle) as a barrier.

Think twice before sitting on someone's face if you have any kind of stomach upset. You'll be very likely to pass on some kind of germ if you do.

If playing with a train set doesn't turn you on... try dildos, butt plugs, vibrators, handcuffs, straps, cockrings, clothes pegs, and suitably shaped vegetables.

Toys which go up the arse or down the cock should never be shared – they shouldn't go anywhere until they've been properly cleaned.

The lining of the arse is easily damaged and toys coming out may have traces of blood on them.

Ideally, only use your own toys on yourself. There's room for more than a toothbrush in that cute overnight bag!

If you do use your toys on other people, clean them in very hot water with soap, then use a strong disinfectant, and don't forget to rinse them thoroughly.

A dildo can easily be re-used on different partners if you slip a condom over it every time you use it.



Toys that could cut or damage the skin (whether you mean to or not) should also never be shared. Emery boards, spiked cockstraps, razors, sharp-toothed

titclamps, whips and canes are all individual use only. If you do use them on more than one person, clean and disinfect them thoroughly between partners.

TOYS: THE MOST FAITHFUL LOVERS YOU'LL EVER HAVE?

ARSEPLAY

You must be able to get anything that goes up the arse out again! For small objects (say up to 25mm in diameter), this should not be a problem, as this is roughly the size of the average

expanded arsehole when you shit, but you should still be very careful not to push them through the second sphincter into the colon, where they could cause a blockage. For larger

objects, it's essential that there is some way of getting them out again – for example with 50mm anal balls there must be an unbreakable cord, chain or similar so that you can (gently!) pull them out.

Dildos, in their many and varied forms, are not usually a problem, since most are

designed with a base that will not go up any but a pornstar's arse. But be careful of double ended dildos or similar – if you push them too far up the colon and they break inside, it will almost certainly mean serious surgery to get them out.

Never use anything that can break, like glass bottles.

WHAT GOES UP MUST COME DOWN!

SOME GUYS ARE TERRIFIED OF THE IDEA OF SOMETHING BEING PUSHED DOWN THEIR COCK, BUT FOR OTHERS THERE IS NOTHING QUITE LIKE IT.

Sounds are medical instruments made of surgical steel designed to stretch the urethra (pisstube). Urinary catheters are rubber tubes designed to be pushed all the way into the bladder, to allow piss to escape.

Inserting sounds down to the base of the cock produces an intense and pleasurable sensation, further careful insertion allows you to massage the inside of the prostate.

Sound and catheter insertion must be performed under clean conditions. Not doing so may lead to NSU or worse. Hands and sounds/catheter should be washed thoroughly with hot soapy water and then sterile wipes. The tip of the cock must also be washed.

The sound/catheter and the opening in the cock should be well lubricated with a sterile water soluble or silicone based lubricant. Only touch the end of the

sound/catheter that is not going to be inserted. Sounds less than 5mm diameter should not be used as they can cause injury.

Gently guide the sound into the end of the cock. If the cock is hard, insertion may be more difficult. Best position to be in is either sitting down or lying on your back with the cock at an angle of 90 degrees to the body.

Do not let go of the sound, it is heavy and will act like a lever, which could easily cause internal injury. Catheters, being rubber, are flexible and therefore easier to insert, but care needs to be taken if you intend to go all the way into the bladder as there is a one way

valve facing the wrong way at this point. (This is at about 300mm/12in for the average guy.)

Take care not to force the

catheter in - gentle wiggling and slight rotation may help. Any kind of urethral insertion is best carried out with someone experienced in the practice.

Make use of that extra hole!



The arse is very sensitive and very sexual. But handle it with care: loads of lube and patience are needed if you're going to fist someone who's never had a hand up their arse before. If you're a fistee virgin, then far better to give your cherry to an experienced fister who you or a trusted friend knows, rather than let a random pickup wreck your arse because he doesn't actually know what he's doing. Similarly, much better for a virgin fister to get his first few experiences with an experienced fistee.

Although the lining of the arse can be easily damaged and bleed, there's virtually no risk of any infection being transmitted if you wear latex gloves. If you don't use gloves, make sure your finger nails are cut very short with no sharp edges or snags, and there are no sores or broken skin on your hands. Take off all rings, jewellery, watches etc. At all times go slow: you don't want the lining of his arse to follow you out, and a ruptured rectum can kill him, or mean serious medical treatment for a long time, possibly his whole life.

If you see blood, stop immediately and gently take your hand out. In most cases, the blood will result from a slight tear in the lining of the arse, and there will be no obvious flow of blood. Wash your hands thoroughly, clean him up and try again another day. If there is significant blood flow after you have cleaned him up, especially if the blood is dark, then it's off to A & E.

It's better to use condom-friendly lubes when fisting – e.g. aqueous cream or J or K lube, in case you want to fuck him later. But for serious fisting, greasy lubes like Crisco or Flora white (much cheaper) can be better as they don't dry out.



WATERSPORTS

Playing with piss can be safe and healthy sex. In a healthy person, piss is sterile, and pissing on unbroken skin or drinking piss is safe.

You don't have to stay in the (water) closet

However, there is a very small risk of passing on HIV if piss from an HIV positive guy gets in your eyes or mouth or an open sore or wound, as there could be traces of blood in the piss.

Other infections can also be passed on through the eyes and mouth, and these may be more dangerous if you have HIV. It's also a bad idea to piss up someone's arse, especially as this means having an unprotected dick up there. Better to use a funnel!

SCAT **Shit man!**

Playing with shit in sex can be perfectly safe as long as any contact is with unbroken skin.

However, it is easy not to notice minor bleeding when shitting, so it's better to

take extra care to keep shit away from the eyes, any open sores, and the mouth.

This will also protect you from the many other possible infections in shit, notably Hepatitis A, B, and most importantly C.

PIERCING

Indulging in a little body modification is a good way to improve your body image and sex life. As long as the work is done by a reputable piercer, it should be perfectly safe. It's always worthwhile getting a recommendation when looking for a good piercer.

Piercings must always be done with sterilised needles which are disposed of carefully afterwards.

The rings or bars must be sterile. If you are doing piercing within a scene, the same applies: use new or sterilised equipment and dispose of it carefully. Watch for any bleeding and be careful not to cum on or near the piercing.

Being clear about what you want and how both people can stop the scene is very important - don't stick a needle through his cock unless he's expecting it.

Note that a piercing done by anyone other than a registered piercer is technically illegal.

ELECTRICS

PUT A SPARK INTO YOUR LIFE!

Playing with electricity can be really fun (but don't plug yourself into the mains!). There are a number of devices that can give you, literally, sensational pleasure.

The kind of equipment available essentially falls into two types: the Violet Wand which operates with a very high voltage and extremely low current, and TENS units or their specialized sex toy equivalents, which are relatively low voltage and have controls to vary the frequency and current (intensity).

Neither should be used on anyone with a pacemaker or who is subject to heart problems or has epileptic fits. Always

read the manufacturer's instructions and if you don't know how the device works or on what parts of the body it can be used, **DON'T USE IT! NEVER use electricity on the head.**

The Violet Wand is designed to produce a stream of high-voltage sparks (like static electricity). These give repetitive mild electric shocks experienced as multiple pinpricks.

The power, at its lowest, is capable of giving gentle massage. At its highest it is capable of destructively removing blemishes, warts and nipples.

It is always advisable to use a RCD circuit breaker with mains-powered equipment such as a Violet Wand.

TENS units are the most easily available and affordable devices. Used medically for relieving pain, they produce electrical impulses that are applied to the skin using electrode pads

or can be attached to metal or electrically-conductive rubber cock rings, butt plugs etc. The electrodes should not be placed where the current across the upper body could affect the heart, eg from nipple to nipple.

SHAVING

**DOESN'T
HAVE TO
BE A
CHORE**



Shaved cock and balls, heads and bodies turn lots of people on, and this form of body work doesn't need a specialist! However, if you are shaving as part of a scene make sure you use a new razor and that you never share razors. If you do draw blood, stop what you are doing and clean and dress the wound carefully before going on.

A WORD ON BOOZE & DRUGS

Most people are into booze, poppers or drugs in some way, whether it's a quiet pint down the pub or a 72 hour rave. And we all know that our sex gets affected for better or worse.

However off your face you want to get, it's important to think carefully first about what the possible risks are.

Anyone can get tempted by the thought of an unsafe fuck, and booze, poppers or drugs can make it easier to let yourself go.

Be prepared - don't hide the condoms and lube away but have them everywhere, in easy reach, screaming to be used. When you're sober, go over the things you might say to yourself before you fuck or let yourself get fucked without a condom. You might be able to stop yourself at the time it happens.

If you inject drugs make sure you always have clean (preferably new) needles and that you never share them.

Any scene which takes a bit of care to get right - SM, fisting, bondage, playing with toys - is best done without drugs. It's easy for some booze, dope or poppers to dull your judgement or make you careless.

Make sure you don't end up doing anything you wouldn't do with a clear head. Get the most out of all life's pleasures - but stay safe.

An advertisement for Fettered Pleasures. It features a person wearing a black leather harness and a black mask. The text 'Fettered Pleasures' is written vertically on the left side. At the top right, the address '90 Holloway Road London N7 8JG' and phone number '020 7619 9333' are listed, along with the text 'For all your SM and bondage needs'. The website 'fetteredpleasures.com' is at the bottom. A logo for 'FETTERED PLEASURES' is in the bottom right corner.

90 Holloway Road
London N7 8JG
020 7619 9333
For all your SM and
bondage needs

fetteredpleasures.com

An advertisement for ROB. It features a man in a black leather suit and tie. The text 'ROB' is at the top right, with 'www.rob.eu' below it. To the right of the man, it says 'QUALITY GEAR' and 'Made by Players for Players'. At the bottom, it lists 'London Manchester Amsterdam' and 'Also in Berlin Paris Brussels Zurich and Gran Canaria'. At the very bottom, it says 'Over 30 years of giving professional service and advice'.

ROB
www.rob.eu

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