

women and men



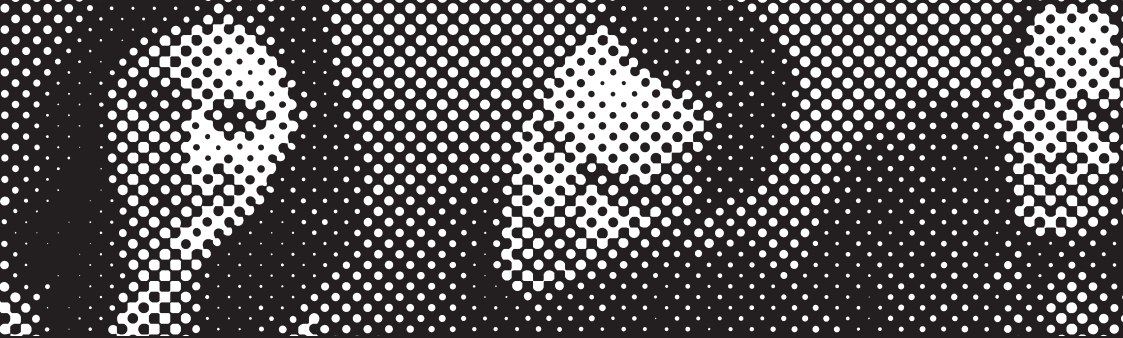
*for men who are attracted to
women and men*

A Sexual Health and Safer Sex Guide

*I'm attracted to women emotionally & men physically,
but it's not always that way round.*

Angus, 28, Inverness





Introduction

Whoever thought sexuality was simple? It often seems the world only allows us to be gay or straight, but lots of men know life's not so clear-cut!

For some men, their partner's gender isn't important – they're attracted to people first and foremost; for others their partner's gender is a big part of the attraction!



*It's difficult for others to understand – I have two partners,
they both know each other, & are both accepting of me.*

Aidan, 37, Stirling

This guide is about good sexual and emotional health for men attracted to both women and men, now, in the past or even in the future. If you're attracted to both men and women and

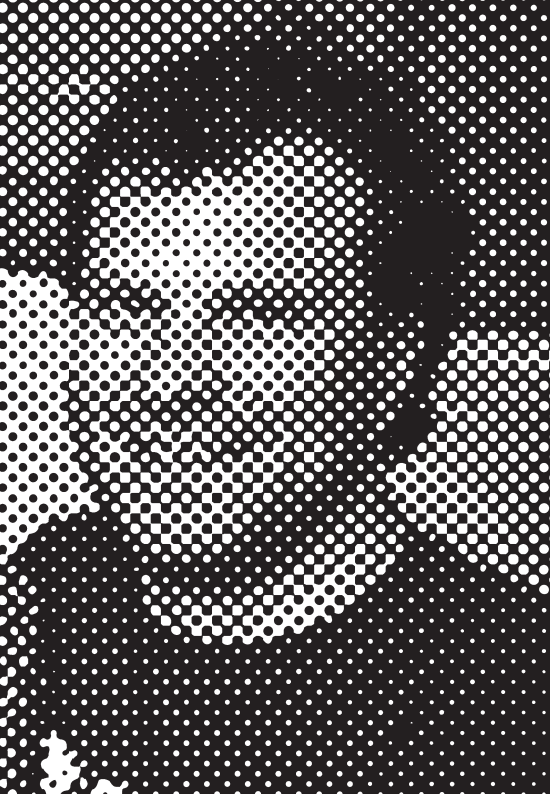
- * You've never had sex with anyone**
- * You've had little sexual experience with men or women**
- * You've had lots of sex with men and lots with women**
- * You've only ever had sex with women**
- * You've only ever had sex with men**
- * You just can't get enough of it**
- * You don't want to act on your attraction, or**
- * You just can't see what all the fuss is about**

You're in good company – this is the guide for you!

I've been bisexual, then straight & married for 14 years, then divorced, gay & in love with a man. Now I live with a woman – I just call myself sexual now.

Magnus, 54, Aberdeen





Healthy Relationships

Men attracted to both women and men have different types of relationships to keep emotionally and sexually healthy.

When it comes to sexual relationships, some have one long-term, lifetime partner, and may be married. Others have more than one partner at the same time. Others still might not form long-term relationships with their sexual partners, and some might choose not to have sex at all.

Your partners may or may not know about each other:

- * 'Open' relationships are when you and your partners accept that you may each have other sexual partners, whilst you are together
- * 'Closed' relationships are when you and your partner don't expect additional partners
- * 'Polyamorous' relationships involve more than two people who all know about each other

Relationships, whether meeting your emotional or sexual needs or both, will need good communication, discussion and negotiation.

I am not bothered with gender, I love the person.

Scott, 26, Haddington

*I've always called
myself gay, but that's
because I didn't know
it was OK to have sex
with men & also to
fancy women.*

Reuben, 38, Glasgow



Negotiation

Good sex means feeling happy about sex before, during and after sex. Communicating to a partner what you are comfortable with and what your limits are makes good sex easier.

Talking about sex can be quite daunting - but it's important you negotiate the kind of sex you want. Always remember it's OK to say 'no' to sex you don't want. So how do you do this?

Remember, being comfortable with yourself is very attractive to others and gives you the power to negotiate for what you want. Being comfortable with yourself means knowing what you want and standing up for what feels right or wrong for you, no matter what others think or say. Even during sex, you can stop and re-negotiate if the sex changes to something you don't like.

You are an individual - you like what you like and can simply say no to what you don't like. This guide is designed to give you some basic information which will allow you to negotiate and become better informed.

*I wish men
on the gay
scene would
acknowledge
how many
of them
occasionally
sleep with
women.*

Kamal, 19, Ayr



Sex

Sex is many things to different people – exciting, funny, emotional, lonely, intimidating, erotic, intimate, quick, slow, anonymous, or even a chore! At its best, sex is fun and an amazing experience. Knowing a few basics lets you choose the best sex for you in any situation.

Wanking (masturbation)

The simplest sex is fantasy sex - where you're on your own and can wank. Sex with a regular partner or casual pick-up can also include wanking. If you are unready for penetrative sex, or choose not to have any, wanking or being wanked can be safe and satisfying.

Kissing and Oral Sex

Kissing includes kissing a mouth, cock, vagina, or an arse ('rimming'). Kissing can vary from just contact with lips to full exploration with tongues - licking, sucking and biting. Whatever you're kissing, and however you're kissing it, it's important you and your partner look after your mouths - bleeding gums and sores can be a transmission route for disease. After brushing your teeth, allow a couple of hours before giving oral sex to let your gums heal and seal.

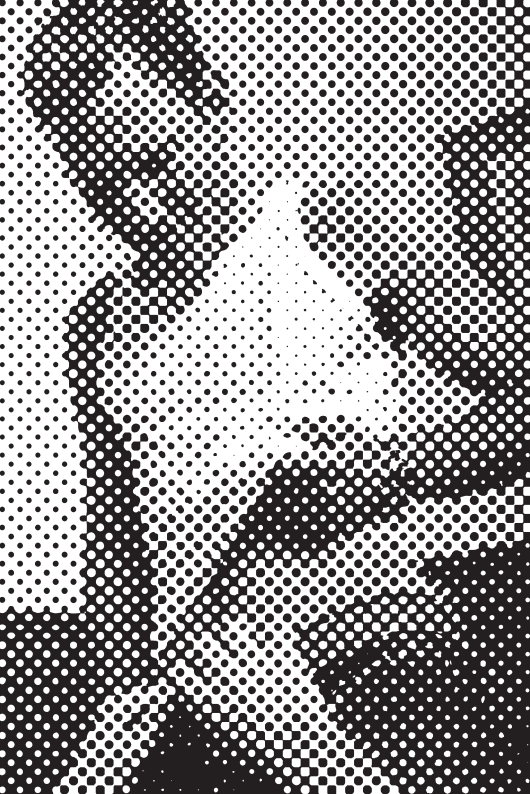
Penetrative Sex

Penetrative sex includes:

- * putting your cock or a sex toy into your partner's vagina ('vaginal' sex)
- * putting your cock or a sex toy into your partner's arse ('anal' sex)
- * having someone put his cock or a sex toy into your anus

Knowing how comfortable you are about wanking, kissing, and penetration can help you negotiate the sex you want to have and explore, and the sex you don't want to have.

In all circumstances, you should consent only to what you are comfortable with, and check that your partners also consent.



*I realised I was bi when clubbing, & fancied
the lesbians more than the gay men.*

Stuart, 27, Glasgow

Safer Sex

Safer sex is when you and your partner actively take steps to reduce the risks which can come with any sex. Risks can include infection and unplanned pregnancy.

Pregnancy

While unplanned pregnancy is a risk when you have vaginal sex with a woman, infection is a risk when you have any kind of sex, either with men or with women, including vaginal, anal and oral sex.

Contraception

Condoms used for contraception (contraception means 'stop pregnancy') act as a barrier to stop your sperm from swimming up inside a woman's vagina and getting her pregnant. Because condoms are barriers, they are also very good at stopping infection travelling between you and your partner. The condom is the only form of contraception which also is a barrier to infection and that you, as a man, have direct control over.

The vasectomy (where the tubes carrying your sperm from your balls are cut or tied and sometimes reversible) is the only other type of contraception you can take responsibility for, as a man, but remember it doesn't protect you from infections.

For contraception, women have more options than men. However, the only barrier method which protects against infection is called the Femidom™.

Women you have sex with may be using other contraceptives such as:

- * the birth control pill (known as 'the Pill')
- * contraceptive injections
- * contraceptive implants
- * the diaphragm
- * the cervical cap
- * the intra-uterine device or intra uterine system ('IUD/ IUS')

All these methods can stop a woman getting pregnant, but do NOT protect against infections travelling between you and any partner.

Remember also, the risk of infection increases for vaginal sex when a woman has her period. Using a condom at this time will help reduce the risk.

Emergency Contraception

If you have had sex without using contraception, or if it has failed (unprotected sex), your partner can access emergency contraception. If you act quickly, emergency contraception will usually prevent pregnancy - the sooner, the better. Two methods of emergency contraception - pills (the morning after pill) or an IUD - are available through Family Planning clinics, your GP or over-the-counter at some chemists.

Barriers: Reducing Infection Risks

Anal Sex

Using a condom for anal sex with women or men means both you and your partners reduce the chances of getting infections. Lots of water based lubricant, such as KY Jelly™, TLC™, and Liquid Silk™ in and around the anus and on the OUTSIDE of the condom makes anal sex with a condom even safer. It is better

not to put lube on your cock before putting a condom on. Lubricant outside the condom protects it from breaking and lessens the chances of anal tears and abrasions. Make sure the lubricant doesn't dry out during sex - add more if you need it.

Oral Sex

Condoms can also be used for oral sex – they provide extra safety no matter who's wearing it and whose mouth is on it. Flavoured condoms are available to make oral sex with a condom more fun.

The risk of transmitting infection during oral sex on a woman can be reduced with dental dams – thin latex sheets which can be laid onto your partner allowing you to lick through them.

You can also use dental dams for rimming either men or women. If you haven't got a dental dam, you can always take a condom, unroll it and cut it in one line from base to tip, and open it flat to use like a dental dam. NON-microwaveable Cling Film™ (the kind without holes) works too.

Condoms

You can get condoms, including flavoured ones, from shops, chemists, pubs and clubs, as well as free through the Healthy Gay Scotland website and GUM Clinics.

It's a good idea to keep condoms and lube in your wallet or your briefcase, in your jacket pocket or gym bag or to have them on hand at home by the bedside – wherever you can get easy access to them. Always having condoms and water based lubricant within easy reach doesn't mean you're always planning to have sex. It means you're planning on being safe, if and when you have sex! Remember to make sure the condoms are 'in date' and that the packet is undamaged.

Remember, you can use the same strength or thickness of condoms with men and women – a standard strength condom can be used for vaginal, oral and anal sex, and for anal sex lots of lubrication is necessary.

Putting on a Condom



Put the condom onto a hard cock, not a soft one. If you have a foreskin, pull it back first.



Squeeze the air out of the condom tip and roll the condom down to the base of the cock.



Apply lots of water-based lubricant, especially if you're going to have anal sex.

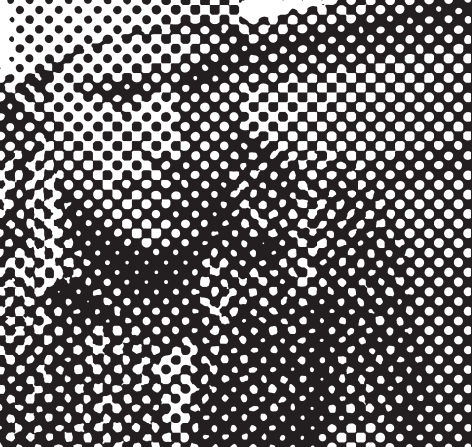


After cumming, hold the base of the condom to make sure cum stays in the condom as you withdraw.

*I live in the country & no one seems to
acknowledge men have sex with men here
– rural surgeries & libraries have so little
information about safe same-sex sex. Get real
– we need to keep safe too!*

Stevie, 36, Berwickshire





Infection: Sexually Transmitted Infections (STIs)

If you are having sex, especially if it's with more than one partner, a regular check up at the local GUM Clinic can detect infections early, leading to quick treatment with less chance of passing on any infection.

Signs and Symptoms

If you notice any of the following in yourself, or notice or are told about any of the following in your sexual partner, you AND your partner(s) should have a sexual health check up:

- * pain when pissing, brownish piss, needing to piss more
- * lumps, sores, blisters, swelling, or pain in or on mouth, throat, groin or genital areas
- * pain during sex
- * pain cumming, or brown, green, bloody, or smelly cum
- * yellowish skin
- * bugs in body hair
- * rash on, itching on, or discharge from, cock, arse or vagina

- * flu-like symptoms*

- * tiredness not normal for you or your partners*

*these last two are general symptoms and don't necessarily require a sexual health check up – they can be just flu or tiredness. However, if you think they could be associated with a STI, then it's worth checking out.

Infections

Some infections require both partners to be treated at the same time, whether or not there are symptoms. This stops passing the infection back and forth between one another.

Most infections – including Chlamydia, Gonorrhea and Syphilis – can be cured with antibiotics. However, they must be treated quickly, or else they can cause permanent damage, which stays with you or you partner(s) even if the infection is eventually cleared. Pubic lice, Scabies and Thrush are unlikely to cause

permanent damage, but still should be treated as quickly as possible. Up to the time you finish treating these infections, your partner(s) can still become infected.

Other infections, if you get them, are with you for a lifetime - including HIV (which causes AIDS), Herpes, Genital Warts and Hepatitis. These lifetime infections can be managed to minimize the harm they might do to you or your partner(s). You can also have a satisfying sex life while living with lifetime infections - organisations listed at the end of this booklet have information and advice about how to manage your health and relationships around a lifetime infection.

Taking Control

If you think you might have an infection, you can take control by:

- * not having sex which might put your partners at risk
- * seeking medical attention and advice quickly

- * communicating with any partner what the problem is
- * discussing how you and your partner(s) want to manage sex around the infection
- * becoming informed about what the infection means for you and your partner(s) through any of the support agencies listed at the back of this guide

If your situation is one where it's difficult or impossible to communicate with a sexual partner, it's still important to take all other steps to keep that person safe from infection. This applies whether your partner is your long-term partner or spouse when you're having sex with other people, or if it's a casual partner you might never see again.

If you get an infection – it may be the first time you talk openly and honestly with any partner about your sexuality and sexual health.

While this can be difficult, your partner's health is at risk as well as yours. People you are sexually involved with often appreciate honesty and openness when it comes to your health and associated risks, whatever other emotions they might feel and express about your sexuality or health. It's probably worth taking the risk of being open and honest early on with any partner, before having sex. However, even late is better than never.

Drugs Alcohol and Sex

Drugs and alcohol influence decision making around safer sex and condom use. They can lead you to take risks you might not normally take.

Drugs and alcohol can make you feel invincible. People often take them to boost their confidence. Drugs and alcohol make you feel good, often heightening the senses; they can also impair your judgement, making you more inclined to take risks you might not normally take when sober.

If you are about to take a risk with sex that you might not normally take, it's a good idea to ask yourself what you would normally do and whether you'll regret it in the cold light of day. If you're going out drinking, you might want to make sure you're carrying condoms and lube while you're still sober.

If you know that when you are drunk, or under the influence of any drug, you are likely to throw caution to the wind, then perhaps drink a glass of water or have a friend help pace your drinking. Easier said than done but it can help!

Genitals (what your bits are)

Good sex and sexual health depends on all your 'bits' being in working order. For this, it's important to know what your bits are and what they do – how else will you know if something is wrong or changes?

Cock

Your cock (penis) allows you to piss and cum (ejaculate), but you can't do both at the same time! Muscles at the base of the bladder prevent this happening. What you feel when you cum depends on your mood, psychological state, level of desire, relation to partner, drug or alcohol use, expectations, physical condition and time since last orgasm.

Hard-on

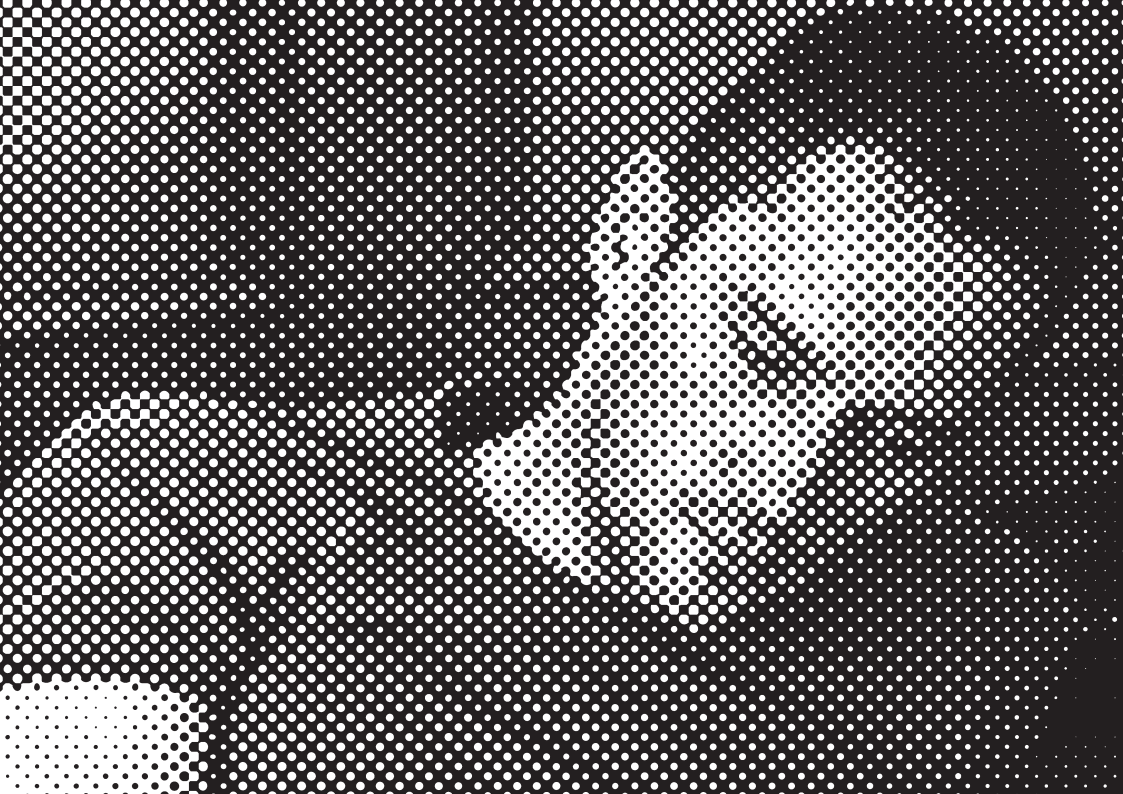
You get a hard-on (erection) when the tissue in your cock absorbs extra blood and the muscles at your cock's base tighten. While you can get hard by being turned on, other things like a full bladder, a bumpy bus ride, or even a sudden fright can make you hard.

Foreskin

The foreskin covers the cock head, usually only when it is soft. Some guys don't have one – it may have been removed by circumcision, for medical or religious reasons. If you or your partner do have a foreskin, it's important to wash underneath regularly to remove any smegma (white substance). If your foreskin's tight or difficult or painful to push back, you should check this out with your GP or ask someone at your GUM clinic.

Balls

Your balls contain your testicles, which make sperm and male hormones, such as testosterone. Your balls keep cool by hanging outside your body, which is better for making sperm. Sperm can travel fast – about 30 minutes after you cum, they can make a woman pregnant. They can also live for up to 10 days inside her body. It only takes one sperm cell to fertilize an egg!



Problems

If you notice a problem, or something's changed from normal, get things sorted as quickly as possible. A lot of support is available if you're worried about anything, from your GP or any of the organisations listed at the end of this pamphlet!

*I'm gay & occasionally sleep
with women. What's really
embarrassing is that I don't
really know that much about
contraception*

Andy, 29, Larbert

Testicular Self Examination (TSE)

Testicular cancer is the most common cancer in younger men. It's the number two killer of men aged 20-35 after car accidents. If caught early enough, 90% of the time it can be treated.

You and/or your partner should check your balls regularly for any changes – lumps, swelling or new hardness – best done after a shower or bath. Also check out any feeling of heaviness in your balls. The important thing is to have a wee grope. If you've any worries – go see your doctor or visit your nearest GUM clinic.

Prostate Examination

Prostate problems such as overgrowth and cancer become more common as you age. The best check for prostate problems is to visit your GP who can advise you how often you should be checked, and how the check-ups should change as you get older.

Pregnancy

For some, pregnancy is unplanned. If you're in this situation of unplanned fatherhood, organisations listed at the end of this guide can offer advice and counselling about options, including helping you communicate with your partner and helping you sort out what's best for you, your partner and the baby.

On the other hand, about 1 in 6 couples trying to have a baby have difficulty. If you are trying to have a baby and after 6 months it hasn't happened – it's appropriate for both you and your partner to seek help. There are many different reasons, including previous STIs, low sperm count or low motility, which in turn can be affected by drugs, alcohol and smoking.

Hard-ons

Not having a hard-on when you want to (erectile dysfunction) is experienced by all men at some time. Mostly it's just a short term thing, usually caused by some external factor like nervousness or stress or too much alcohol or drugs – even smoking can affect hard-ons.

If not having a hard-on becomes more long term, you should seek help or advice. For most men the problem turns out to be psychological – something as simple as stress elsewhere in your life could be the cause.

Viagra is a drug you've probably heard of in association with erectile dysfunction. It's something you may find easily available and want to try, but like any medication should only ever be taken in consultation with your doctor.

Cumming

When you take ages to cum it's called 'retarded ejaculation'. When you cum sooner than you'd like it's called 'premature ejaculation.' Cumming too soon or taking ages is usually only problematic if it's not what you or your partner want. Rarely is either due to a physical problem. However, you can learn techniques to help you or your partner have more control over cumming. Your GP, or any of the organisations listed at the end of the guide, should have more information, and can check you out to make sure nothing more serious is the cause.

Desire

Everyone goes through phases of feeling more or less sexual than normal. If you're in a phase which starts to repeat or becomes more long term, and you feel unhappy about it, then think about getting help or advice.

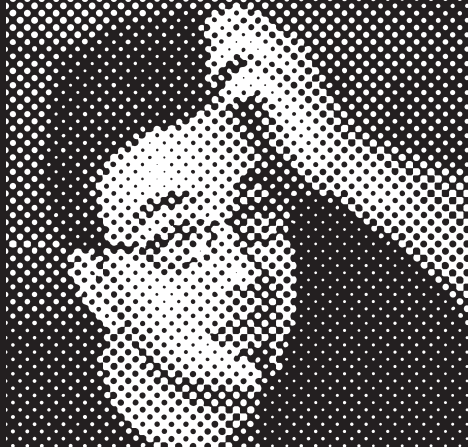
'Sexual Avoidance' is when you are scared or nervous about sex for a long time or you avoid sex because of discomfort. Sometimes this can be caused by bad previous experiences of sex. 'Sexual Compulsion' is when you can't stop thinking about or seeking sex, and perhaps regularly you find yourself in situations you regret later.

*Sometimes I wish I wasn't bisexual – everyone else seems to think I'm living a lie –
but the lie would be pretending I'm gay or straight.*

James, 38, Edinburgh

Help and Resources

Sexual Health is about more than not catching and passing on infections. It's about feeling good about yourself and what you choose to do. Sometimes this means that you need to talk to support services and professionals. What follows is a short list of contacts and organisations which can give you more information or refer you on to others who can.



Bisexual Specific

Bi Scotland – www.biscotland.org

Social and support for bisexuals and those questioning their sexuality

Bisexual Resource Guide – www.biresource.org

Resources on bisexuality worldwide

Jennifer Moore's Guide to Bisexuality – www.uncharted-worlds.org/bi/index.htm

Lesbian, Gay, Bisexual and Transgender (LGBT) Organisations

LGBT Youth Scotland – www.lgbtyouth.org.uk

Social and support for under 26s

LGBT Centre, Health and Wellbeing – www.lgbthealth.org.uk – 0131 523 1100

9 Howe Street, Edinburgh EH3 6TE

Promotes healthy lifestyles and gives access to health services for LGBT people in South-East Scotland

Glasgow LGBT Centre – www.glgbt.org.uk – 0141 221 7203

11 Dixon Street, Glasgow G1 4AL

Community centre hosting various LGBT Groups and café bar

Newcastle NHS Trust GUM – www.gumnewcastle.nhs.uk
Useful 'self diagnosis' web page and 'What's OK' section

PHACE Scotland – www.phacescotland.org

Waverley Care – www.waverleycare.org – 0131 226 2206
Supports People with HIV in Scotland

GUM Clinics and HIV/AIDS Counselling

For services not listed and closer to you, contact any of the national organisations listed below.

Healthy Gay Scotland – 0131 558 3713 – www.healthygayscotland.com
Offers a free condoms-by-post service

Gay Men's Health – 0131 558 9444 – www.gmh.org.uk
Not just for gay men- also bisexual men

Aidsmap – www.aidsmap.com

National AIDS Trust – 0207 814 6767 – www.nat.org.uk

British Association of Sexual Health – www.bash.org.uk

Aberdeen GUM – 0122 464 1104

Edinburgh GUM – 0131 536 2103 – 0131 536 4444 (Wed evenings)

Glasgow GUM – 01463 704202

Inverness GUM – 01463 704202

Contraception and Pregnancy

Family Planning Association (FPA) Scotland – 0141 576 5088 – www.fpa.org.uk

British Pregnancy Advice Service – 0845 730 4030 – www.bpas.org

Marie Stopes – 0845 300 8090 – www.mariestopes.org.uk

Couple Counselling Scotland – 0845 119 6088 – www.couplecounselling.org

Produced by



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