

# Safe Zone

*Knowledge*



*Power*

## Safe Zone: For Gay, Bisexual and Men Who Have Sex With Men (MSM)

Men within these groups often find themselves looking for sex in clubs, bath houses, parks, public washrooms or on chat lines over the internet. This pamphlet has been created to educate yourself about terms, resources and support services available to help you get the facts necessary to make informed choices.

### *Things you can do to stay healthy*

- Make sure you always have condoms and lube with you.
- If you leave the club with someone who is unfamiliar to you, make sure you let a friend know and if possible introduce your friend to the person you have connected with.
- Be cautious about using recreational drugs and alcohol – they might affect your thinking and decision making.
- Never make assumptions about another persons health status pertaining to HIV and other sexually transmitted infections
- Avoid brushing or flossing your teeth at least one hour before engaging in oral sex.
- Practice safer sex and needle use.
- If you frequent bath houses, avoid body shaving before having physical and sexual contact with someone.
- Practice good hygiene such as hand washing, avoid alcohol-based hand sanitizers, check for sores, rashes or pimples and shower between each sexual encounter.

### What Assistance is available to you?



#### Northern Healthy Connections Society (NHCS)

NHCS serves northern Nova Scotians infected and /or affected by HIV/AIDS. The organization also works closely with the GLBT community by providing support and resource material on health related concerns. NHCS head office in Truro has an extensive resource library, in addition to internet access for those wanting to search for treatment and educational resources online. For more information, call 902-895-0931.



**Northern Healthy Connections Society**  
33 Pleasant St. Truro, NS B2N 3R5  
Northernaidsconnectionsociety.ca

 [www.facebook.com/nhcsns](http://www.facebook.com/nhcsns)

 @NHCsociety

# Staying ahead of the situation...keep informed!!!

- Take an active role and engage in positive dialogue when it pertains to your health
- Search out a HIV and gay friendly family physician
- Make a list of things you want to discuss with your doctor
- Keep in mind that you should not feel ashamed if you are engaging in casual or public sex
- Remember that negative views still exist pertaining to sexual activity between men
- Learn about where you can access mental health services if necessary
- Be conscious of the space where you are, such as parks, public washrooms, security cameras, etc
- Educate yourself about your rights
- Be discrete, especially when you are engaging in sexual activity in a public location
- Don't leave used condoms on the ground or make a mess
- Try not to take rejection too hard, the person you are cruising just might not be interested – it is not all about you !
- Maintain written history of meds
- Have fun and play safe



## Learn the Lingo– Some Terms Which You will Need To Know

**Hooking up / Connecting:** is meeting someone for casual sex

**Public Sex:** engaging in a sexual activity in a public place such as park, washroom or parking lot

**Blow Job:** performing oral sex or sucking another person's penis (cock/dick), or having someone perform oral sex on you

**Barebacking:** engaging in anal intercourse without a condom

**Casual Sex:** having sex without any commitments or obligations

**Top:** the person who penetrates or inserts the penis in another person's anus (ass)

**Bottom:** the person on the receiving end of penetration during anal sex, having someone put a penis inside your anus (ass)

**Cruising:** refers to when you actively seek casual partners for sexual activity

**Group Sex:** when two or more people are engaging in sexual activity

**Rimming:** performing oral sex on another person's anus (ass)

**Deep Throating:** taking another person's penis deep to the back of your throat – (taking it deep)

**Trans:** someone whose gender (internal identity) does not match what appears on the outside (physical identity)

**Bear:** a gay man that has a lot of body and/or facial hair. Bears are considered to have "cuddly" bodies.

**Butch:** the term butch often refers to a gay man that has either a masculine appearance or mannerisms.

**Docking:** is known as placing the foreskin of one penis over the penis of another partner followed by masturbation of both penises simultaneously

**Trick:** a one night stand or anonymous sexual partner