

To see other RelationTips, and to add your own, visit www.metromate.org.uk/relationtips For advice on HIV & AIDS call THT Direct on 0845 122 1200.

GMFA projects are developed by positive and negative volunteers. To volunteer or donate call 020 7738 6872 or go to www.gmfa.org.uk Charity no. 1076854. Part of the London Gay Men's HIV Prevention Partnership.

