

Graphic Communication:

The design of HIV/AIDS health promotion ephemera

Siân Cook: www.hivgraphiccommunication.com

GRAPHIC COMMUNICATION

A UK HIV/AIDS Design Archive

Testing Summary PDF

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HIV Testing

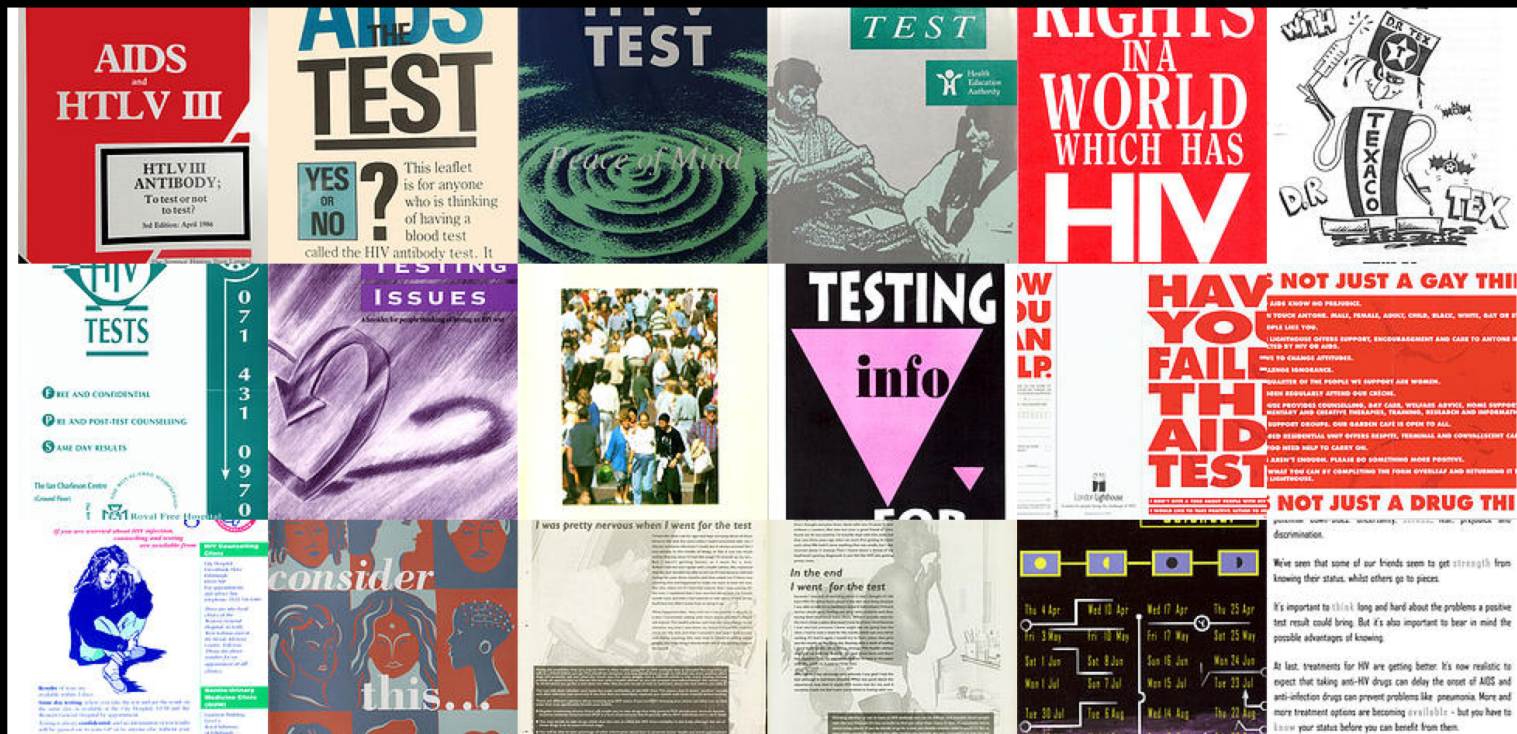
Condoms

Drug Use

HIV+ / PWA

Contact

This site is a work-in-progress. More topics to be added.





"HAVE YOU GOT SOMEONE TO PUT YOUR SOCKS ON?"

"Wear a condom - me? It's like having a bath with your socks on!" Not if someone puts them on for you!

Condoms, dures, French letters, sheaths, rubbers etc., can be a fun part of your sex life and they show you care.

They help protect you against AIDS and other sexually transmitted infections, cancer of the neck of the womb, and, of course, pregnancy.

They're available in so many places, like chemists, pub toilets and they're free from Family

Planning Clinics. (They're even safer when used with a spermicidal jelly).

So put your socks on, be dressed for the occasion. Use a condom.

Protect yourself...and the one you care for.

THERE IS NO CURE FOR **AIDS**

IF YOU ARE HAVING SEX
BE AWARE OF THE RISKS . . .

FUCKING IS DANGEROUS:

If you continue to fuck, **condoms** may offer some worthwhile protection.

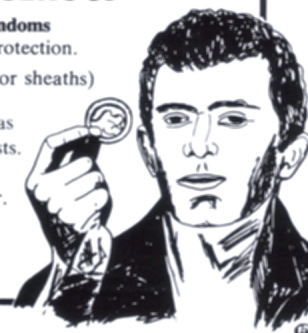
When using condoms (rubbers or sheaths)

ALWAYS remember to use a water-based lubricant such as **KY** or **121**: available at chemists.

DON'T use **VASELINE** or **OILS** as they split the rubber.

DON'T use spit.

USE A NEW CONDOM EVERY TIME.



PUBLISHED BY

THE
TERRENCE HIGGINS TRUST
— BM AIDS, LONDON WC1N 3XX. —

HELPLINE 01-833 2971

The leaflet is published by THE TERRENCE HIGGINS TRUST, ENGLAND.

THE TERRENCE HIGGINS TRUST acknowledges THE VICTORIAN AIDS COUNCIL, AUSTRALIA for the use of the colour photograph overleaf.

“People are entitled to clear, unambiguous information, which takes them and their lives seriously”.

Simon Watney (1992) ‘Visual AIDS’ in Eye, No.6 Vol.2 p.44.

- **Gay men**

Sex

Condoms

Identity

Community

Relationships

Testing



Safer
SEX
for
GAY
MEN

Safer
SEX
Activities

It's important to remember that sex has never been totally risk free but a lot of activities carry no risk of transmitting HIV. Here are some of the more obvious ones:

Kissing

You cannot contract HIV by ordinary kissing and there is no conclusive evidence that it is transmitted by deep, French kissing even though the virus has been found in saliva. However, **theoretically** it is possible to be infected from deep kissing.

Masturbation
(often called wanking)

Masturbation alone or with your partner is safe. You can ejaculate anywhere on his or your skin surfaces so long as semen which may contain the virus does not come into contact with open cuts or sores your partner might have.

Oral sex

There is no risk if you are the person who is being sucked. But if **you** are doing the sucking and you have cuts or sores in your mouth, there may be some risk. If you want him to ejaculate in your mouth it is safer if he wears a condom. Oral sex, without getting pre-ejaculatory fluid (pre cum) or semen in your mouth may be safe, however no one is absolutely sure.

NB: The spermicide on some condoms may irritate the throat.

Digital intercourse
(usually called fingering)

Sucking fingers is safe but if you intend to finger the anal passage, keeping your nails short will avoid damaging delicate areas like the lining. It is best not to finger if you have open cuts or sores on your hands, even if covered with a plaster.

Massage

Massage is a relaxing, safe and enjoyable activity. If you use oils to enhance the experience make sure you don't let any oil-based lubricants get into or onto condoms as they will perish the rubber.

Frottage
(usually called body rubbing)

Rubbing your bodies together is perfectly safe. If you ejaculate, it is still safe so long as semen which may contain the virus does not come into contact with open cuts or sores your partner may have.

AIDS CAN AFFECT ANYONE



AIDS. EVERYONE NEEDS TO KNOW THE FACTS.

Call the free National AIDS Helpline on 0800 567 123 (24 hours).



Printed in England 1H330/60m

任何人都可能受到愛滋病(AIDS)的影響

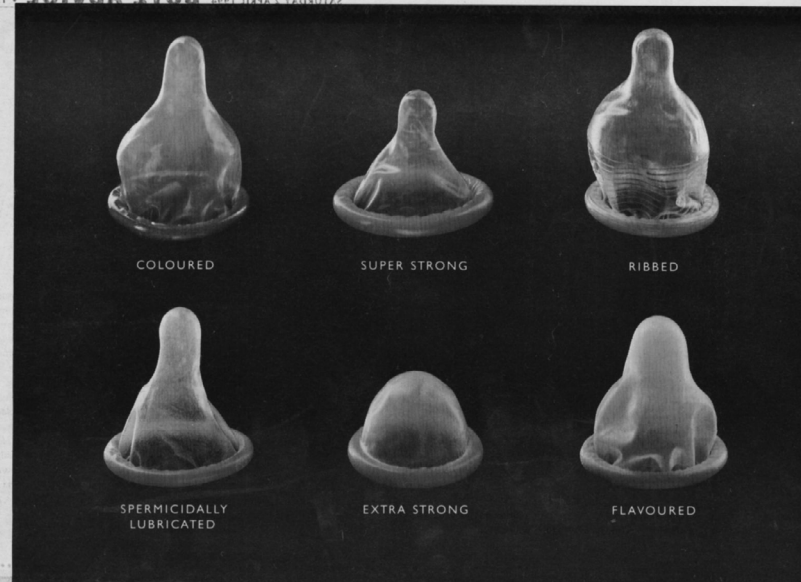


愛滋病 (AIDS)-- 人人都需要瞭解 有關的事實

請用免費電話“全國愛滋病協助專線”·粵語專線: 0800 282 446 英語專線: 0800 567 123 (每天24小時)



Printed in England 1H330/60m



Which one? It depends what you're going to use it for.

Whatever you're going to use them for, always try to buy condoms that are kitemarked. That way you know they have been tested to the highest standards.

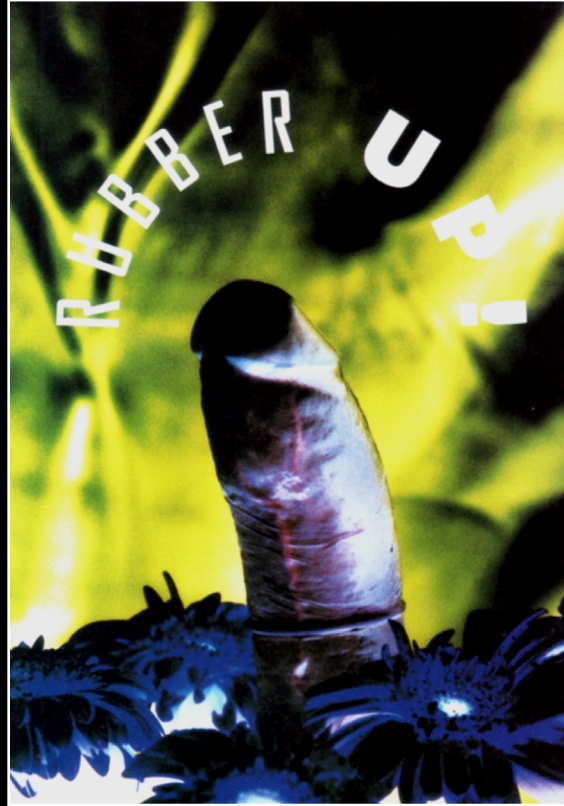
For anal sex you should choose the strongest condoms such as Durex Extra Strong, Mates Super Strong or HT Special. Anything else may not be up to it. It's also a good idea to use a lubricant, but make sure it's water based as anything that has oil in it will damage a condom.

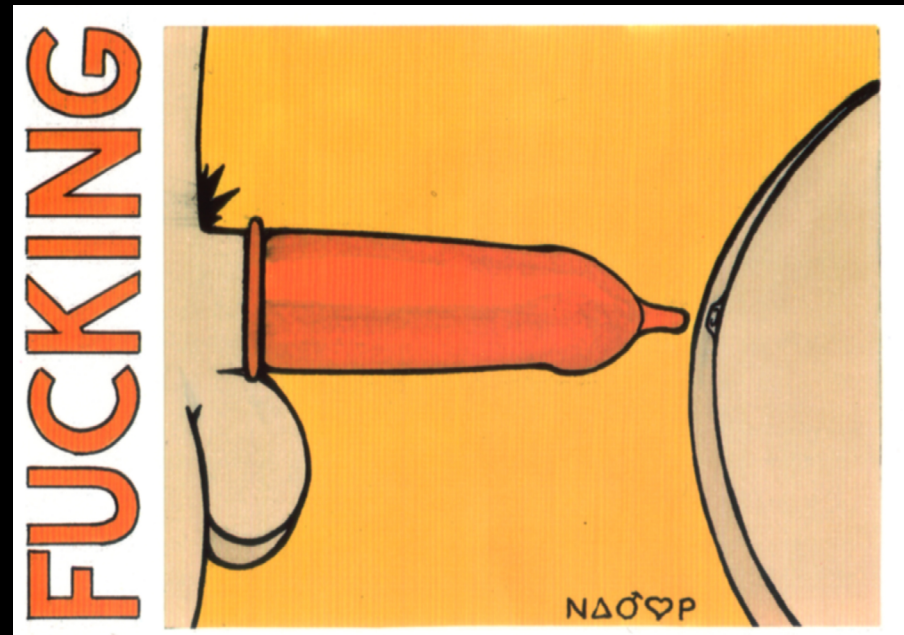
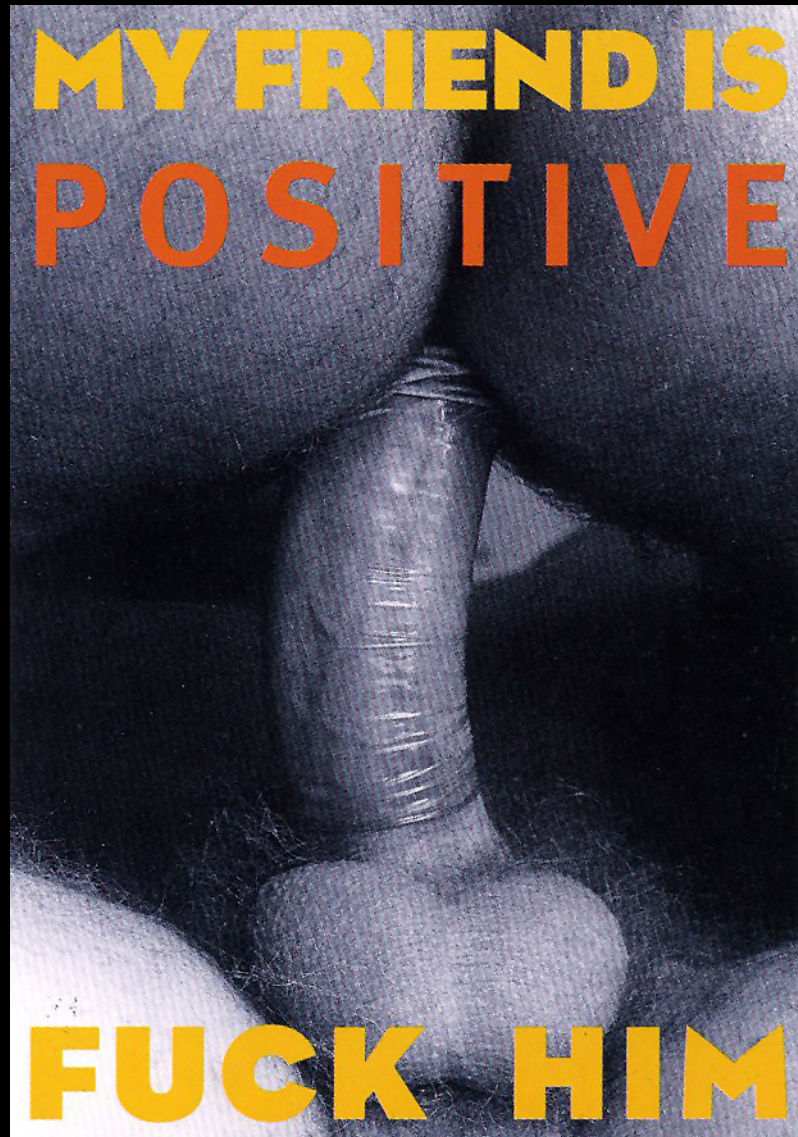
If you want to use a condom for oral sex, any one will do, although the flavoured ones taste better than most.

If you have any questions about safer sex, call one of these numbers for helpful advice from people who are easy to talk to. The National AIDS Helpline free on 0800 567 123, The Terrence Higgins Trust on 071 242 1010 or London Lesbian and Gay Switchboard on 071 837 7324.



The HEA recognizes that the above statements are the property of the makers or suppliers of the products.







condoms

do make a difference

OK so we know they can get in the way - you can't feel as much, and they're awkward to put on

but properly used every time with plenty of WATER BASED lube they're the only protection we've got against HIV and other sexually transmitted diseases

IF YOU'RE GOING TO fuck... MAKE SURE YOU ARE REALLY WORKED UP AND HARD...

...it makes it easier to get a condom on. If your dick gets soft - work up some steam and put a new one on later. Try practicing when wanking yourself off.

BE CAREFUL with your teeth and finger nails, as a torn condom is a useless condom. Squeeze the end to make space for the cunt, and roll right down the shaft.

Take some lube and start to gently work it up his arse. The more relaxed he is, the more pleasure he'll get and the less likely the condom is to split.

Use more lube if you need to.

Once you've done your stuff, hold the rubber at the base of your cock when pulling it out. You don't want to lose it up his arse do you?

DON'T leave the rubber lying around for pets or children to find as there is a risk of suffocation. Putting it down the toilet can be very boring as it bobs up defiantly to the surface even after the seventh flush. Wrap it up in some tissue and put it in a rubbish bin. Stick on the kettle, throw him out unless you want more...

condoms
use a really strong condom for fucking like
DUREX ULTRA STRONG
MATES SUPER STRONG
HT SPECIALS
GAY SAFE
other condoms aren't strong enough for fucking like

GO FOR IT

Lube
use plenty of water-based lube like
KY
WET STUFF
LIQUID SILK
SUTHERLAND
because oil-based lubes like vaseline, baby oil and margarine will rot rubber

Always use a strong condom lubricant when fucking on

Choose a strong condom Ultra Strong, Mates Super Strong, HT Special, Boys Own, Gay Safe or Guard Forte. Always check the expiry date. Carefully open the packet, do not use your teeth.

Make sure the condom is the right way round - squeeze the air out of the top of the condom and roll it all the way down your erect cock. If you have a foreskin, remember to pull it back first.





Apply plenty of water-based lubricant to arse and cock. Never use oil-based products such as Vaseline, baby oil or body lotion as they will quickly rot the rubber. Always use water-based lubes such as KY, Sutherland Health, Liquid Silk, 1 to 1, Silk, Boots Own & Foreplay.

Check the condom is okay as you fuck. When you cum, withdraw holding the condom at the base of your cock. Dispose of a used condom carefully. Do not put it down the toilet.

Happy horny safer sex shaggin'

For further information & advice on AIDS/HIV & STIs
National AIDS Helpline
Terrence Higgins Trust
and Gay Switchboard





Hot Sex


Wrapped and Ready!

Inside:
Slippery When Wet
Gang Bangs
Safe, Sound and Ploughed
Getting It On

18

WARNING:

This booklet contains sexually explicit material. Strictly for adults only.



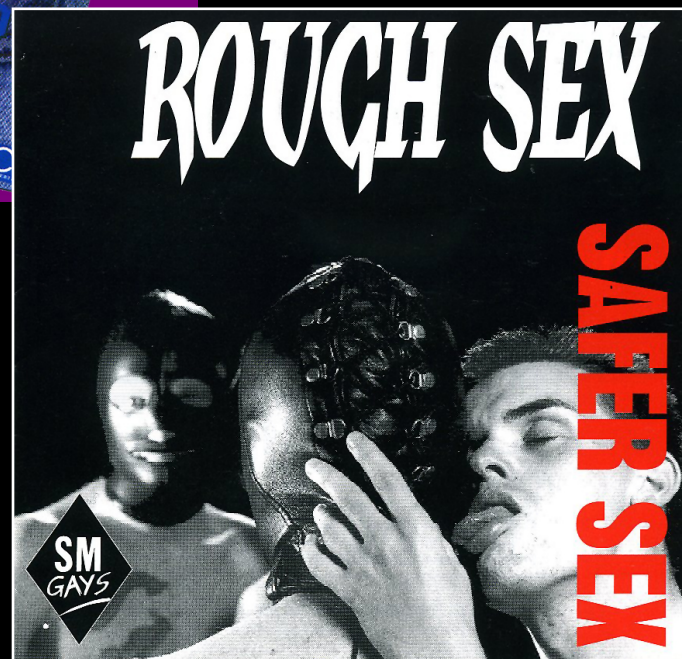
Packed with
hot and sexy tips!

Better Sex for Gay Men

AVAILABLE HERE

Funded by the Pan London HIV Prevention Programme. www.gmfa.org.uk





“The act of selling ...is actively inextricably bound up with a process of actively defining the role and identity of the buyer; advertisements create a space for the viewer within which she/he inserts her/himself in relation to the product”.

Rhodes, T. & Shaughnessy, R. 1990 'Compulsory screening: advertising AIDS in Britain, 1986-89' in Policy and Politics, No.1 Vol.18 p.56.



Jean Baptiste Mondino

THEY DON'T HAVE SAFER SEX JUST BECAUSE IT'S SAFER.

FOR FURTHER INFORMATION PICK UP A SAFER SEX LEAFLET AVAILABLE FROM GAY BARS AND CLUBS. FOR CONFIDENTIAL ADVICE FREEPHONE THE 24-HOUR NATIONAL AIDS HELPLINE ON 0800 567 123.



A34P

Image courtesy of the Department of Health and Social Security



"I'm HIV positive, I just assumed he was too. He never mentioned condoms."
 "I think I'm negative. I assumed he was also, he didn't use condoms.
 If he had HIV he'd say... wouldn't he?" **ASSUME NOTHING.**

The Terence Higgins Trust
 Helpline 0171 242 1010
 CHAPS
 20 years ago, the 1987
 20th Anniversary logo



Unprotected? Worried about getting HIV? Ever thought you might
 be passing it on? **ASSUME NOTHING.**

HIV & AIDS are a threat to our community. Since the beginning of the epidemic, we have been leaders in providing services, caring for each other, and fighting discrimination. As Gay men, we have the **same right to life as anyone.** This right includes protecting ourselves.

HIV (the virus that can cause AIDS) can only be passed between men when infected blood or cum go from one person's body into another's body in a small number of ways. **The biggest risk for Gay men comes from fucking or being fucked without a condom.** If you're into fucking, always use a strong condom (e.g. Gaysafe, Durex Ultra/Extra Strong) and plenty of **water-based lubricant** (e.g. KY, Sutherland). Oil-based lubricants like vaseline or baby oil will damage the condom and may cause it to split.

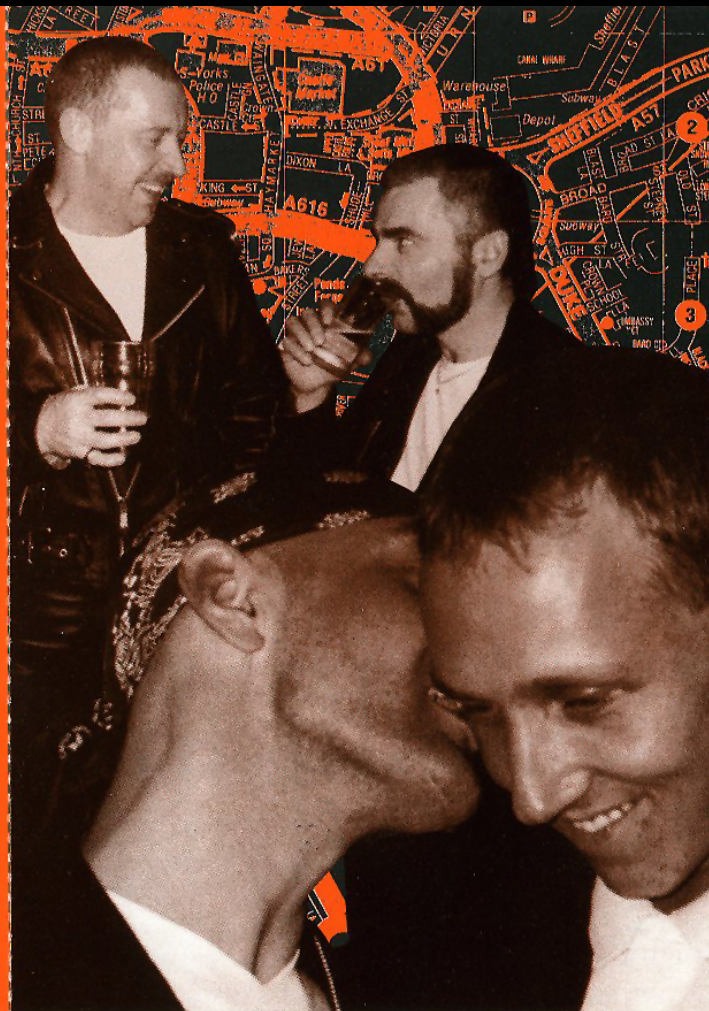
GAYMEN

Using condoms for fucking can also help protect you from other sexually transmitted diseases.

A lot of Gay men are worried about the HIV risk involved in **sucking cock.** Fortunately **the risk is LOW.** The risk may be higher if you let him cum in your mouth and you have bleeding gums or sores. If you are concerned, you may choose to use a flavoured condom (e.g. Durex minty) which will also help to protect you from other sexually transmitted diseases.

Rimming (licking arse) is safe in terms of HIV as long as there's no blood around. But you may come into contact with other infections, like hepatitis B (get vaccinated against HepB at the local GUM clinic).

If you're injecting drugs, sharing needles and syringes can put you at risk of HIV. Check out the local exchange scheme at **Rockingham Drug Project** for free works.



We're not all into the same type of sex. **CHOICE**
Good sex is about **CONSEN**

We have the **right** to ask for the type of sex we want. Talk about it with your partner(s). The more you talk, the easier it

Safer sex isn't always easy, especially if we're not feeling about ourselves. We deserve to take good care of ourselves those we care about.

Having safer sex every time is one of the most important ways to express **pride in ourselves and our community.**

Young, Old, Black, White, On the Scene, Off the Scene, HIV-Positive, HIV-Negative, Hunky, Slim, In a relationship or not, Leathermen, Drag, Bears, Uniform, Rubbermen, Divas, Vanilla, Fashion-victims, Cottage queens, Rebels without a cause...



Whoever we are, whatever we're into, it's up to all of us to protect ourselves and our community.

Use condoms and

build a future

tools of the trade,
condoms & lube

Gay Men Fighting AIDS

fight back

condoms are crucial,
use'em with lube

Gay Men Fighting AIDS

semen kit

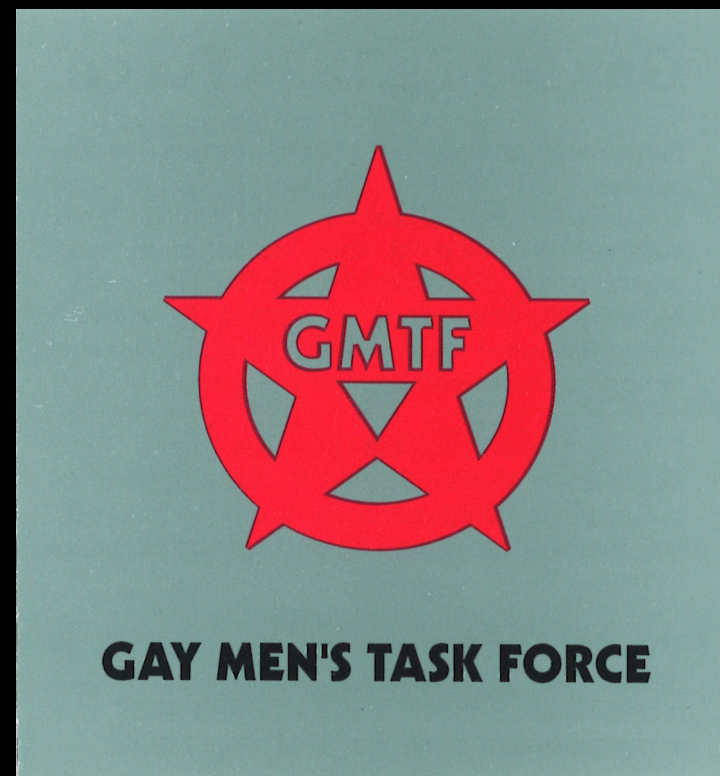
whenever you dock,
use condoms & lube

Gay Men Fighting AIDS

conquer AIDS

the safest weapons,
condoms & lube

Gay Men Fighting AIDS

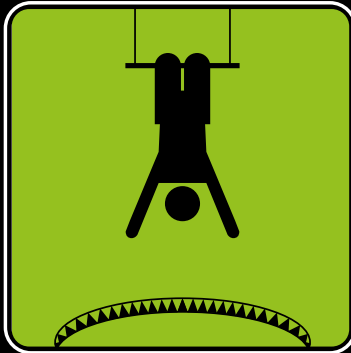


How HIV transmission works: HIV Status



Howard was pretty sure that he wasn't going to catch HIV this way

How HIV transmission works: Sex & Risk



Howard was aware that some acts were riskier than others

How HIV transmission works: Oral Sex



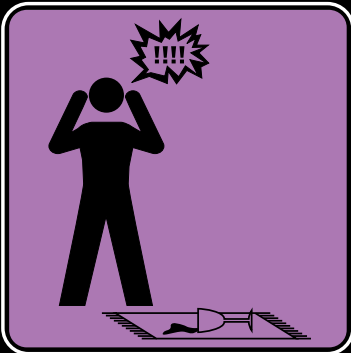
Howard wasn't sure how risky a blowjob was

How HIV transmission works: Fucking Men



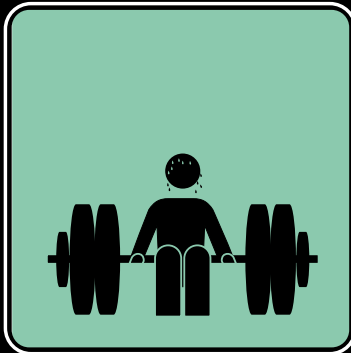
Being on top wasn't enough to keep Howard completely safe

How HIV transmission works: Getting Fucked



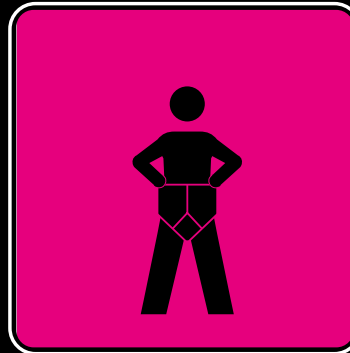
Fluids were a matter of some concern for Howard

How HIV transmission works: Viral Load



Howard was concerned about the size of his load

How HIV transmission works: Viral Load



Howard knew that many things can go up or down rapidly

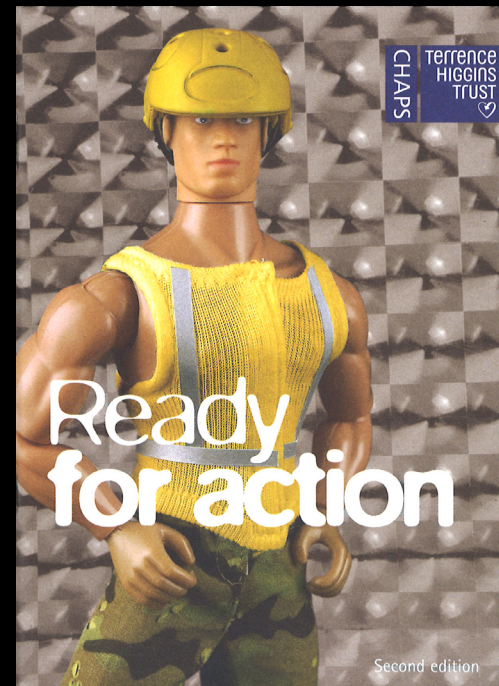
How HIV transmission works: Toys & Fisting



Howard hadn't realised what kind of party it was going to be

GET READY FOR ACTION

a gay man's guide
to safer sex



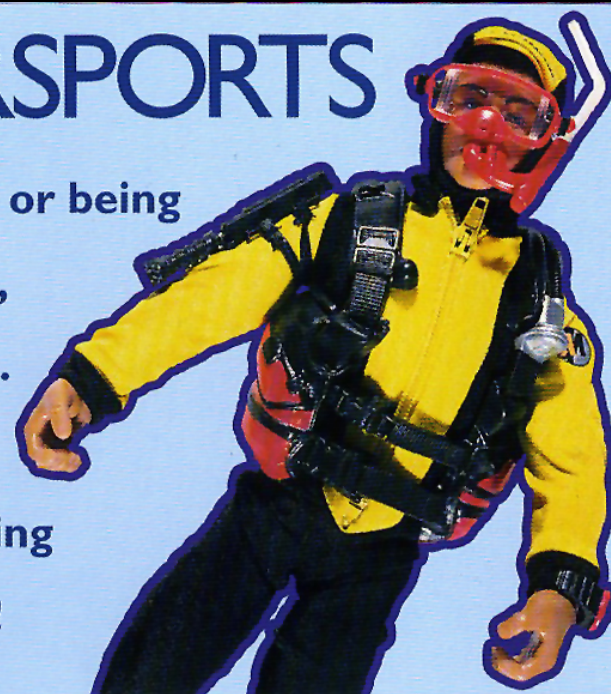
Role-playing, spanking, wrestling, tit torture, handcuffs, etc are all safe, and you may be surprised how many guys are really turned on by them. Experiment and have fun, but make sure you're comfortable with it, and with your partner.

BONDAGE/SM



WATERSPORTS

Pissing on a guy or being
pissed on is safe,
horny and wet...
you could
always try keeping
your clothes on!





CHOOSE SAFER SEX

FOR CONFIDENTIAL ADVICE YOU CAN RING: THE NATIONAL AIDS HELPLINE (FREE) 0800 567 123, TERRENCE HIGGINS TRUST 0171 242 1010,
LONDON LESBIAN AND GAY SWITCHBOARD 0171 837 7324, OR LOOK IN YOUR PHONE BOOK FOR A LOCAL HIV AND AIDS HELPLINE.



HAMILTON HOUSE, MARLBOROUGH PLACE, LONDON WC1H 7ET

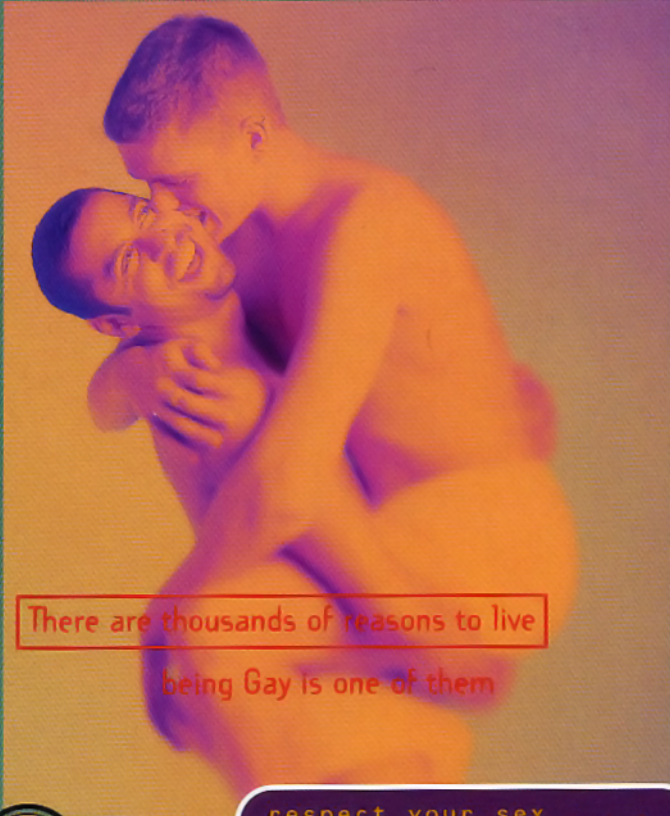


**CHOOSE
SAFER
SEX**

FOR CONFIDENTIAL ADVICE YOU CAN RING: THE NATIONAL AIDS HELPLINE (FREE) 0800 567 123, TERRENCE HIGGINS TRUST 0171 242 1010,
LONDON LESBIAN AND GAY SWITCHBOARD 0171 837 7324, OR LOOK IN YOUR PHONE BOOK FOR A LOCAL HIV AND AIDS HELPLINE.



HAMILTON HOUSE, MARLBOROUGH PLACE, LONDON WC1H 7ET



There are thousands of reasons to live
being Gay is one of them

hg
respect your sex
use condoms & lube

The image shows two men in a warm embrace, smiling. The man on the left is wearing a white shirt, and the man on the right is shirtless. The background is a soft, out-of-focus indoor setting. The text is overlaid on the image in a white box.



Care for yourself and each other

hg
respect your sex
use condoms & lube

The image shows two men in a warm embrace, smiling. The man on the left is wearing a white shirt, and the man on the right is shirtless. The background is a soft, out-of-focus indoor setting. The text is overlaid on the image in a white box.

whoever you
drag back

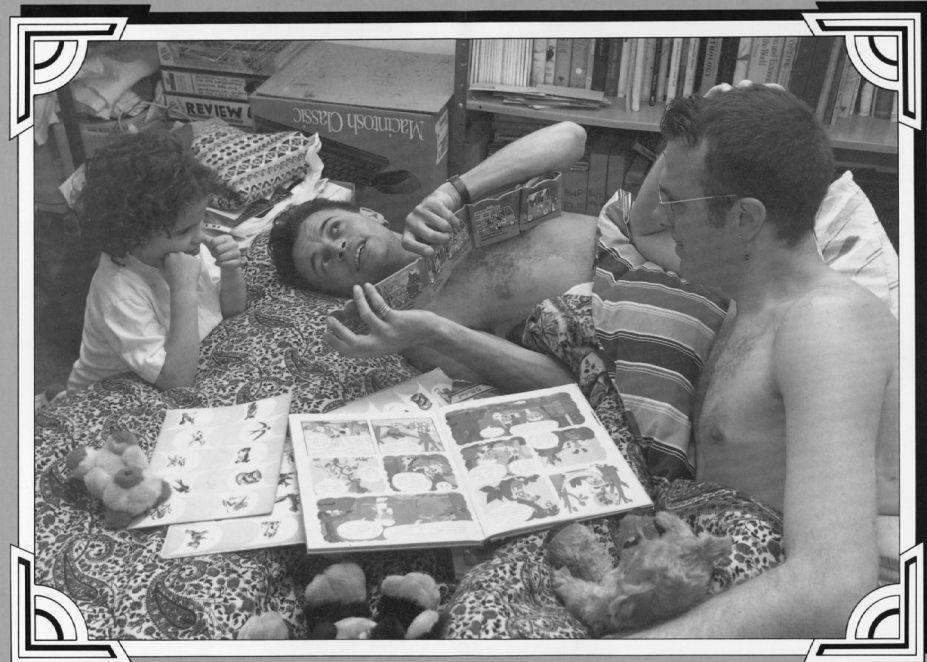


shag safely

For more information about HIV or safer sex phone 0116 254 1747



Sunday morning

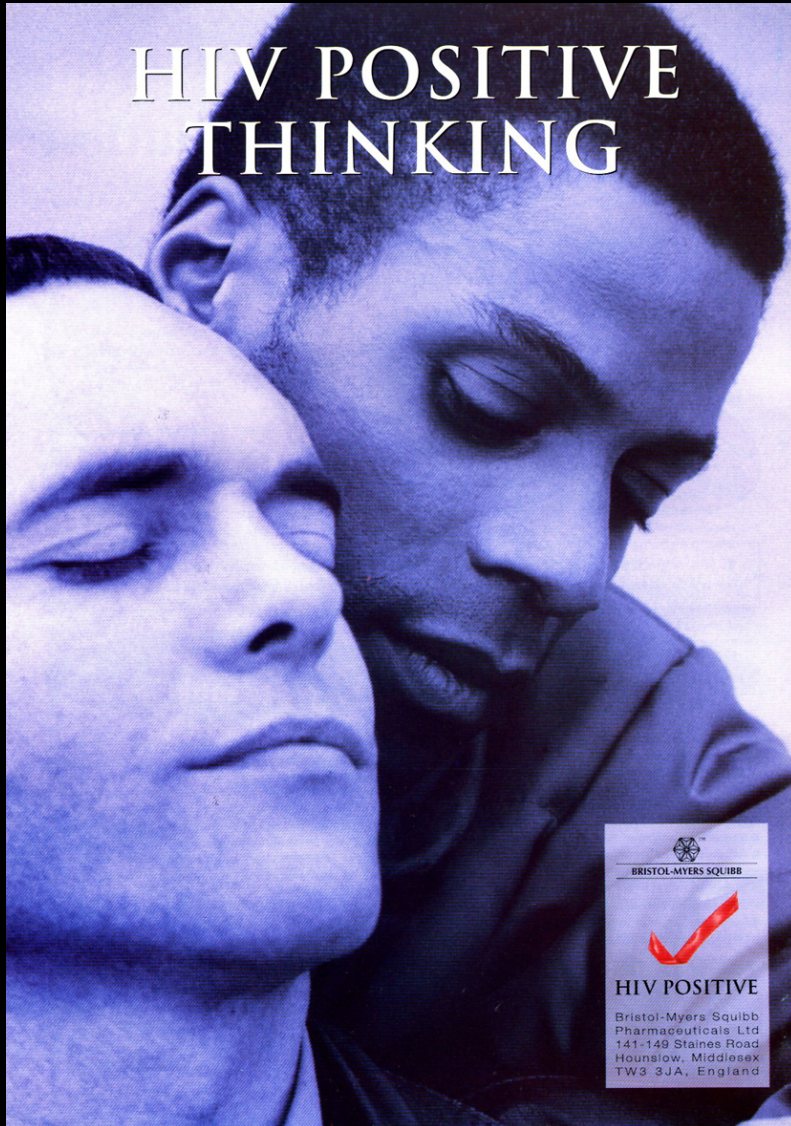


time for the family

For more information about HIV or safer sex phone 0116 254 1747



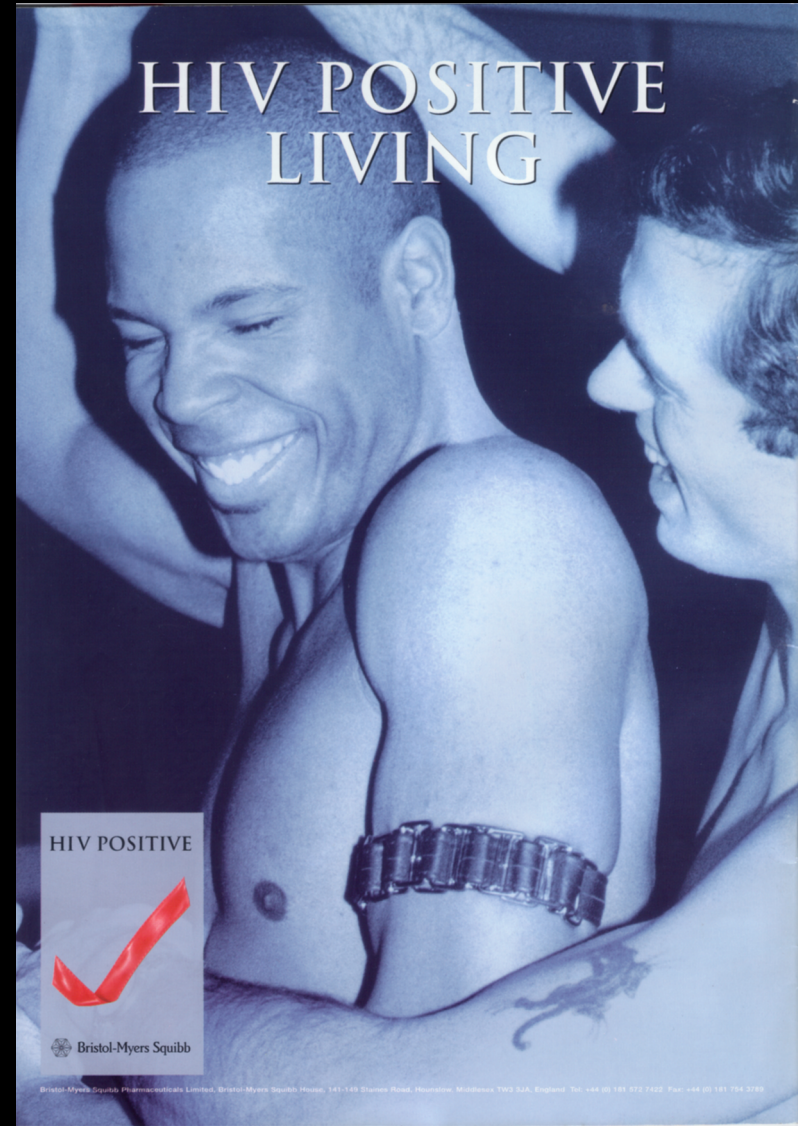
HIV POSITIVE THINKING



HIV POSITIVE

Bristol-Myers Squibb
Pharmaceuticals Ltd
141-149 Staines Road
Hounslow, Middlesex
TW3 3JA, England

HIV POSITIVE LIVING



HIV POSITIVE



Bristol-Myers Squibb

Bristol-Myers Squibb Pharmaceuticals Limited, Bristol-Myers Squibb House, 141-149 Staines Road, Hounslow, Middlesex TW3 3JA, England. Tel: +44 (0) 181 572 7222 Fax: +44 (0) 181 754 2783

RelationTips 2



The thought of forever used to freak me out, but now I don't think about it. I take it one day at a time and try to make each day as good as I can.

I can't change him. He's stopped leaving dishes in the sink, but he's still a stay-at-home type and I'll never turn him into a party animal. You've got to enjoy him the way he is or move on.

He assumed we were both HIV negative, but I've taken risks in the past. I'd want to test before we stopped using condoms and even then I'm not sure if we should. We want to be monogamous but I know I'd find it hard to tell him if I did slip up and I don't want to put him at any risk.

Photo posed by models. Photography: ChrisJepson.com

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.

GMFA
the gay men's health charity

When you find a boyfriend can you lose the condoms?

Use condoms until you've both tested
negative. And keep using them if you're
having sex with others.

For a step by step guide to safety
in relationships, visit: gmfa.org.uk/xxxx
or call: THT DIRECT > 0845 12 21 200



an hiv test?

Recent developments in the medical treatment of HIV infection have increased the pressure on many gay men to take an HIV test.

What is often overlooked are the complex issues around knowing your status (positive or negative) and its impact on your life as a gay man.

You can talk this through with a gay male counsellor, with the option, but no obligation, to test.

Call Jim on 0181-905 9779 for an appointment.



**this is not a
simple question**

**Barnet
Healthcare**
— NHS TRUST —

AIDS Education Unit, Colindale Hospital, Colindale Avenue, London NW9 5QH

I was pretty nervous when I went for the test

I'd had this chest cold for ages and kept worrying about all those times in the past few years when I hadn't practised safer sex. I did use condoms whenever I could, but it always seemed like I was already in the middle of things or like it was too much bother. Anyway, since I'd had this cough I'd cleaned up my act... But I wasn't getting better, so I went for a test. Before I had the test I spoke with a health advisor. She explained that the test wouldn't be able to tell me if I had become infected during the past three months and then asked me if there was anything that had happened to make me want to have the test. She also asked me if I had told anyone that I was coming for the test. I explained that I was worried about how my friends would react and that I had wanted to talk about it with an ex-boyfriend but didn't know how to bring it up.

What happened after they told me I was positive is all a bit of a blur. I remember talking with them about whether I should tell anyone. The health advisor said that the only change in my situation was that I now knew my status—I'd had HIV before I came for the test and that I shouldn't feel that I had to rush into doing anything. She said that in terms of telling other people, the main thing I should think about was getting support for myself.

Facing the possibility that you may be HIV+ is what makes going for an HIV antibody test so stressful. You may want to talk to a friend before you go. This should be someone who you would trust enough to tell that you were positive—since they will probably ask you what the result was. For many people, this is difficult—which is why many testing centres provide an opportunity to discuss the test with a health advisor so you can prepare yourself—whatever the results may be. If the place you go for a test does not offer this, be sure to ask to talk to someone about the test before you take it.

The test will show whether your body has made antibodies to the HIV virus. This means that it shows "positive" results well after infection has occurred. If you feel that you have been exposed, you should wait three months before testing.

There are different opinions about knowing your HIV status. If you are HIV+ knowing your status can allow you to take steps that may significantly benefit your health.

- Regular monitoring of your blood will enable you to take drugs that help prevent PCP should your immune system become seriously compromised (PCP is a form of pneumonia that frequently affects HIV+ individuals and is often fatal).
- You may decide to take drugs which slow the rate at which the HIV virus multiplies in the body, although the use of these drugs is at an experimental stage.
- You will be able to take advantage of other information about how to promote better health and avoid opportunistic infections that is available from your physician and from other health care specialists.

Having an HIV diagnosis can affect your life in many ways, aside from your physical health. It's important to give yourself time to adjust to these changes.

Some people feel the effects of knowing that they were HIV+ would be overwhelming and decide not to test. Others feel that it is less stressful to know their status—even if they're positive—than to worry about it endlessly. Whatever you decide, you should think about the effects a positive diagnosis would have on you when making your decision. If you would like more information about HIV testing, you can contact The National AIDS Helpline on 0800 567 123 or The Terrence Higgins Trust Helpline on 0171 242 1010.



"I don't know
why I FUCKED
unsafely.
At the time
I DIDN'T THINK
he had HIV.
I assumed
he'd SAY. Maybe
he doesn't
EVEN KNOW.
Now I'm
FREAKING out.
Am I still
NEGATIVE?
I've been
here before, but
THIS TIME
I really want
to make a
FRESH START
and be safer.
Testing
SCARES ME,
but I rang the
CLINIC and
they said just
come in
for a CHAT.



CHAPS
COMMUNITY
HIV AND AIDS
PREVENTION
STRATEGY

THINK. TALK.
TIME TO TEST?

RESEARCH SHOWS 1 IN 3 GAY MEN FUCKED AT LEAST ONCE
WITHOUT A CONDOM LAST YEAR.

Free confidential HIV testing, counselling and advice available from your local STD/GUM clinic.
The Terrence Higgins Trust Helpline: 0171 242 1010 (12 noon-10pm daily). <http://www.chaps.org.uk> Donations welcome.

"I'm pretty sure
we're both
NEGATIVE.

Like a lot of guys,
we don't always
USE CONDOMS.

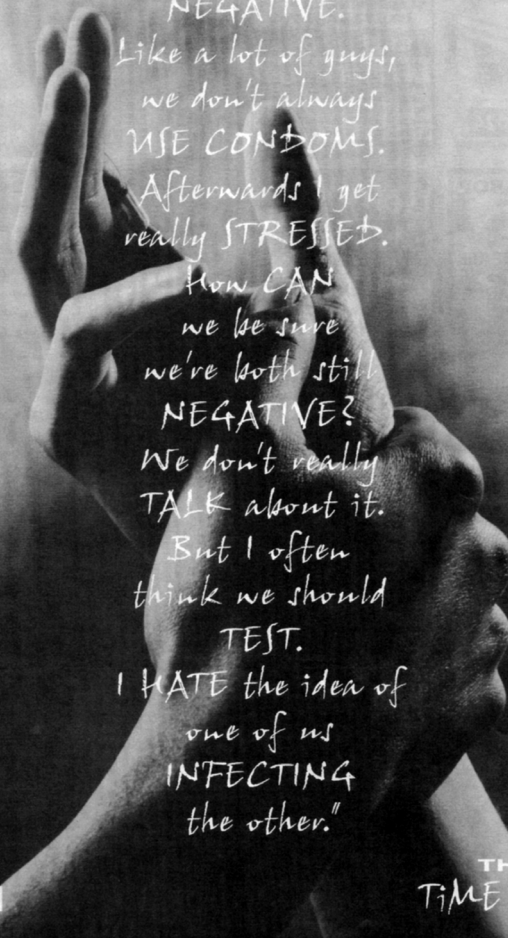
Afterwards I get
really STRESSED.

How CAN
we be sure
we're both still
NEGATIVE?

We don't really
TALK about it.

But I often
think we should
TEST.

I HATE the idea of
one of us
INFECTING
the other."



CHAPS
COMMUNITY
HIV AND AIDS
PREVENTION
STRATEGY

The Terrence Higgins Trust | ♥

THINK. TALK.
TIME TO TEST?

A HIGH % OF HIV INFECTIONS HAPPEN IN RELATIONSHIPS.

Free confidential HIV testing, counselling and advice available from your local STD/GUM clinic. The Terrence Higgins Trust Helpline: 0171 242 1010 (12 noon-10pm daily). <http://www.chaps.org.uk> Donations welcome.

GM A
Gay Men Fighting AIDS

NSP
National Society for
Prevention

NSP
National Society for
Prevention

FINDING OUT YOU HAVE HIV CAN ADD YEARS TO YOUR LIFE

Deaths from AIDS in the UK have dropped by 70% since new HIV treatments became available. They aren't cures, and they don't work for everyone. But they can prolong life, and the sooner you find out the sooner you have the chance to benefit.

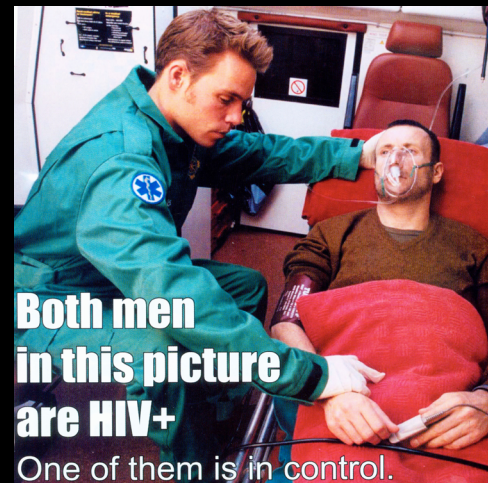
As well as adding years to your life, knowing you're HIV positive can also add life to your years. There are tests which monitor how your body is coping with the virus so you can start to make informed decisions on your lifestyle and the way you look after your health. There's also information available to help you weigh up the options, and take your life forward as healthily and happily as you can.

Better off knowing?

To talk this through, ring the THT Helpline (12noon-10pm) on 020 7242 1010, or make an appointment at THT's London Face2Face service on 020 7816 4566. There's also a booklet 'Better off knowing?' available from many gay venues, by calling the Helpline or at www.tht.org.uk

CHAPS
COMMUNITY
HIV AND AIDS
PREVENTION
STRATEGY

**terrence
higgins
TRUST**



One of them is in control.
He chose to get tested and know his HIV status.
Knowing your status means that you can take control
of your health and lifestyle.

For more information go to www.metromate.org.uk/testing

All of GMFA's campaigns are designed, planned and executed by HIV positive, negative and untested volunteers. If you are interested in volunteering for GMFA, write, phone or e-mail:
GMFA, Unit 43, The Eurolink Centre, 49 Elfrin Road, London, SW2 1BZ. 020 7738 6872
Registered Charity no: 1076854 www.gmfa.org.uk

Crusaid
Gay Men Fighting AIDS

GMFA
Gay Men Fighting AIDS

Whoever you choose



choose to know

**Whatever your lifestyle,
take control of your sexual health.**

HIV testing is free and confidential.

Many clinics offer same day testing.
Support is available before and after your test.

To find out more about testing and where to get one
call THT Direct Helpline on **0845 1221 200**
or visit www.metromate.org.uk

BIG UP **GMFA**

GMFA's campaigns and actions are designed, planned and executed
by positive, negative & untested volunteers. To volunteer for GMFA,
write, phone, or email: 020 7738 6872, Unit 43 The Eurolink Centre,
49 Elfrin Road, London SW2 1BZ www.gmfa.org.uk Registered Charity number 1076854

Get tested!

If you're a sexually active gay man
you should have an HIV test at
least once a year. Here's why...



FREE Fast HIV Test

For gay & bisexual men



No appointment necessary
For more information call 0800 587 8302

For gay & bisexual men in a friendly,
relaxed & comfortable environment
with just one prick of your finger...

west london
gmp
gay men's project

- **Drug Users**

Needles

Alcohol & Pills

Antiretrovirals

Chem Sex

YOUR MIND ISN'T THE ONLY THING HEROIN DAMAGES.



Skin Infections

Mental Problems

Aching Limbs

Blood Diseases

Wasted Muscles

Liver Complaints

Constipation

It can also have some pretty nasty effects on your body. All of which you can start suffering long before you become addicted.

You'll probably start looking ill, losing weight and feeling like death. You'll begin to take heroin not to get high any more, but just to feel normal.

And, as you lose control of your body's health, you could lose control of your mind too.

Until one day you'll wake up knowing that, instead of you controlling heroin, it now controls you.

So, if a friend offers you heroin, use your brain while you still can.

And say no.

HEROIN SCREWS YOU UP

WHY YOU SHOULD BE CONCERNED ABOUT AIDS.

Any man or woman can get the AIDS virus. There is no cure. And it kills. The number of people already infected runs into thousands and it is increasing all the time. Just how fast it continues to spread is now up to everyone. AIDS is not a problem you or anyone else can afford to ignore.

HOW DO YOU BECOME INFECTED ? 1

For most people the real danger is in having sexual intercourse with an infected person. The virus can be present in semen and vaginal fluid and so can be passed from man to man, man to woman and woman to man.

Those who inject drugs face the serious added risk from sharing needles or equipment with someone who is infected.

Finally, babies of infected mothers have a high chance of being born with the virus.

HOW CAN YOU PROTECT YOURSELF FROM AIDS ? 2

Most people who have the virus don't know it and look completely well. So you can't tell who is infected and who isn't. To protect yourself follow these guidelines:

The more sexual partners you have, the more chance you have of having sex with someone who is infected.

FEWER PARTNERS, LESS RISK.

Unless you are sure of your partner, always use a condom. It's safer.



Use water-based lubricating gels with condoms. Oil-based gels can weaken the rubber.

USE CONDOMS FOR SAFER SEX.

No-one should misuse and inject drugs. If you do, never share equipment



(needles, syringes, mixing bowls, etc.). The fact is you could be injecting the

virus straight into your blood stream. It is extremely dangerous.

DON'T INJECT. NEVER SHARE.

IF YOU THINK YOU ARE INFECTED ? 3

Either go to your family doctor for advice about having a test. Or go direct to a clinic for sexually transmitted diseases (genito-urinary medicine clinic) for confidential advice and a test if you wish.

WHAT ABOUT THINGS THAT PIERCE THE SKIN ? 4

If you have the virus, you'll be given help and support.

It is *not* safe to use equipment for ear-piercing, tattooing or acupuncture unless you know it is unused or has been sterilised. Nor is it safe to share a toothbrush or razor of someone who is infected. These things

could give you the virus through infected blood.

WHAT CAN'T YOU CATCH THE VIRUS FROM ? 5

You cannot get the AIDS virus from normal social contact with someone who is infected.

You cannot get it from shaking hands. Nor is there any record of anyone becoming infected through kissing.

There is no danger in sharing cups or cutlery. Nor can you catch it from public baths or toilets.

In hospitals, standard disinfection precautions protect patients, visitors and staff.

Giving blood is safe. All the equipment is only used once. Nor need you worry about having blood transfusions, as all blood is now checked.

HOW SAFE IS IT ABROAD ? 6

In certain countries, large numbers of both men and women are reported to be infected.

So it is even more important that you follow the advice given here.

Also, in some countries blood transfusions are not checked for the AIDS virus, nor is medical equipment always properly sterilised. If you can, avoid having treatment involving injections or locally donated blood.

See your family doctor if you have any worries.

FOR MORE INFORMATION

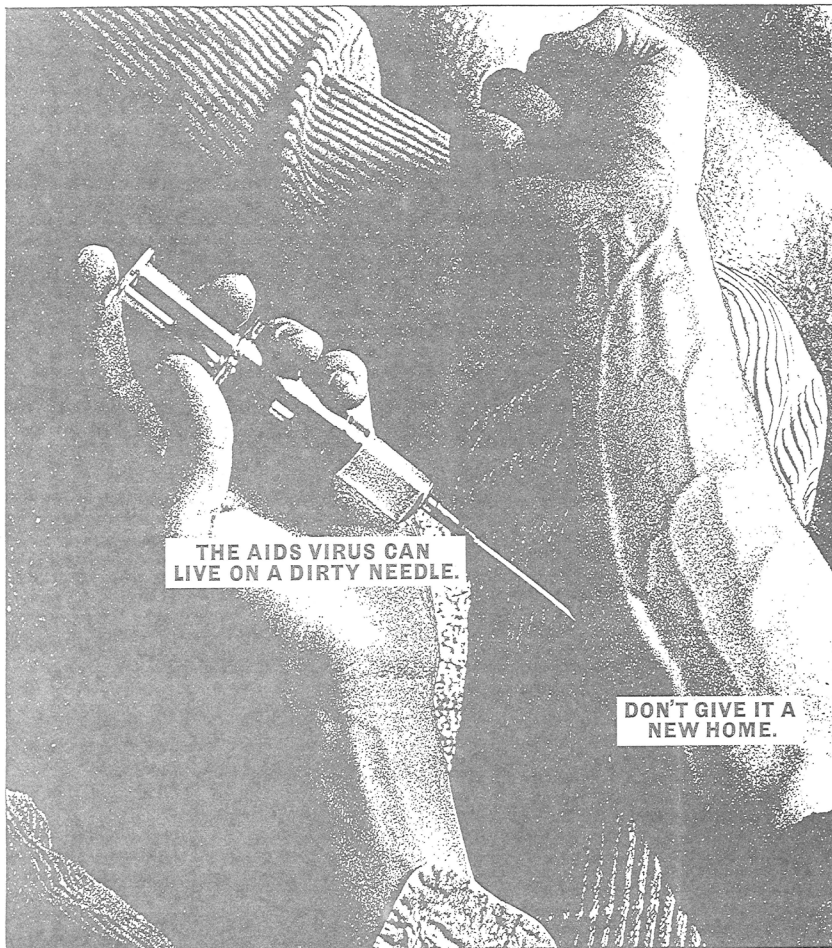
If you want more information or confidential advice, call this number:

0800 555 777

ISSUED BY THE DEPARTMENT OF HEALTH AND SOCIAL SECURITY
Prepared by the Department of Health and Social Security.
Printed in the UK for HMSO. 5M 899497 503 15331 (01/85) Feb. 87


AIDS

DON'T DIE OF IGNORANCE



THE AIDS VIRUS CAN
LIVE ON A DIRTY NEEDLE.

DON'T GIVE IT A
NEW HOME.

 AIDS is incurable and it kills.
Sharing a needle or equipment
with an infected person is the
easiest way to put the AIDS virus straight
into your bloodstream.

So, if you're thinking of injecting drugs
for the first time, don't. And if you can't
give up injecting, never share a needle.

For more information and advice
please phone 01-981 7140 or 0345 581858.

INSURED BY THE DEPARTMENT OF HEALTH AND SOCIAL SECURITY

(If dialling from outside London, use the
code number 0345 and you will only be
charged at local rates.)

D O N ' T A I D A I D S

Drugs.

**The best advice
is don't inject.**

*If you must - never share
- even with a friend.*

You can get new works free
from any chemist showing the
needlex sticker. These are in
Anstruther, Cowdenbeath,
Cupar, Dunfermline,
Glenrothes, High Valleyfield,
Rosyth and St Andrews.

Worried about injecting?

Phone
West Fife Support Group
0383 732613

Narcotics Anonymous
0383 737782
0592 712204

Designed and produced by Fife Health Board



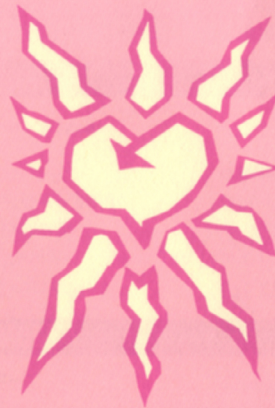
Barnsley Needle Exchange



GETTING CLEAN NEEDLES
AND SYRINGES IN THE
BARNLSLEY AREA

WHAT TO DO

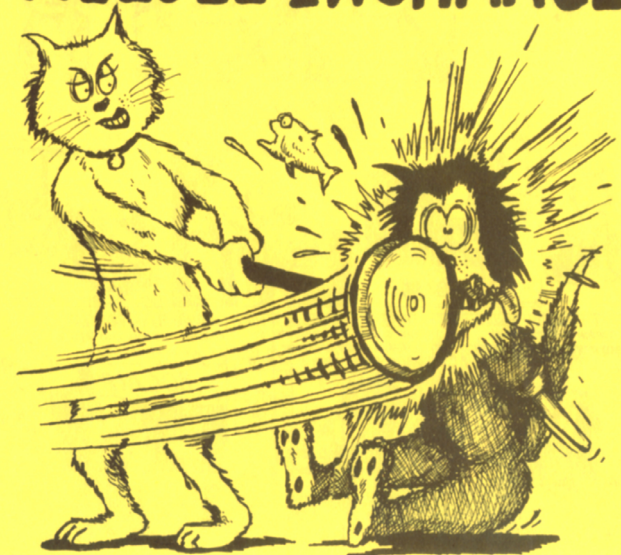
**WHERE TO
GET YOUR
WORKS**

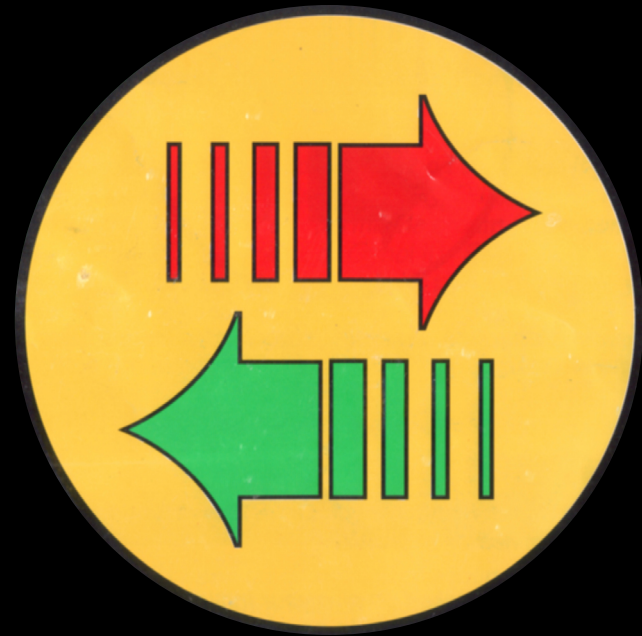


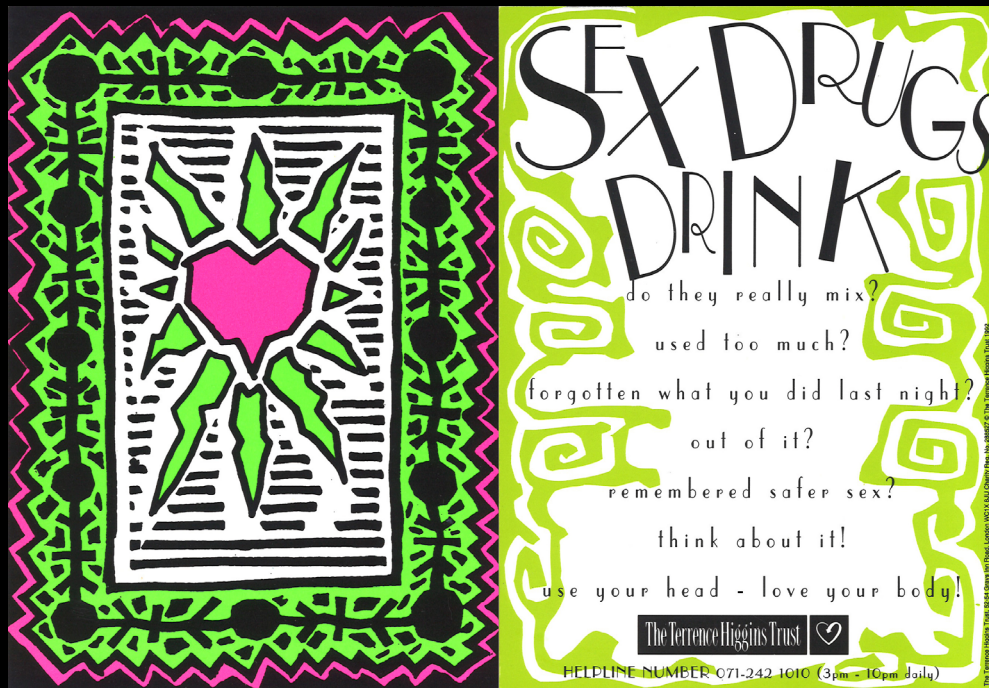
LONDON NEEDLE EXCHANGE

LIFELINE PUBLICATIONS PRESENT
TOUGH SHIT THOMAS
© LIFELINE IN LINNELL 43

**"GET DOWN THAT
NEEDLE EXCHANGE"**







SEX DRUGS DRINK

do they really mix?
used too much?
forgotten what you did last night?
out of it?
remembered safer sex?
think about it!
use your head - love your body!

The Terrence Higgins Trust

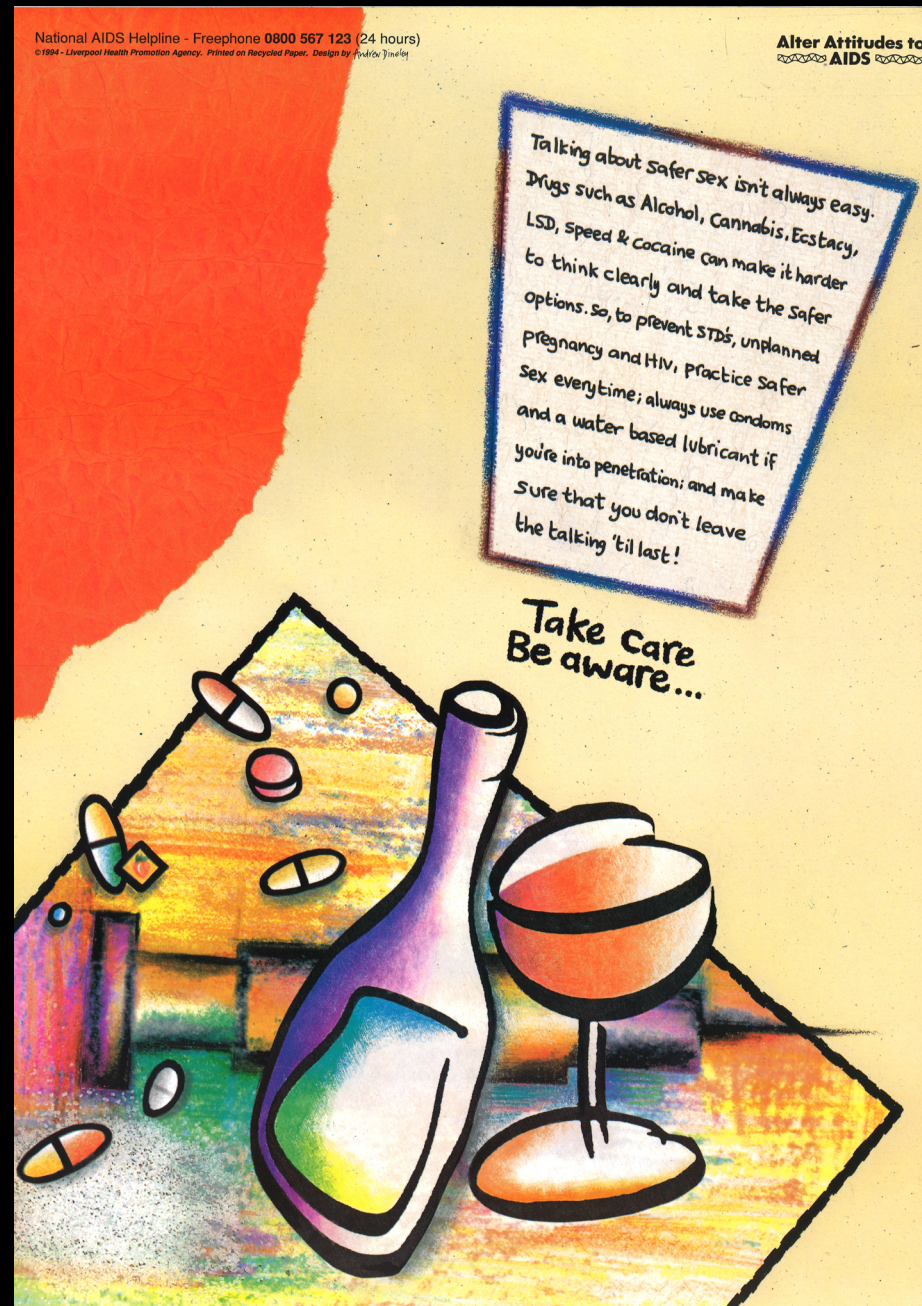
HELPLINE NUMBER 071-242 1010 (3pm - 10pm daily)

National AIDS Helpline - Freephone 0800 567 123 (24 hours)
©1994 - Liverpool Health Promotion Agency. Printed on Recycled Paper. Design by Proctor J. J. J. J.

Alter Attitudes to AIDS

Talking about safer sex isn't always easy. Drugs such as Alcohol, Cannabis, Ecstasy, LSD, speed & cocaine can make it harder to think clearly and take the safer options. So, to prevent STDs, unplanned pregnancy and HIV, practice Safer Sex everytime; always use condoms and a water based lubricant if you're into penetration; and make sure that you don't leave the talking 'til last!

Take Care Be aware...





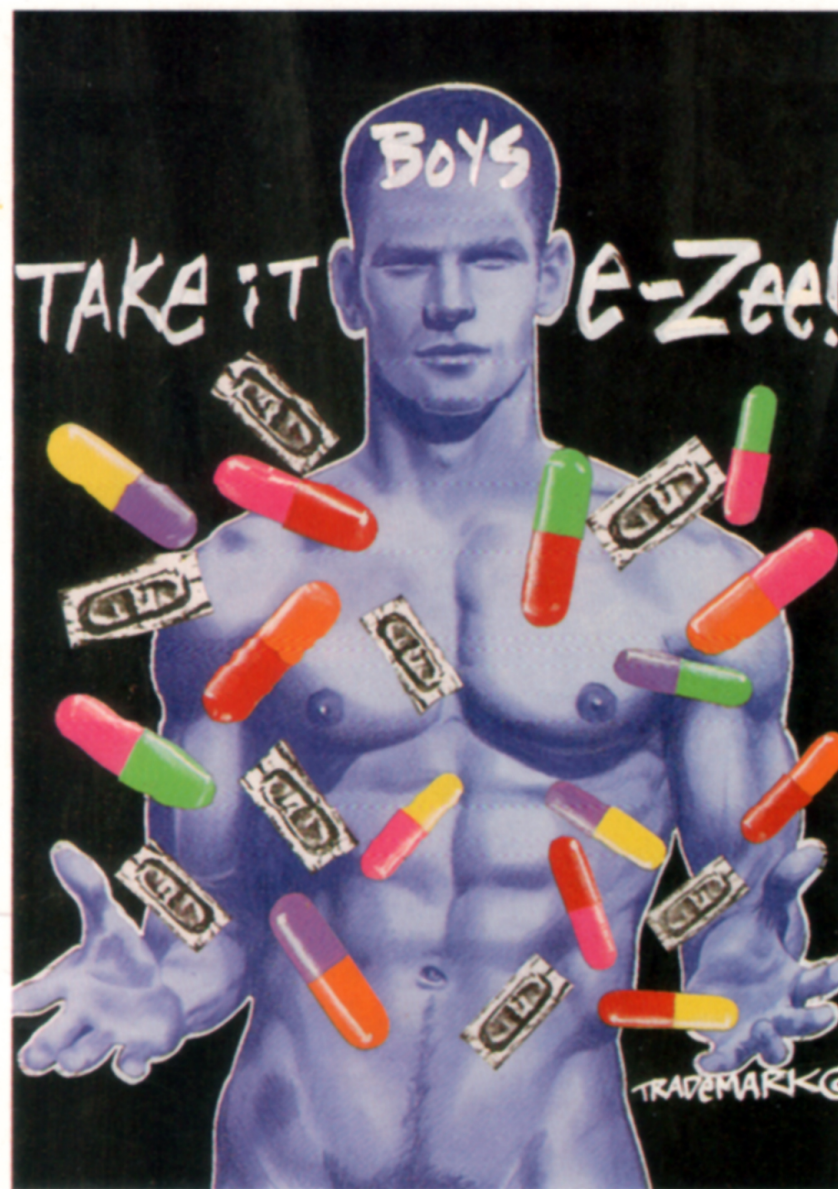
POPPERS

Some guys use them for a quick buzz on the dance floor or to try to enhance the effects of other drugs. Others use them to relax their arse muscles when being fucked or to heighten the effect when they come.

Here's what you need to know before you take that snort of Alkyl Nitrates !

- ☒ You never know what the effect may be, so combining poppers with other drugs can be dangerous.
- ☒ Don't swallow them! - It could be lethal.
- ☒ Some guys get headaches and nausea after use. Occasional rashes may develop round the nose and mouth but clear up after you stop using them.
- ☒ Highly flammable so keep away from cigs, joint, candles etc. If spilled on the skin then wash off immediately.
- ☒ There is no concrete evidence to link poppers and AIDS but they have been shown to weaken the immune system.
- ☒ Poppers enlarge the blood vessels in the arse making bleeding and possible HIV infection more likely, so if you're fucking, always use an extra strong condom and waterbased lube.
- ☒ The possession and use of poppers is not currently illegal.

For further information contact PHACE West on 0141-332 3838
Produced by The Gay Men's Prob. - PHACE West, 49 Bath Street Glasgow G2 2DL




DO YOU FIND IT HARDER TO STICK TO SAFER SEX WHEN YOU'RE OUT OF IT?

Do you worry about how much you go clubbing and why?
Is taking risks part of the whole experience?
Do you want this to change?

This day is a chance to discuss with other gay men the whys and wherefores of taking recreational drugs, and work through strategies for making your weekends safer.

SATURDAY 6 SEPTEMBER, 12 noon at The Edge, 11 Soho Square, London W1.

For more information or to book a place on this or our other workshops call James on 0171-738 6872.
GMFA workshops are run for gay men by gay men.

Unit 42, The Eurolink Centre, 49 Effra Road LONDON SW2 1BZ. 0171 738 6872. gmfa@gmfa.demon.co.uk. <http://www.demon.co.uk/gmfa>  Gay Men Fighting AIDS



do you have questions about combination therapy, recreational drugs, steroids?
get the answers to your questions from Dr Mike Youle, Dr Pierre Bouloux & Dr Perry Halkitis

set the scene

an information evening for HIV positive gay men wanting to take control in their lifestyles
HIV and Combination therapy, Steroids and testosterone replacement therapies, Recreational drugs, and how to reduce the risks...

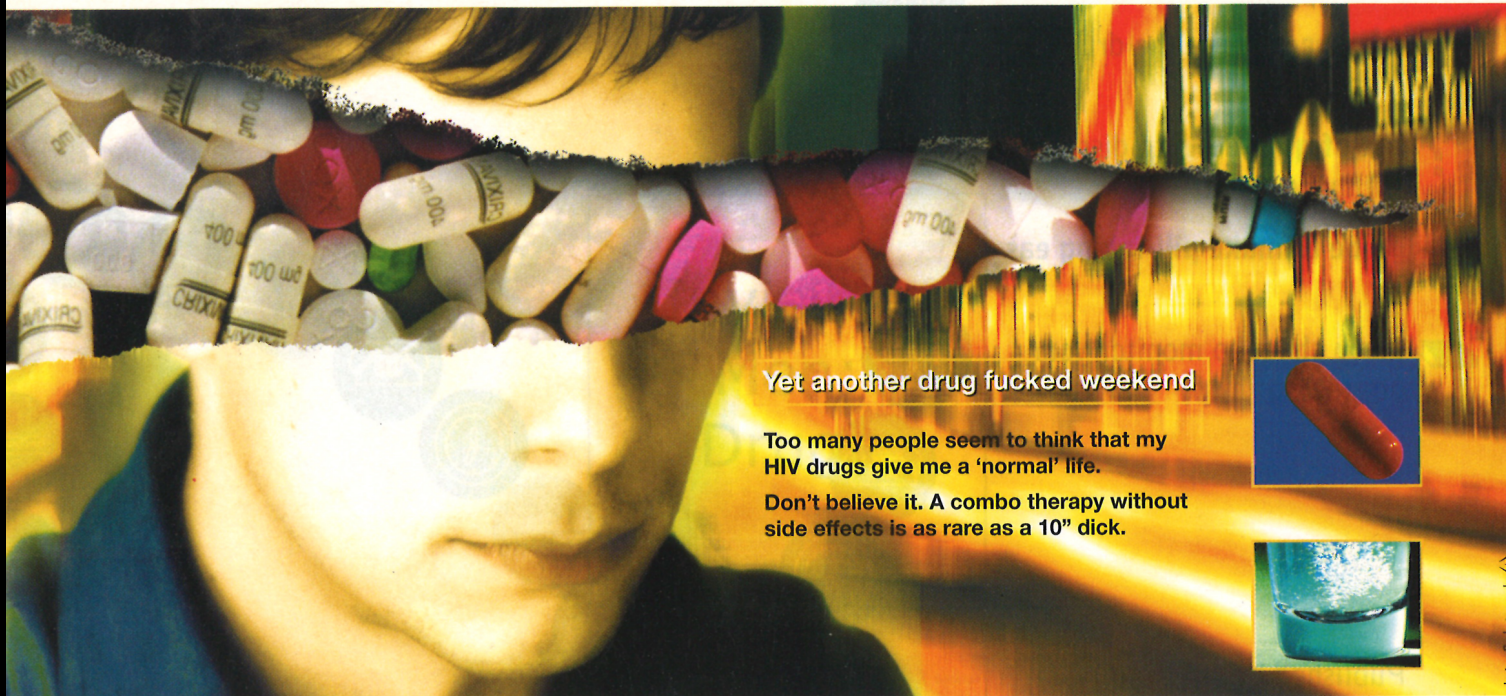


hardbodies

On Monday 18th February: 6pm till 9pm

Phone James on 020 7738 3712 for more information





Yet another drug fucked weekend

Too many people seem to think that my HIV drugs give me a 'normal' life.

Don't believe it. A combo therapy without side effects is as rare as a 10" dick.



design & photography

thinkaboutbeingHIV+



GMFA's campaigns & actions are designed, planned and executed by positive, negative and untested volunteers.
To volunteer for GMFA write, phone or e-mail: Unit 43, The Eurolink Centre, 49 Effra Road, London, SW2 1BZ. 020 7738 6872
newvol@gmfa.demon.co.uk | www.demon.co.uk/gmfa | Registered charity no. 1076854



Party Proud

Play Safe

antidote
@friend
LC887 drug and alcohol support



Just one night
with Crystal Meth...

A person is shown in a fetal position, curled up on the ground. The image is heavily tinted with red and orange, suggesting a state of distress or danger. The person's face is buried in their arms, and their body is hunched over.

can
undo
years of safe sex.

Unwanted consequences
related to ChemSex?

ask to see a Health Adviser

5 Fundamental Principles:

- Honesty
- Targeted at specific groups
- Widely accessible
- Supportive of emotional and sexual needs
- Combat ignorance and prejudice

Simon Watney (1992) 'Visual AIDS' in Eye, No.6 Vol.2