Graphic Communication:
The design of HIV/AIDS health promotion ephemera

Siân Cook: www.hivgraphiccommunication.com
"HAVE YOU GOT SOMEONE TO PUT YOUR SOCKS ON?"

"Wear a condom – it’s the best thing you can do with your达啦達啦! Not someone else’s – put them on yourself."

Condoms, diaries, French letters, prudence, restraint... 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. But be aware that not all the risks are the same, and of course, pregnancy.

They’re available in so many places. But they’re often free from Family Planning Clinics. They’re even safer when used with a spermicidal gel.

So put your socks on, be discreet for the moment. 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 3X.

HELPLINE 01-833 2971

The Terrence Higgins Trust acknowledges the Victorian AIDS Council, Australia for the use of the colour photograph central.
“People are entitled to clear, unambiguous information, which takes them and their lives seriously”.

• Gay men

  Sex
  Condoms
  Identity
  Community
  Relationships
  Testing
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 you or 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).

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

聯絡免費電話“全國愛滋病諮詢專線”：0800 202 446；查詢專線：0800 567 123 (週天24小時)
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 item marked. That way you know they have been treated to the highest standards.

For oral sex you should choose the strongest condoms such as Duco Extra Strong, Mates Super Strong or BT 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 Lesbians, Gays, Bisexuals and Transwomen on 071 837 7524.
MY FRIEND IS POSITIVE

FUCK HIM
“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”.

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

**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 semen goes 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 barrier (condom, Gaidsafe, Durex Ultra/Extra Strong) and plenty of water-based lubricant (e.g., KY, Sylmastax). Oil-based lubricants like vaseline or baby oil will damage the condom and may cause it to split.

A lot of Gay men are worried about the HIV risk involved in fucking. 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 (fucking anore) 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 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.

Good sex is about CHOICE, CONSENT. 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 safer it is.

Safer sex isn’t always easy, especially if we’re not feeling good 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, Dives, Vanilla, Fashion-geek, Cottage queens, Rebels without a cause...

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

Use condoms and
Howard was pretty sure that he wasn’t going to catch HIV this way.

Howard was aware that some acts were riskier than others.

Howard wasn’t sure how risky a blowjob was.

Being on top wasn’t enough to keep Howard completely safe.

Fluids were a matter of some concern for Howard.

Howard was concerned about the size of his load.

Howard knew that many things can go up or down rapidly.

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

SAM
SCOTTISH AIDS MONITOR GAY MEN’S PROJECT

Ready for action

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

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
There are thousands of reasons to live. Being Gay is one of them.

Care for yourself and each other.

respect yourself
use condoms & lube
whoever you drag back

shag safely

Sunday morning

time for the family

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

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.
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 1221 200

TETRONDA HIGHERS TRUST
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—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 (Pneumocystis carinii pneumonia) which 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. Its 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 are 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 un safely. 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.

Think, talk, time to test?

Research shows 1 in 3 gay men fucked at least once without a condom last year.

A high % of HIV infections happen in relationships.

Free confidential HIV testing, counselling and advice available from your local STI/GUM clinic.
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 a cure, 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 HIV Medicline (Closed: 11pm-7am) on 0800 2341141, or make an appointment at THT’s London TestCentre service on 0800 832 8999. There’s also a booklet “Better off knowing?” available from many gay venues, by calling the helpline or at www.tht.org.uk

Both men in this picture are HIV+
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

Crusaid
City Men Fighting AIDS

Whoever you choose

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

GMFA’s campaigns and events are designed, planned and executed by positive, dedicated & talented volunteers. To volunteer for GMFA, phone, write or email: 0870 7734 6879, Unit 60 The Garden Centre, 12 pubs town, London, EC1 7AF. Registered Charity number 1073880
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 537 8302

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

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.

For many people, the real danger is in having sexual intercourse with an infected person. The virus can be present in semen and vaginal fluid and 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 DO YOU BECOME INFECTED?

1.

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.

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.

NEVER SHARE NEEDLES OR EQUIPMENT.

The fact is you could be injecting the virus straight into your blood stream. It is extremely dangerous.

DON’T INJECT, NEVER SHARE.

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) or confidential advice and a test (if you wish).

WHAT ABOUT THINGS THAT PIERCE THE SKIN?

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 sterilised 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.

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

You cannot get it from shaking hands. Nor from any recent 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 procedures protect patients, visitors and staff.

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

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 bodily damaged 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

FOR MORE INFORMATION

If you want more information or confidential advice, call this number: 0800 555 777
AIDS is incurable and it kills. Sharing a needle or equipment with an infected person is the easiest way to get 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 01689 71420 or 0345 981888.

DON’T SHARE AIDS

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

Worried about injecting?

Phone
West File Support Group
0383 732613

Narcotics Anonymous
0383 737782
0592 712204

Designed and produced by Fife Health Board
BNE
GETTING CLEAN NEEDLES AND SYRINGES IN THE BARNSLEY AREA
WHAT TO DO

WHERE TO GET YOUR WORKS
LONDON NEEDLE EXCHANGE

TOUGH SHIT THOMAS
IN "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

Take care
Be aware...

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 STI’s, unplanned pregnancy and HIV, practice safer sex every time; always use condoms and a water-based lubricant if you’re into penetration and make sure that you don’t leave the drinking till last!

National AIDS Helpline - Freephone 0800 557 123 (24 hours)

(£25 - Liverpool Health Protection Agency, Printed on Recycled Paper. Design by Andy Young)
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 anal muscles when being fucked or to heighten the effect when they come.

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

- You never know what the effect may be, so combining poppers with other drugs can be dangerous.
- Don't snort 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 fire, heat, candles etc.
- It stings on the skin, then burns 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 area making bleeding and possible HIV infection more likely, so if you’re fucking, always use an extra-strong condom and lubricated lube.
- The possession and use of poppers is not currently illegal.

For further information contact PHASE, West at 0141-055 3838

Advertisement for the Project Fair at Westway March 1984 (England)
**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 0371-738 6872. GMFA workshops are run for gay men by gay men.

---

**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...

---

**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.

thinkaboutbeingHIV+
Party Proud

Play Safe
Just one night with Crystal Meth...

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