



**GOOD  
SEX IS...**

**LGBT+  
YOUTH  
SCOTLAND**



GOOD  
SEX IS...

If you're having sex with other guys, or thinking about having sex with other guys, it's important to know your stuff.

This short booklet talks through the essentials to help you make sure you've got the right info to make the right choices for you, and that you're happy and safe in what you do.

We've spent time talking to other guys who have sex with guys, who told us the things they wanted to know and what, for them, good sex is.





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being ready!

(and wanting to have sex)

Do what's right for you, not what everyone else is doing.  
(Or what they say they are doing!)

The truth is, only you know when you are ready and  
what you want. Sex should feel good, at the time and  
the next day.

It's really important that you both feel good about  
what you do and who you do it with. You have the right  
to enjoy what you do and to say no if you don't want to  
do something. You should never feel pressured into  
having sex.

You can change your mind during sex. If you want to  
stop, say so.

It's against the law for someone to  
force you to have sex if you have said no.

**GOOD  
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**feeling good  
about yourself**

To have sex that you feel good about, you have to feel good about yourself. That comes from respecting your body and your feelings, as well as the guy you are having sex with.

Confidence and self-esteem have a big impact on the things we do and how able we are to get what we want and need.

We might not feel good about ourselves from time to time, but some people can have a very low opinion about themselves. Feeling low can influence decisions you make in lots of areas of your life, including sex and relationships.

If you're feeling low, talk to someone. There are places you can go for advice and support. Check out the contact section for more information.





**GOOD  
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**safer!**

Good dresser? Left or right handed? Some things you can tell just by looking at him, but some things you can't. You can't tell by looking at someone if they have an STI (Sexually Transmitted Infection), including HIV.

The only way to protect yourself from STIs and HIV is to always use condoms and water-based lubricant every time you have anal sex (and for vaginal sex if you have sex with women too).

Keep a condom and some lube on you. If you are at home, leave them by your bed. That way he'll see them and they are easy to get hold of.

Practise putting on condoms yourself; try out different sizes and textures. Find out which ones feel most comfortable for you and fit you the best. That way you'll feel more confident using them with a partner. It's important to use condoms that are the right size for you, so they don't slip off or split during sex.

You can get free condoms and lube from health services, youth services, LGBT services and some bars and clubs. See contact info for more details.

## safer oral sex

Having oral sex is lower risk than anal sex for the transmission of HIV. But that doesn't mean no risk.

Using condoms is the only sure way to protect you and your partner. If you decide not to use condoms, you can minimise the risk of catching HIV or passing on HIV by:

- ☆ **Not having oral sex directly after brushing your teeth.**
- ☆ **Not doing it when you have a throat infection or other cuts or sores in your mouth or throat.**
- ☆ **Not doing it when you have bleeding gums or if you've recently had work done at the dentist.**
- ☆ **Not getting cum in your mouth.**





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KNOWING  
your stuff

Take time to educate yourself about the risks, and how to keep yourself safe. If you're not sure, ask. There are lots of places you can get good, confidential info about sex and relationships. See Contacts for more details.

Be smart. It's important to get tested for STIs and HIV regularly, every 3 - 6 months. Pop a reminder in your phone to remind you when you're next due a check-up, or go with a friend so you can remind each other.

If you're in a relationship you might want to stop using condoms. Take your time and talk about this together. Trust is really important. Before you stop using condoms get tested together.

Sometimes, things go wrong. Know your stuff. If you have been at risk of being infected with HIV you can take PEP (Post Exposure Prophylaxis) which can help prevent the infection developing. The treatment must be started no later than 72 hours from the time you had unprotected sex. You can get it from sexual health clinics, or from accident and emergency departments.



**GOOD  
SEX IS...**

**talking to  
each other...**

Everyone is different. Some guys enjoy anal sex, some guys don't. Some guys prefer to use flavoured condoms for oral sex, some guys might want to use unflavoured condoms. The only way you'll know what you both like and want is by communicating with each other.

It's not always easy. Some people get shy talking about sex, but it can help to use the words you feel comfortable with. It's the best way to make sure you get what you want, the way you want it and to know that you both feel good.

Practising what you might say can help, whether that's with a friend you trust, or even writing it down. Think about ways that you can bring up using condoms and how you could talk to him about it. It can also help to think about the things you would say if he doesn't want to use condoms.



GOOD  
SEX IS...

☆☆☆  
both feeling  
in control

Alcohol might calm your nerves, but drink and drugs can have a big effect on the decisions you make and can increase the risk of doing something that you don't actually want to or will regret. Drugs and alcohol can make it difficult to get and stay hard.

It can also make it more difficult to say exactly what you want. You are less likely to use condoms when you've been drinking, which puts you at greater risk of catching STIs and HIV.

Being drunk or high might make it difficult to remember what you did. Good sex is being able to remember who it was with, what you did and feeling good about it.

... and being able to remember what his name is and where you put his phone number so you can get in touch if you want to see him again!



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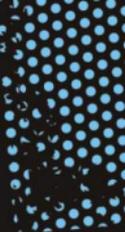
contacts!

There are no stupid questions when it comes to sexual health and relationships. It's important to know your stuff, and there are lots of people and places who can help.

LGBT Youth Scotland is a national organisation for lesbian, gay, bisexual and transgender people aged 13 – 25. We provide free, confidential services, including free condoms and lube. We run groups, provide information and one-to-one individual meetings with staff for advice and support. If you want to chat to someone about any of the issues in this leaflet or anything else that's on your mind, get in touch.

[www.lgbtyouth.org.uk](http://www.lgbtyouth.org.uk)  
[info@lgbtyouth.org.uk](mailto:info@lgbtyouth.org.uk)  
Phone - 0131 555 3940  
Text -07786202370





Healthy Respect provide information about sex, sexual health and relationships. At Healthy Respect drop-ins across Edinburgh and the Lothians you can get free condoms and speak to someone in confidence about sex and relationships, or about how you're feeling. Healthy Respect have the LGBT Charter Mark Award, which recognises their commitment to making sure LGBT people feel confident, valued and supported.

[www.healthyrespect.co.uk](http://www.healthyrespect.co.uk)

Lothian Sexual Health provides information about sexual health and HIV, where you can get tested and where you can get PEP.

[www.lothiansexualhealth.scot.nhs.uk](http://www.lothiansexualhealth.scot.nhs.uk)



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