

Protect Yourself!

Extra strong for Anal sex

Feather Light, may be used instead of dental dams or in steady monogamous relationships.

Water-based lubricant

MISSION STATEMENT

The Malta Gay Rights Movement, as an active socio-political movement, shall have as its central focus the challenges and rights of the gay and lesbian community

Services offered by MGRM:

Helpline - to be launched in Summer 2003. This service will offer over the phone support and information to gay, lesbian, bisexual and transgender individuals, their families and friends.

Support Groups - qualified individuals will facilitate these groups which will target gays, lesbians, and bisexuals who are experiencing difficulties in coming out. Another group will be held for parents and family of gay, lesbian and bisexual individuals.

First Move - a youth group which provides a safe and welcoming environment for all young men and women between 16 and 25 years. This includes an opportunity for mutual support with other young gay, lesbian and bisexual individuals.

Support On-Line - This new service via internet offers an alternative channel through which people may receive support and information from the Social Welfare Team of MGRM, while remaining anonymous.

For more information or to participate in any of the above services contact MGRM on 99255559/ 99826693 or support@maltagayrights.org / mgrm@maltagayrights.org

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Sex...

Are You Thinking About It Enough?

This brochure is about sex between men, between women, and between men and women and the risks of contracting HIV and other Sexually Transmitted Infections (STIs). If you want to have sex without being at risk of STIs then you need to know when and understand why you are at risk. Read the information and make choices in your own sexual behaviour.

Malta Gay Rights Movement

STIs Do Not Discriminate

Sex between Women

Sex between Man & Woman

Sex between Men

M o s t C o m m o n S T I s

Thrush, Gonorrhoea, Syphilis, Hepatitis B, Vaginal Warts and Pubic Lice

HIV/AIDS, Gonorrhoea, Syphilis, Hepatitis B

O r a l S e x

Giving oral sex to a woman is safer if you use a 'dental dam' (squares of latex or cling film) to stop any vaginal fluids or menstrual blood getting into your mouth. A condom cut open and spread flat can also be used for this.

Care needs to be taken to avoid ejaculation in the mouth. The use of condoms is highly recommendable.

A n a l S e x

There is little risk during anal penetration using fingers, fist, tongue, as long as there are no cuts in the skin. Latex gloves and lubrication are highly advisable.

It is extremely important to use extra strong condoms and plenty of water-based lubricants. Never use Vaseline, or any other oil-based lubricant because these damage the condom.

V a g i n a l S e x

It is important to ascertain that there are no breakages in the skin during sex using fingers and fist. Special care needs to be taken during menstruation. Latex gloves and lubrication should be used.

Latex condoms and water-based lubricant have to be used during vaginal penetration. Extra care needs to be taken during menstruation.

M a s t u r b a t i o n

There is no risk involved in masturbation, unless you use your partner's sperm or vaginal discharge as lubricant.

S e x T o y s

Sharing sex toys (vibrators or dildos) can be risky if they have vaginal fluids, blood or faeces on them. Always clean them well with warm water after use, and have one each. This is an area of sex where sharing is a bad idea.

Most of the above STIs are easily treatable if medical assistance is sought immediately. So if you notice any changes in your genital area, get yourself checked at the GU Clinic. Routine check-ups every six months are advisable. For an appointment contact the GU Clinic on 21227981.