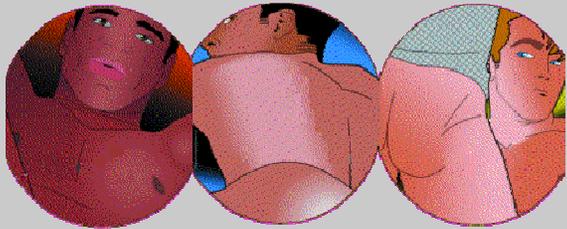


What's Barebacking And Why Do Some Guys Do It?

Barebacking is a term that is commonly used by gay men to describe fucking (having anal sex) without a condom.



- **For some no condom represents increased intimacy.**
- **Some say that it feels better to fuck without a condom.** Generous use of lube can make it more enjoyable for the bottom. Lube inside the head of the condom increases sensation for the top.
- **Some assume their partner would tell them if he was HIV positive or had an STI.** Many guys don't know they're infected or may not know how to talk about it.
- **Condoms and lube cost money / aren't always on hand when you want them.** ACNS (and various other community organizations) provides free condoms & lube - just visit our office.
- **For some heightened risk = heightened enjoyment...**

Barebacking

(unprotected anal intercourse)
is a high-risk activity
for the transmission of HIV.

This pamphlet is not a set of HIV prevention guidelines. It is intended to provide **harm reduction** options for gay men who have decided not to use condoms for anal sex.

While the scientific research to back up **harm reduction** approaches to HIV prevention is just beginning, many sexual health advocates believe that **these strategies may help reduce the harm associated with barebacking.**

"Harm" is interpreted more broadly than HIV infection alone and **these tips may also help reduce the risk of contracting other STIs** (sexually transmitted infections).



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Bare backing

Get Informed Reduce the Harm



Gay Men's Health

is a program of the
AIDS Coalition of Nova Scotia

Barebacking: What Are The Risks?

Some guys have "bareback sex" - anal sex without a condom. The AIDS Coalition of Nova Scotia **encourages guys to practice safer sex** by using latex condoms and silicon-based or water-based lubricant for anal sex. But **we also respect the decisions guys make for themselves.**

We believe that guys can make fully-informed choices based on accurate information. We all have the right to choose the type of sex we want to have and to decide what level of risk we are willing to accept for ourselves.

To make an informed decision consider the following Barebacking risks:

Exposure to HIV through precum, cum and blood.

Increased risk of contracting Hepatitis A, B and C.

Increased risk of contracting STIs (Sexually Transmitted Infections).

Tops are at risk of contracting HIV and STIs through any cuts on your dick or through the urethra (pee passage).



If You Bareback: Reduce Your Risk

Use lots and lots of silicon or water-based lube when you fuck to reduce the risk of tearing the lining of your ass. Do NOT use lube with spermicides (like nonoxynol 9).

Loosen your ass a bit before being fucked. Try using fingers, dildoes or butt plugs with a lot of lube to reduce tearing.



Avoid getting repeatedly fucked in one session as it won't allow tears in your ass time to heal.

If you're the top **pee immediately after fucking** to clean out the urethra (your pee passage).

Reduce the number of bareback partners you have.

If you're in a relationship, **tell your partner** about your other sexual activities.

Get vaccinated for Hepatitis A & B. There are NO vaccinations for HIV, other STIs or Hepatitis C.

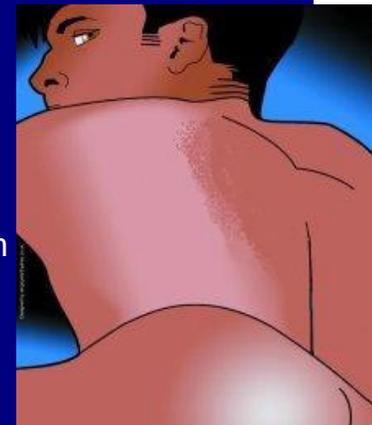
Get tested regularly for HIV and STIs. You can have an STI or HIV without having any visible symptoms. Anonymous testing is available.

Things That May Add To Your Risk:

Drugs, like **poppers and Viagra** increase blood flow to the lining of your ass and cock which can increase your risk of infection. Limit the amount of poppers / Viagra you use while barebacking.

If you're **stressed out, drunk or high** on drugs, your inhibitions may be lowered and you may make choices you would not make if you were sober or not stressed out.

Someone **cumming in your ass** can put you at high risk. Even precum can put you at risk.



Avoid **douching** (washing inside your ass) as it removes the natural protective mucus membrane in your ass. If you still choose to douche, use warm water only. Douching after sex may also increase your risk of contracting HIV or STIs.