



WHY SOME GUYS LIKE BAREBACKING:

For some, no condom
represents increased
intimacy

Some say that it feels better
to fuck without a condom

Condoms and lube often cost
money / aren't always on hand
when you want them (ACNS
provides free condoms and
lube - just visit our office!)

For some, heightened risk
equals heightened
enjoyment

**Barebacking is a high-risk
activity for the
transmission of HIV.**

This pamphlet is not a set of HIV
prevention guidelines. It's intended
to provide **harm reduction** options
for guys who have sex with guys who
choose not to use condoms for anal
sex. These tips may also help reduce
the risk of contracting other STIs.

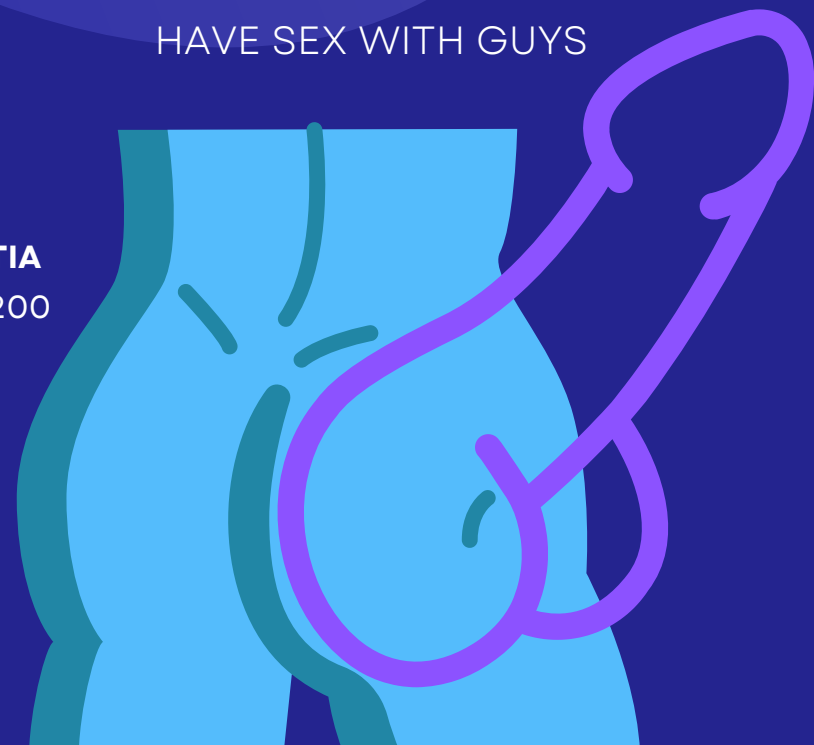
TIPS FOR SAFER

BARE BACKING

FOR GUYS WHO
HAVE SEX WITH GUYS

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Barebacking: What are the risks?

Some guys like to have **bareback sex**, which is anal sex without a condom. While it's recommended that we all practice safer sex by using condoms and lube, we believe that guys can make informed choices and decide the kind of sex they want to have.

To make an informed decision, consider the following barebacking risks:

- Exposure to HIV through precum, cum, and blood.
- Increased risk of hepatitis A, B, and C.
- Increased risk of STIs (sexually transmitted infections).
- Tops, like bottoms, are at risk for HIV and other STIs through any cuts on their dick or tears in the lining of their ass.



If You Bareback: Reduce your risk

- **Use lots of lube when you fuck** to reduce friction and the risk of tearing the lining of your ass.
- **Loosen your ass a bit before being fucked** by using your fingers, dildos or butt plugs with lube.
- **Use PrEP**, a highly effective pill taken daily that prevents HIV (PrEP doesn't prevent other STIs).



- If you're the top **attempt to pee immediately after fucking** to clean out the urethra.
- **Get vaccinated for HPV and hepatitis A and B.** There are currently no vaccinations for HIV, hepatitis C or other STIs.
- **Get tested regularly** for HIV and STIs (You can have an STI or HIV without having any symptoms).

Things that may **add** to your risk:

- Certain drugs, like **poppers and Viagra**, can increase blood flow to your dick and lining of your ass which can increase your risk for infection. Limit the amount of poppers or Viagra you use (i.e. start low, go slow).
- If you're **using substances**, your inhibitions may be lowered and you may make choices that are riskier than you normally would.



- **Douching** (washing inside your ass) may irritate or cause damage to your rectum. If you choose to douche, do so 2-3 hours before sex using lukewarm water only.