

THT DIRECT > 0845 12 21 200

THT Direct can answer questions about sex, sexual health and HIV and put you in touch with support around sex and sexuality-based issues.

Galop Shoutline
020 7704 2040

www.galop.org.uk
A London service offering advice on dealing with the police and you can report an attack anonymously through Galop.

www.tht.org.uk

www.chapsonline.org.uk

PLEASE GET RID OF YOUR LITTER  CAREFULLY

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WHATEVER'S ON YOUR MIND HERE ARE PLACES AND PEOPLE WHO CAN HELP:

Outreach workers at cruising sites - maybe you've seen them giving out condoms. You can talk to them in confidence about lots of things - if they can't help, they'll know who can.

Telephone helplines - like THT Direct (listed in this leaflet). They let you speak to someone anonymously, ask questions and get information on everything related to sex, sexuality or sexual health.

Talking face-to-face - the chance to talk things over in confidence with someone who'll have experience of what's on your mind - often free of charge. Call **THT Direct** for details of where you can speak to someone.

Group support for married men - there might be a group close to you. Also try an internet search for 'married men's groups' or 'bisexual men's groups' to see what's available.

Web based info/support -
www.tht.org.uk
is good for sexual health.
www.dads-uk.co.uk
has information for men like you who have kids.
www.galop.org.uk
is good around dealing with the police or being a victim of crime.
You can email some web sites for support and advice.



THIS BOOKLET'S FOR YOU IF YOU HAVE SEX WITH BOTH MEN AND WOMEN. GOT A WIFE OR GIRLFRIEND? DON'T SEE YOURSELF AS GAY OR BISEXUAL?

Whatever your situation, certain things might cross your mind;

- What if it gets out that I have sex with men?
- What'll happen to my relationship with my wife/girlfriend?
- What's going to happen to my kid(s)?
- What about HIV and sexually transmitted infections?
- If I do certain sexual things does that mean I'm 'gay'?
- How can I talk to men in the same position as me?

2 things men often worry about are:

1 Passing on sexually transmitted infections to wives or girlfriends.

This is a real possibility as sexually transmitted infections are on the rise and many are easy to get.

Fucking without condoms carries most risk but sucking or being sucked can also spread many infections.

To reduce the risk to its lowest would mean using condoms for anal and oral sex.

If you think you've picked up an infection your family doctor may not be the best person to go to. Going to a sexual health clinic offers more anonymity and your GP won't get to know about your visit. You can visit any sexual health clinic, not just a local one. The clinic will give advice on telling your partner about getting checked themselves - if you decide that's what you want to happen.

Call the THT Direct number at the end of this leaflet for details of clinics.

2 Getting involved with the police while looking for sex with men.

If you've been the victim of a crime on a cruising site, like a robbery or attack, the police shouldn't be interested in the fact you were there looking for sex. They should be interested in catching whoever harmed you. The police won't contact your family or employer (but if you're charged with an offence and go to court this might go public). Most police forces have a special team to deal with sensitive issues like this (with names like 'Community

Liaison Officers' or '*Community Safety Units'*). They'll be more sympathetic than the average police officer. You can also report a crime anonymously through someone else (like a local gay project) who'll contact the police for you.

The numbers in this leaflet have details of these special teams and places other than the police to contact if you've been the victim of a crime.