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## **PRESS RELEASE**

### **THINK YOU KNOW YOUR ARSE AND YOUR COCK?**

#### ***GMFA highlights HIV risk whether you are a top or a bottom***

LONDON, 11 March 2010 – Most gay men with HIV got infected when they were fucked without a condom. However, some men got HIV when they were the active partner. A new postcard from GMFA, the gay men's health charity, hits the scene this month, highlighting how men can catch HIV regardless of whether they are a top or a bottom.

The postcard explains how the lining of the arse can absorb HIV like a sponge. However, being a top is not an effective way to stay safe. The postcard explains that if a guy is a top and doesn't wear a condom, HIV can enter the bloodstream through the cock.

The postcard provides additional information to support THT's advertising campaign '*men can get HIV through their cocks*', which is currently running in the gay press.

Matthew Hodson, Head of Programmes at GMFA, says: "Some men believe the myth that if they are a top they can stay safe if they don't wear a condom. We want to bust this myth by giving information about how you can get HIV through your cock – even if there are no sores or cuts. At the same

time, we want to inform men why getting fucked without a condom is by far the riskiest type of sex that you can have in terms of HIV.”

Look out for the postcard in the racks at gay venues across London, or you can download it from the website at [www.gmfa.org.uk/booklets](http://www.gmfa.org.uk/booklets).

Matthew adds: “Whether you are in a loving long-term relationship or have sex with casual partners, or whether you are a top, bottom, or swing both ways, using condoms or not fucking remain the most reliable ways to prevent the spread of HIV.”

- ENDS -

**To download a PDF of the postcard, visit:**

<http://www.gmfa.org.uk/londonservices/booklets-and-postcards/pdfs/biology-of-transmission.pdf>

### **About GMFA**

Founded in 1992, GMFA is the UK’s leading charity dedicated to gay men’s health. Its mission is to improve gay men’s health by increasing the control they have over their own lives. The organisation is based on the belief that the best health promotion for gay men comes from gay men themselves. For this reason, it uses the knowledge and ideas of its 170 volunteers, most of them gay men, to design and plan its thought-provoking sexual health interventions. These include a range of advertising campaigns, leaflets, postcards and booklets; FS, its health magazine, distributed nationally in gay venues and GU clinics; and national and London-based courses covering sex education, life skills and smoking cessation. In addition, GMFA creates targeted sexual health interventions for black gay men and HIV positive gay men. Independent surveys have concluded that GMFA’s campaigns reach up to 60% of the London gay population and that the organisation is the most reliable agency at reaching gay men. The charity runs a range of information websites:

- Sex & Sexual Health, [www.gmfa.org.uk/sex](http://www.gmfa.org.uk/sex) - visited by a third of London’s gay men in 2006;
- London Services, [www.gmfa.org.uk/londonservices](http://www.gmfa.org.uk/londonservices) - detailed listing of sexual health services for gay men in London;
- Positive Gay Guide, [www.gmfa.org.uk/positive](http://www.gmfa.org.uk/positive) - information for HIV positive gay men;
- The Guide, [www.gmfa.org.uk/theguide](http://www.gmfa.org.uk/theguide) - a guide to gay sports and social groups in London;
- Quit smoking, [www.gmfa.org.uk/quitsmoking](http://www.gmfa.org.uk/quitsmoking) - information and advice on quitting smoking for gay men;
- About GMFA, [www.gmfa.org.uk/aboutgmfa](http://www.gmfa.org.uk/aboutgmfa) - for more information on GMFA.

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