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DATE FOR THE DIARY

GMFA's Assertiveness Skills Training

- Courses starting Saturday 11th August and Saturday 8th September
- Online booking now available at www.gmfa.org.uk/gwk

PRESS RELEASE

GET WHAT YOU WANT WITH A GMFA COURSE

...and now you can book online!

London, 12 July 2007 -- Sometimes we all need a little help although asking for it can often be difficult. Now, thanks to GMFA, things just got a whole lot easier.

GMFA offer a range of courses that support, empower and equip gay men with new skills, knowledge and abilities to help enhance their lives, keep them safe and even make them a dynamo in the bedroom. However, phoning from the office to book a place on the Sex Course has deterred some men from taking part in the past. Now, thanks to a discreet online booking form, everyone can have a go. Simply go to www.gmfa.org.uk/gwk and select the course you want to book!

“This new facility makes booking courses easier,” said Matthew Hodson, Head of Programmes for GMFA. “We hope it will encourage more men to come on courses so they can make informed choices and decisions in their lives and get the kind of sex they want.”

The assertiveness course is one of the many courses that offer essential life skills and advice on staying safe. Lack of assertiveness can affect your relationships and quality of life, when failed communication means you don't get what you want. In a sexual situation, that can spell danger.

“Assertiveness is an important tool in the bedroom, or wherever else you choose to fuck,” added Hodson. “If you aren't clear about what you want, or you're not confident enough to say no, then you can put yourself in risky situations.”

Participants will learn and practice negotiation skills, gain clarity about what they want and need, and explore how this can be achieved. They'll be able to communicate calmly, saying "yes" when they want to, saying "no" when they mean "no", and have increased confidence. These skills can be applied to many situations in life, including sex and sexual safety.

In a recent evaluation, 74% of men who completed the course felt strongly that they were confident and able to say “no” to requests in sexual situations; an increase from 12% before the course.

Following the course, 89.4% of men agreed or strongly agreed that they were confident in their ability to assert themselves during sexual encounters; a dramatic switch from 70.6% of men who disagreed or were not sure before taking part.

In addition, 73.7% agreed or strongly agreed that they now felt confident and able to ask for what they wanted in sexual situations. Prior to taking the course, 64.8% disagreed or were not sure.

The success of this evaluation mirrors the success of our other courses and the NHS have praised GMFA courses for being clinically effective, saving lives and reducing HIV transmissions.

All GMFA's courses are free to gay men in London and bookable through the new online form. Other courses starting in August include the Arse Class and Confident Cruising. GMFA are currently working with other agencies to roll out courses nationally.

- Ends -

If more information about this or any other of GMFA's campaigns and actions is required,

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Notes to Editor

About GMFA:

GMFA was established in 1992 and is GMFA is the UK's leading gay men's health charity, reaching over 140,000 men with our interventions. GMFA's mission is to improve gay men's health by increasing the control they have over their own lives. We believe that the best health promotion for gay men comes from gay men themselves, and so we use the knowledge and ideas of our 170 volunteers (most of them gay men) to design and plan our thought provoking sexual health interventions. Yearly we deliver three new mass media campaigns in the gay press to disseminate up to date information regarding HIV and STIs to the gay male community. Independent surveys have concluded that our campaigns reach up to 55% of the London gay population and we are the most reliable agency at reaching gay men. In addition to this we distribute our own health magazine, FS, free to London's gay bars and clubs to further educate gay men about relationships, their

bodies, general health and STIs. Annually, we deliver 1000 hours of group work to educate gay men in safer sex, and over the last fourteen years have provided courses for over 10,000 gay men. We have recently launched two new websites containing information for gay men on sex and sexual health (www.gmfa.org.uk/sex) and details of sexual health services available for gay men in London (www.gmfa.org.uk/londonservices). Over the next couple of months we intend to launch websites for HIV positive gay men and a gay sports and social groups site. All of our sites can be accessed at www.gmfa.org.uk.