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PRESS RELEASE

DO YOU WANT TO CRUISE WITH CONFIDENCE?

GMFA's Course Will Help You Stay Safe and Get What You Want

London, 19 December 2008 – Cruising for sex can be a tricky business. Some gay men seem to be able to walk into a bar, walk straight up to the person they fancy and leave with them at the end of the evening. Other guys spend the whole evening trying to pluck up the courage to speak to somebody and end up either going home alone, or going home with someone that they don't really fancy. Thanks to GMFA's *Confident Cruising* course, which will be delivered for the first time in cities across England and Wales, anyone can learn to be a confident cruiser and take control of the sex they have. The one day course is designed to help men approach the men that they like, whether they meet in bars, clubs, saunas, cruising grounds or even online.

“Nobody plans to go out and have crap sex but lots of men find it really hard to approach the people they fancy - and so they get drunk and

end up having sex that they're not in control of, with somebody they're not attracted to," said Matthew Hodson, Head of Programmes at GMFA. "This course will help men to feel confident when they're out cruising, and increase their ability to talk about the sex that they want and to say no to the sex that they don't want."

The course covers a range of cruising situations and provides tools for building confidence. There are practical tips on gaining confidence, ways to start conversations with strangers and to talk about the sex that you want. The course also looks at non-verbal communication and safety in situations where gay men aren't expected to speak to each other, such as saunas and cruising grounds.

"There's something for everyone, no matter how old you are or where you go to meet men for sex," added Hodson.

The courses will be run across the UK by both GMFA and trainers from local gay charities and healthcare services.

All of GMFA's courses and workshops are free of charge to participants but places are limited and must be booked in advance. To book a place, go to www.gmfa.org.uk/national or call 020 7738 6872.

Confident Cruising is a one day course which takes place on Saturday from 10am to 5pm. The full list of dates for the course is:

<i>Saturday 24 January</i>	<i>Saturday 31 January</i>	<i>Saturday 7 February</i>
Birmingham	Cardiff	Bristol
Brighton	Leeds	Liverpool
London	Newcastle	Nottingham
Manchester	Southampton	Sheffield
Norwich		

- Ends -

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

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Notes to Editor:

About GMFA:

GMFA was established in 1992 and is the UK's leading charity dedicated to gay men's health. 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. We have received international acclaim for our Sex and Sexual Health website (www.gmfa.org.uk/sex) which was visited by a third of London's gay men in 2006. Our other websites include a detailed listing of sexual health services available for gay men in London (www.gmfa.org.uk/londonservices), an information resource for HIV positive gay men (www.gmfa.org.uk/positive) and a guide to gay sports and social groups in London (www.gmfa.org.uk/theguide). All of our sites can be accessed at www.gmfa.org.uk. GMFA produce a range of advertising campaigns, leaflets, postcards and booklets. Independent surveys have concluded that our campaigns reach up to 60% 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. Over the last fourteen years we have provided courses for over 10,000 gay men, providing safer sex education, life skills and stop smoking courses. We currently provide a range of groupwork interventions across England and Wales. GMFA's has Big Lottery funding which has been used to create award winning sexual health interventions for Black gay men in London.