

Arse¹ Facts

filling you in

Douching (washing inside your arse) can irritate the lining of your arse making it even more vulnerable to infections like HIV.

You can protect yourself by making sure he uses condoms when you get fucked

For more arse facts and information on HIV, AIDS and safer sex, visit www.gmfa.org.uk/arse or call The London Gay Men's Sexual Health Helpline on 020 7998 4161

GMFA projects are developed by positive and negative volunteers. To volunteer or donate, go to www.gmfa.org.uk or call 020 7738 6872. Charity No. 1076854. Part of the London Gay Men's HIV Prevention Partnership.

