



# Arse <sup>3</sup> Facts

**damage control**

Dildos or fisting can damage the lining of your arse without you noticing. This can make you even more vulnerable to infections like HIV.

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

For more arse facts and information on HIV, AIDS and safer sex, visit [www.gmfa.org.uk/arse](http://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](http://www.gmfa.org.uk) or call 020 7738 6872. Charity No. 1076854. Part of the London Gay Men's HIV Prevention Partnership.

**GMFA**  
the gay men's health charity