

Anal about my health



Have you ever fucked, fingered, fisted, licked, pissed in, or stuck a toy in someone's ass? Ever had it done to you? If yes, then **congrats! You've engaged in anal sex!** If not, you should try it! Ass play is fun, it's sexy and if you like it (maybe just a little?), you are probably gonna do it again.

Now for an even more enjoyable experience: sit back, breathe deep, and read about some anal health basics.



Condoms: Although you might not be a big fan of a rubber between your penis and its warm destination, you can appreciate that it also forms a barrier to HIV and some (not all) STIs, that are commonly carried in bodily fluids.

Lube: Whether you're a first timer or an old vet, lubrication is your best friend. It will help things go in (and out) smoothly, prevent condom breakage, and decrease the odds of an injury. Once you get wet, work on staying wet.



Get PrEPped: Pre-exposure prophylaxis (PrEP) is a pill taken daily by HIV-negative people to prevent infection. Unfortunately, it doesn't prevent other STIs, so you'll still need to consider other forms of protection.



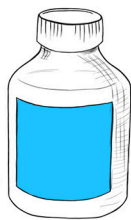
Undetectable = Untransmittable! If you're living with HIV, stay on track with your meds and viral load testing. There has been no evidence that HIV can be transmitted from a partner with an undetectable viral load.





Party and Play

Let's spill the T. Yes, we're talking about "capital T" Tina and all the other letters of the alphabet too. If you use drugs and alcohol while having sex, here are some tips for striking the right balance:



- **Stay hydrated!** It's called water sports for a reason: your goal should be to win. Always be sure to watch your cup.
- Polyamory is love with no barriers but poly drug use requires some precaution – **Keep drug and alcohol mixing to the minimum.**
- Know your body and **know your limits** as dosing is key with many party drugs – you can handle 9 inches, but can you handle that eight ball tonight?
- Although sharing is caring, **have your own** when it comes to injection equipment.
- If you have an emergency, don't be afraid to **call 9-1-1 immediately.**
- If you're struggling with drug or alcohol use or unsure about it, **talk to a friend**, colleague or a healthcare professional about it.

PRO TIP: TALK IS CHEAP! (and it works!)

Talk, talk, talk! One last tip is to always communicate. Talk to your friends, your sisters, your co-workers, your fuck buddies, talk to your lovers and husbands, and talk (openly) to your health care provider. Communication is the best way to learn more about your sexual health.

And dont forget...You can always talk to us!

Email us at **contact@mpactglobal.org**
or visit **www.mpactglobal.org** to learn more