

SEX AND GBL/GB (Gina, Shots or G)

G has a reputation for making people horny and reducing inhibitions. This can lead to you taking sexual risks that you normally wouldn't, which can result in sexually transmitted infections and HIV being passed on. If you're out of it – or unconscious – it'll be hard to control what's happening or remember. There are reports of guys being sexually assaulted or raped while unconscious on G. For more information visit: www.tht.org.uk/druggb

BIG WEEKEND AHEAD?

STAY FOCUSED ON YOUR SEXUAL HEALTH

- Ensure you have condoms and water-based lube. Regularly check the condom remains intact and put a fresh one on every half hour.
- A person with HIV who is taking treatment and has an undetectable viral load cannot pass on HIV.
- Pre-exposure prophylaxis (PrEP) significantly reduces the chances of becoming HIV positive. PrEP is a course of HIV drugs taken by an HIV negative person to lower the chance of infection.

- Post-exposure prophylaxis (PEP) can stop HIV infection after sex without a condom with someone who is infectious. PEP is a month-long course of HIV medication taken by an HIV negative person after exposure to reduce the chance of getting HIV. To find out the latest information about PEP and PrEP visit www.tht.org.uk/pep

HOW WE CAN HELP

- We offer free and confidential rapid HIV and syphilis testing and can also test for chlamydia and gonorrhoea. For more information visit www.tht.org.uk/brightontesting
- We offer one-to-one support around mixing sex with drugs. Please contact: freshstart@tht.org.uk, or call 01273 764 200.
- Visit www.tht.org.uk/frimondrugs for further information, access to an online support group and online counselling.

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