



# BIG WEEKEND? BLUE MONDAY?

Are you worried about the  
sex you have while high?

*Information about sex and drugs  
for gay and bi men.*

## Mixing sex and drugs

Some guys like to have sex on drugs. Drugs (chems) can make you feel more confident, horny and keep you going for hours. Drugs can give you a shortcut to making it feel like you have a connection with someone or are having great sex. They can make you hornier, harder, more adventurous, confident and relaxed – all depending on which drugs you take. These drugs can include crystal methamphetamine (Tina), GHB/GBL (Gina) and mephedrone (Meow) and are often used together or with other drugs.

## Safer drug use

How you take a drug affects how quickly you start to feel its effects and how strong they are. Depending on how the drug enters you, it can damage different parts of the body. How a drug is taken

can influence how likely you are to get addicted to it. Smoking and injecting drugs cause the biggest concentration of drugs in the blood in a very short amount of time. This gives the fastest, strongest hit and a greater chance you will become addicted.

## Group sex, sex parties and chillouts

Chillouts or sex parties often take place at people's homes and can go on for a number of days and can include having multiple sexual partners. Once you're at a party and high it may be very hard to stop. Aim to be realistic about when you need to leave, allowing for a night's sleep and plenty of time to recover before work.

There are various ways that you can look after yourself and others, which can include:

- bringing plenty of condoms and lube – don't assume there will already be some at the party
- staying hydrated
- trying to eat small amounts of food to keep your energy levels up
- if you're slamming, bring your own syringes or needles – never share
- not taking valuables with you and keeping essentials such as your phone on you or nearby at all times
- not taking lots of money and keeping all your clothes and belongings in one place
- bring a phone charger so you can keep in touch with people, especially in emergencies.

## Your sexual health and drugs

If someone is at a group session/sex party/chillout and they've been taking drugs and having sex for a long time with multiple partners, there's a higher chance they're more likely to have picked up sexually transmitted infections (STIs). You can still get an STI however many sexual partners you have – but the more sexual partners, the more likely you are to have sex with someone with an infection.

## Don't forget your supplies

Make sure you have easy access to condoms and water-based lube (on you and back at home) even if you're not planning to have sex – at least you'll be prepared if it happens. If you take HIV drugs make sure you have a supply on you and/or where you might end up, such as at a friend's house.

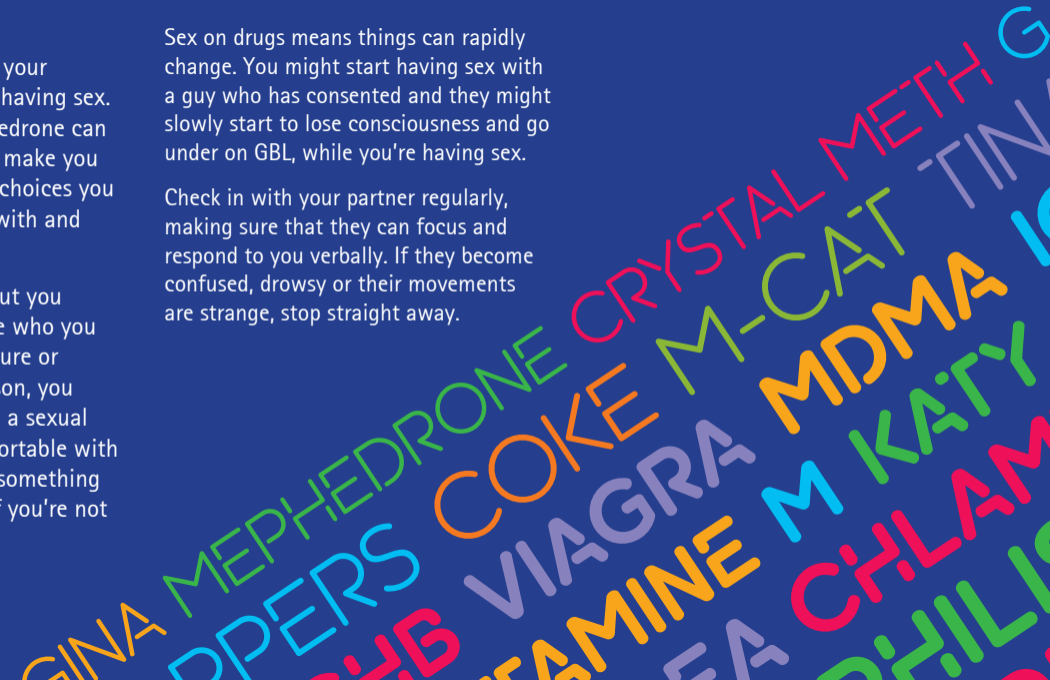
## Consent and assault

Sexual consent means giving your agreement and saying yes to having sex. Drugs such as GBL and mephedrone can cause memory blackouts and make you so horny that you may make choices you normally wouldn't be happy with and consent to.

Drugs can cause confusion, but you always have a right to choose who you have sex with. If you feel unsure or get a bad feeling for any reason, you can always take a break from a sexual situation you don't feel comfortable with and consider whether this is something you want to continue with. If you're not sure, **STOP!**

Sex on drugs means things can rapidly change. You might start having sex with a guy who has consented and they might slowly start to lose consciousness and go under on GBL, while you're having sex.

Check in with your partner regularly, making sure that they can focus and respond to you verbally. If they become confused, drowsy or their movements are strange, stop straight away.





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### Breaking the cycle

Living for the weekend and having problems with sober sex can all mean that your use of drugs is getting out of control? If you are thinking about reducing risks to yourself and others, cutting down or quitting drugs; you will find further information, including harm-reduction methods with additional help, support and access to an online support group and online counselling at:

FRIDAY/MONDAY  
[www.tth.org.uk/frimon](http://www.tth.org.uk/frimon)

THT DIRECT > 0808 802 1221

### Feel out of control? Looking for a fresh start?

No judgements or lectures, just a space for you to talk. If you would like some help around your drug use when having sex, we can offer one-to-one support sessions with a trained Terrence Higgins Trust worker. For further information, help, support or to answer any questions that you may have, please email: [freshstart@tth.org.uk](mailto:freshstart@tth.org.uk) or call 01273 764 200 Monday to Friday from 10.00am to 5.00pm

Terrence Higgins Trust,  
61 Ship Street,  
Brighton  
BN1 1AE

### HIV and viral load

HIV medication reduces the amount of the virus (your viral load) to very low (undetectable) levels. HIV treatment doesn't cure HIV, but if someone with HIV is taking treatment and has an undetectable viral load they cannot pass on the virus.

### Sober sex

If you've been having sex using drugs, the idea of having sober sex can be intimidating. If everyone you know is having sex on drugs, finding guys to have sex with without drugs might seem tough. Stick with it though. The vast majority of gay men have sex without drugs and many guys have found ways to break the cycle of feeling dependent on drugs to have sex.

- A person with HIV who is taking treatment and has an undetectable viral load cannot pass on HIV.
- Pre-exposure prophylaxis (PrEP), when taken correctly, 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), when started in time, can stop HIV infection after sex without a condom (or other exposure) with someone who is infectious - but it does not work every time. PEP is a month-long course of HIV medication taken by an HIV negative person after possible exposure to reduce the chance of getting HIV.

To find out the latest information about PEP and PrEP visit: [www.tth.org.uk/pep](http://www.tth.org.uk/pep)

Some guys may give prior sexual consent such as 'if I go under, just carry on', but this is a grey area of the law.

If someone has had sexual contact with you without your consent, this is sexual assault. Any time someone inserts their penis into your anus or mouth, without your consent, it is rape. Both are crimes punishable by law.

### What is protected sex?

Protected sex is where you use a condom during sex if one of you has HIV and a detectable viral load.

Condoms should be used with water-based lubricant as oil-based lube weakens them.

HIV treatment is also a form of protection. How HIV treatment stops HIV being passed on: