

LITTLE BLACK BOOK

V 2.0 Queer in the 21st Century



**AIDS
ACTION**

COMMITTEE

USE ME



**AIDS Action Hotline:
1.800.235.2331**

www.aac.org

Hey Queer Boys!

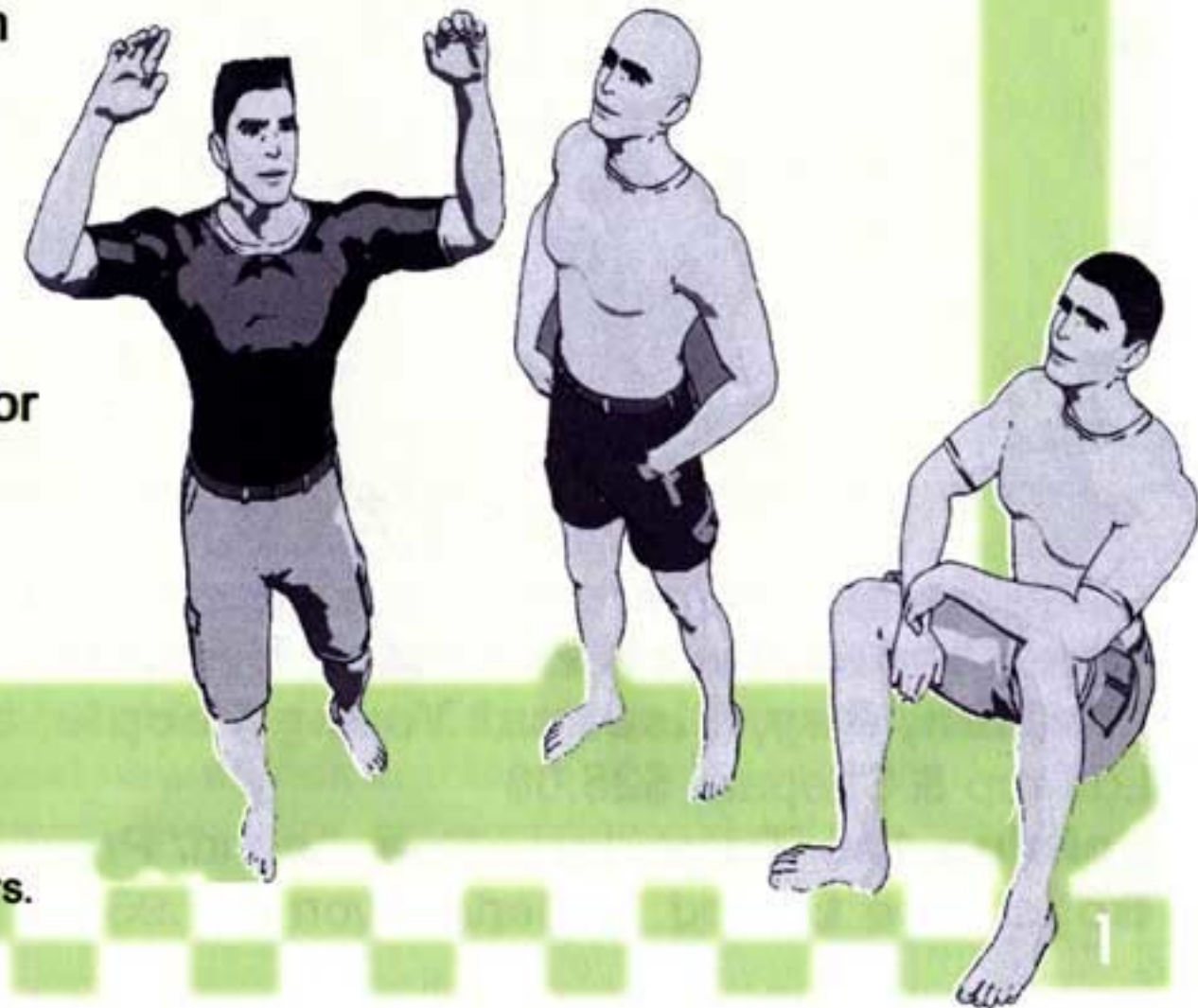
Welcome to queer life in the 21st Century!

Is this a great time to be gay or what? We are faced with important challenges every day like the right to marry, homophobia, coming out, STDs and HIV/AIDS, but queers have never enjoyed more visibility and acceptance than today.

The Boston area is a good place to be young and queer. The city is fairly tolerant with a diverse and visible queer community. Queers are teachers, policemen, UPS drivers, waiters, politicians, doctors, artists, you name it. We have strong gay community institutions and lots of services for queer youth.

To help you make the most out of your life here in Boston we put together this **Little Black Book V 2.0: Queer in the 21st Century**. It's filled with information for gay, bi and queer guys. It's a great resource guide for fun, for health and for community.

Big hugs and kisses to Seattle's Gay City Health Project who first created a *Little Black Book* for northwest queers.



COMING

Coming out can be one of the hardest, most courageous choices that a queer person can make. We are pulled on one side by a community that urges us to come out as a leap towards personal freedom and as an expression of solidarity with our queer brothers and sisters. On the other hand, our repressive, homophobic society pressures us to stay in the closet, threatening discrimination and even violence against those who proclaim their sexual identity.

If and when you decide to come out...

Here are some things to consider...

TIMING IS EVERYTHING. Wanting to be proud and honest about your sexuality is cool, but applying a little strategy can't hurt. If coming out would result in getting kicked out of your home, fired from your job or beat up at home or school, maybe you should wait a while. Being in a position of strength, relatively protected from other's reactions to your disclosure, can actually make the process better for everyone.

WE NEVER REALLY STOP COMING OUT. It's not just a one shot deal; coming out continues at various levels throughout our lives. When we meet new people, go to a new doctor, start a new job, or go shopping in the 'burbs, life challenges us to come out just about every day.

GOOD READS

Coming Out to Parents, by M. Borhek, Pilgrim Press \$11.20

The Shared Heart: Portraits & Stories Celebrating Lesbian, Gay, Bisexual Young People, by A. Mastoon, Lothrop & Shepard \$25.00

Joining the Tribe, by L. Due, Anchor Press \$19.00

Boys Like Us, ed. P. Merla, Avon \$14.95

OUT

Coming out for most of us is a very personal decision. Many young queers choose not to leave the closet. Others open the door but remain within, not proclaiming their homosexuality but not denying it when asked about it. Still others open the door, jump right out, and never look back.

**GUESS WHAT?!
I'M GAY!!**



GIVE IT TIME. Some people aren't going to take your queerness as well as you might like. Many people are ignorant about gay and bi people and can have very emotional reactions to your leap from the closet. You don't have to expose yourself to abuse, either physical or verbal. Remember that others may need time to get used to the idea of you being queer. It may have taken you years to come to terms with your sexuality; don't expect others to get used to it overnight. And don't take loved ones' hasty remarks as their final (or most honest) words on the matter.

WANT TO TALK ABOUT IT? CALL THE FENWAY'S HELP LINES!

GLBT HELPLINE: 888.340.4528

PEER LISTENING LINE: 800.399.PEER

411: BAGLY

BAGLY is the Boston Alliance of Gay, Lesbian, Bisexual, Transgendered and Questioning Youth. It is BAGLY's mission to serve the youth community by being a source for information about the life-long journey of coming out. BAGLY is youth led and adult supported. BAGLY holds weekly meetings where youth, 22 and under, can meet new friends and learn about each other's experiences while they plan and coordinate events.

Contact BAGLY at - voice ~ 617.227.4313 fax ~ 617.227.3266
TTY ~ 617.523.8341 www.bagly.org

COFFEE HOUSES

If the bar scene isn't your thing, or if you aren't old enough, try a coffee house. There are lots of queer-owned and queer-friendly cafes in places like Cambridge and the South End. They are great places to meet guys who don't drink and they often have entertainment.



THE BARS

Bars and nightclubs play a huge role in gay culture. They are places to hang out, meet each other, socialize and hook-up. They have played historical roles in gay culture because clandestine gay "speakeasies" were often the only place where gay people could meet and be open about their gayness. Times have changed, but gay bars still offer a special place for our gay and lesbian brothers and sisters. If you are old enough, why not check out the varied and charged atmospheres at the local bars and clubs? For the skinny on what the Boston metro area has to offer, check out the bar review section on page 28-29.



GET OUTSIDE

There is a whole world out there to explore. If you want more than bars and coffee houses, get your butt into the great outdoors. Boston has all sorts of gay outdoor groups. Who says gay guys can't be jocks? There are teams for gay hockey, softball, rugby flag football, etc. There are hiking groups, couples groups, bird-watching groups, and art groups. Just about anything you're interested in has a group focused on doing it, so grab a copy of the *Pink Pages* or a GLBTQ newspaper and get some fresh air. (HEADS-UP: *Bay Windows* and *in newsworthy* periodically publish an exhaustive list of gay groups.)

THE FIRST GAY PRIDE EVENT...

OK, time for a gay history factoid!!! Did you know that on the evening of Judy Garland's funeral on June 29, 1969, police raided a gay bar, the Stonewall Inn in New York. This sparked a riot among the patrons who were tired of being harassed; this also ignited the gay rights movement which grew into the gay, bisexual, lesbian, transgendered movement that continues to this day. Happy GLBT Pride!

Volunteering is a great way to enrich your life. There's no end of good organizations in need of enthusiastic help. There are lots of AIDS organizations you could volunteer with, but you may get just as much out of giving some time to the Human Rights Campaign, your local library or an animal shelter.

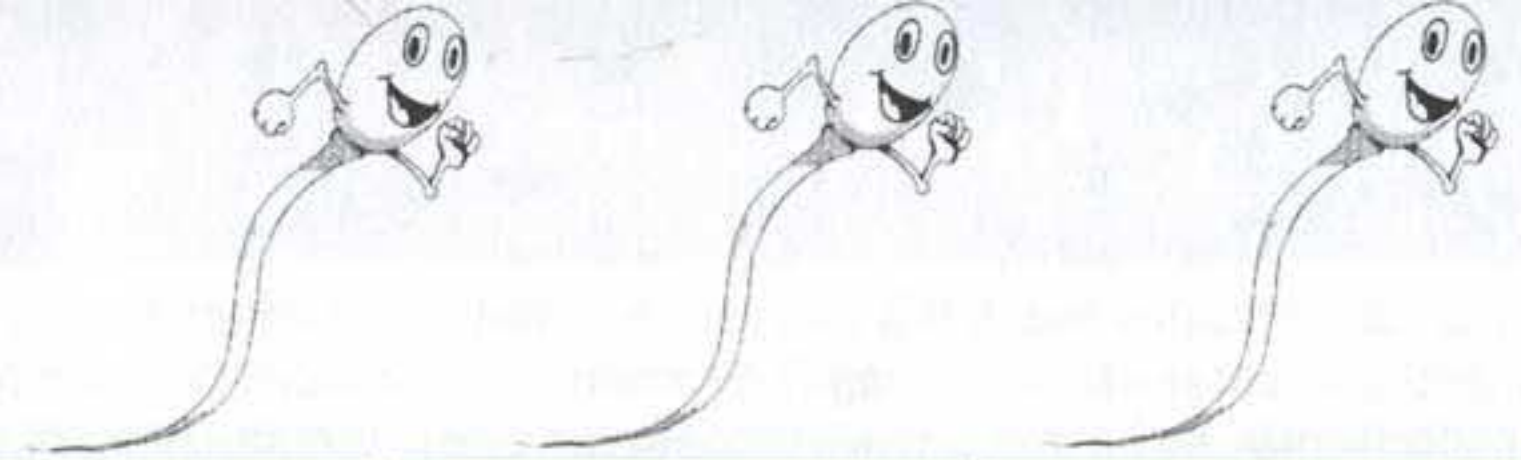


Getting involved has the benefit of getting you out and connected to your community, your neighborhood, your city. It can provide you with rich, wonderful experiences, new friends and maybe something cool for your resume. What's really excellent though is the chance to meet other guys. They're just sitting there, sharing some of your interests and waiting to meet you.

AIDS Action Committee Volunteer Line: 617-450-1235
AIDS Action MSM Info Line: 617-450-1MSM

It's a jungle out there

STDs stands for Sexually Transmitted Diseases. STIs means Sexually Transmitted Infections. They are fairly common among sexually active folks and as the name implies are generally (though not always) transmitted through sexual contact. Ranging from the annoying to the life-threatening, here's a list of important info on a few STDs. By the way, condoms can easily prevent most but not all of these infections.



	WHAT IT IS	HOW YOU GET IT	WHEN WILL IT SHOW UP?	HOW CAN YOU TELL?	HOW DO YOU GET RID OF IT?
HIV & AIDS	AIDS is a set of symptoms caused by infection with the Human Immunodeficiency Virus (HIV).	Transmitted most commonly through unprotected butt or vaginal sex or sharing needles. Oral sex is much less risky than fucking especially if there are no sores on the dick or in the mouth and you don't take cum in your mouth.	Some people develop flu-like symptoms in the first month. Other illnesses may come later in infection.	If you believe you have been exposed to HIV call the AIDS Action Hotline at 1.800.235.2331. There are things you can do, especially if you act within the first 72 hours.	AIDS is still a life-threatening syndrome. There is no vaccine or cure. New treatments are helping people live longer but getting infected with HIV still really sucks.
SYPHILIS	Bacteria that causes sores on ass, dick, and/or mouth and will spread throughout the body if untreated.	Unprotected fucking or sucking, contact with sores.	average 21 days	Sores on genitals or mouth; then rash, swollen glands, fever. Left untreated it can damage any or all major organ systems and lead to death.	Antibiotics can cure this one if detected early enough.
HEPATITIS B	Virus that causes inflammation of the liver.	Contact with infected blood or body fluids, unprotected fucking or rimming.	average 60-90 days	Fatigue, loss of appetite, nausea, yellowing of skin, dark urine.	A vaccine is available. Untreated, hepatitis can cause fatal liver damage.
GONORRHEA & CHLAMYDIA	Bacterial infections of the urethra (opening of your dick), throat or ass.	Unprotected fucking or sucking.	average 3-5 days	Unusual discharge or burning from dick. Chlamydia sometimes has no symptoms.	Antibiotics - some strains are becoming tougher to cure as the bacteria adapts to antibiotics.
GENITAL HERPES	Virus that causes sores on the sex organs or the mouth.	Transmitted through skin contact. Some people transmit herpes virus even though they have no visible sores.	5-21 days	Small painful sores that go away and reappear later; they may itch, burn, tingle or ooze.	No cure for herpes, but some treatments lessen symptoms and prevent outbreaks.
GENITAL WARTS	Virus that infects the sex organs and may cause warts or bumps.	Transmitted through contact with warts. (Some are too small to see.)	5 days to several months	Small painless bumps on genitals or anal area may itch.	No cure, but a doctor can remove warts by freezing or burning them off.
SCABIES & CRABS	Small insects that live on or under the skin around your crotch or other body parts.	Transmitted through sex, but also via shared clothing and bedding.	3 days to several weeks	Rash & itching, may be worse at night.	Treated with medicated lotion by prescription or over-the-counter brand names like RID or A-200 at your local store.

Handy-Dandy Condom Guide

You can probably recite the condom mantra in your sleep. (If you need a reminder, turn the page). But a lot of guys don't use condoms consistently, and some guys are confused about the so-called "End of AIDS." So if you tossed out your rubbers or are thinking about it, here are our top 5 reasons why condoms are still a queer boy's best friend!

1 No HIV! Recent medical breakthroughs have made HIV infection seem less dire than

before but the bottom line is HIV/AIDS is still a terrible illness. People are dying less frequently, but a lifetime of serious medications is definitely no picnic. There is no cure and getting infected with an HIV strain that's resistant to today's medications is not exactly how you want to be fucked.

2 No STDs! Condoms are still the most reliable protection against STDs a gay boy can have (next to abstinence, but how much fun is that?). On the rare occasion when they do break it's usually due to putting them on wrong or using the wrong kind of lube (use water-based). STDs range from the annoying like crabs, to the everlasting like hepatitis and herpes, to the devastating like HIV.

**Massachusetts HIV/AIDS/STD HOTLINE:
1.800.235.2331**

Usin *em!

3 No Dookie On Your Noodle! Nobody knows better than queer men that shit happens. It's just a fact of life..and buttsex. While there are steps to take to avoid a mess, they're not always practical for the boy on the go. Condoms allow you a certain freedom that can be a great selling point if you're cruising the park and you don't want stray spunk on your new polyester shirt, or if you and your boy have to make that 7 o'clock movie.

4 Peace Of Mind! The next best thing to having sex with another guy (or guys) is remembering it. When those memories are jumbled up with fear and guilt about not using condoms, it's a real drag. Condoms can give you the freedom to reflect on the pleasure of your past encounters instead of being obsessed with your next HIV antibody test.

5 Condoms Say, "I Care!" Flowers do too, but it just ain't the same. Using a condom lets your partner know you think he's worthwhile as a fuck and a human being. It also says you care about yourself. It shows maturity, self respect and confidence.

**National STD Hotline:
1.800.227.8922**

Handy-Dandy Condom Guide

1 Get it hard! The dick has to be hard before the condom is put on.

2 Lube it! Part 1! Apply a very small amount of water-based lube to the inside tip of the condom or the head of the penis. A dime-sized amount should do the trick. (Too much and the condom might slide off.)

3 Squeeze it! When the condom is first being put on the head of the erect penis, it's important that all the air be squeezed out of the tip. The tip gives the cum somewhere to go. If air is trapped in the condom the added pressure from the cum might cause the condom to break. If your condom doesn't have a tip, make one! Just pinch 1/4 inch before rolling the condom down. If the dick is uncut, the foreskin should be pulled back before placing the rolled condom on the head.

4 Roll it on! Roll the condom down to the base of the dick, or as far as it goes, to keep it from slipping off.



10

How to use 'em

5 Lube it! Part 2 After the latex is on the dick, smother it and the butthole (or vagina) with more water-based lube. The more lube you use, the less chance the condom will break.

6 Check it! While fucking, pull out occasionally to make sure the condom is still on and not torn. If the condom breaks, pull out, wash up, and then put on a new one.

7 Pull out and clean up! Once you're finished, grasp the base of the condom and pull out while you're still hard. Take the condom off and throw it in the trash. If possible, wash up with hot water and soap.

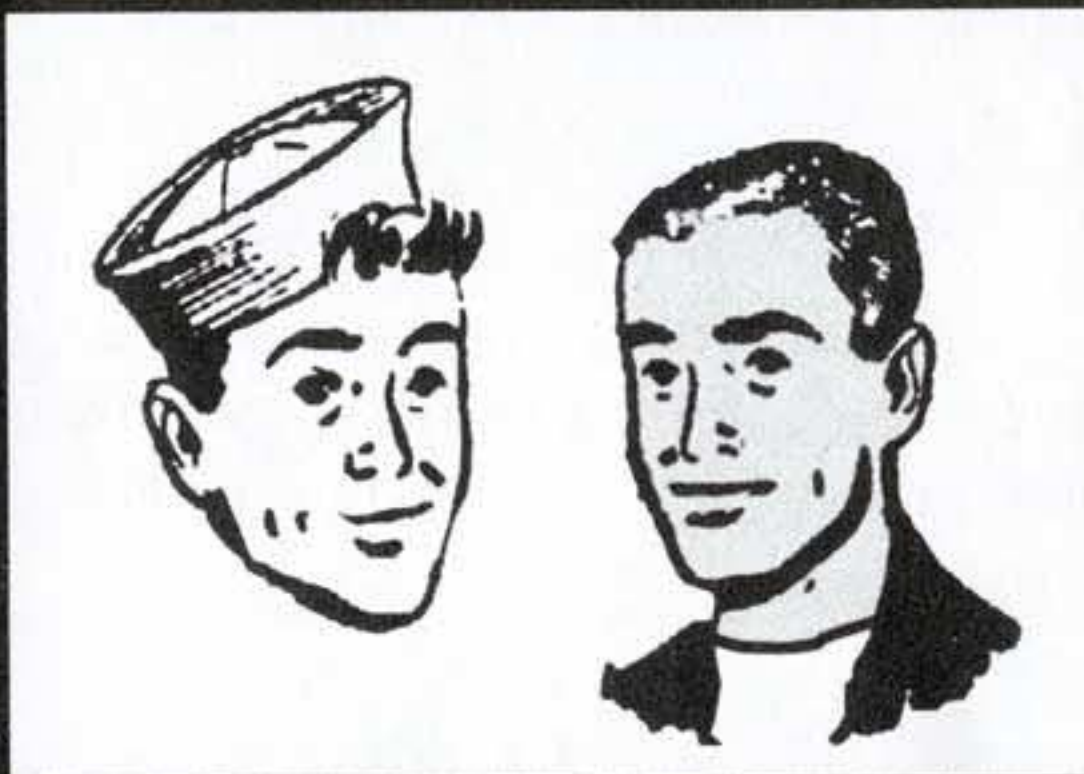


11

Handy-Dandy Condom Guide

Decisions, decisions...

Lots of guys in committed relationships eventually confront the question; "Can we, could we, ought we, should we, have sex without condoms?" If one partner is HIV negative and the other is positive, the answer is "NO." If both partners are positive, they should think about the possibility of reinfection and drug resistant strains. But what if both partners are negative?






Fucking without condoms is an option many long-term queer couples have considered. And by long-term we don't mean two weeks. The practice even has a name: Negotiated Safety. It's an important option for us to have, but it's not for everyone. There are benefits and risks and they shouldn't be taken lightly.

Queerboys Guide to Negotiated Safety

- 1** Talk about this decision and what it means for your relationship. Why does each one of you want to do this? What do you need from your partner to feel secure about eliminating condoms? Come to a clear understanding about sex inside and outside your relationship. Some agreements might include no condoms together but, (a) no buttsex outside the relationship, (b) all buttsex outside the relationship is with a condom, (c) no sex outside of the relationship, or (d) no sex other than jerking off with others outside the relationship. It is up to you and your partner to make an agreement that works for both of you.
- 2** Both of you get tested for HIV. Make a date of it. If you both test negative, keep using condoms with each other and in any anal sex outside of the relationship. Keep up the dialogue about how you're going to make this decision a success.
- 3** After 6 weeks, get tested again. If both of you test negative, you're good to go on to the final step. Get tested for other STDs while you're at it.
- 4** Not everything always goes as planned and one or both of you may slip-up. If this happens, it doesn't mean the relationship is necessarily over. But you've got to be honest about it. Both of your lives could depend on it. You'll have to decide if you want to start the process over again, maybe with a counselor to help prevent future slip-ups. If you have questions, call the AIDS Action Committee Hotline at 1.800.235.2331 and speak with an objective listener.

Going out with the guys? Maybe you'll toss back a few or smoke a bowl. Maybe you're into scotch and cigars. Maybe you've never done any drugs before and aren't planning on starting. We've put together a guide for you to help you make informed choices about partying. Remember, if you do use, do it safely - avoid the cops and ex-boyfriends, don't race forklifts and don't order anything off the internet.

LEGAL DRUGS

ADDICTIVE?	WHAT'S IT DO?	YOU OUGHTTA KNOW!
<p>CAFFEINE  YES</p>	<p>Stimulant</p>	<p>Drip coffee has more caffeine than espresso, can cause jitters, nervousness and withdrawal headaches.</p>
<p>NICOTINE  YES</p>	<p>Raises metabolism, increases concentration, provides a soothing, sedative effect.</p>	<p>Causes lung cancer, yellowing of teeth, accelerates aging of skin, and withdrawal is a bitch.</p>
<p>ALCOHOL  YES</p>	<p>Wide range of effects from sociable, rowdy and exuberant to sullen, withdrawn and abusive.</p>	<p>Variety of possible negative effects including liver damage, alcohol poisoning and possibly making an ass of yourself.</p>

QUASI-LEGAL DRUGS

<p>NITROUS OXIDE NOS NO</p>	<p>Aural hallucinations, giggles, floating.</p>	<p>The stuff they use to soup-up hotrod cars is POISONOUS! Don't try that!</p>
<p>POPPERS rush NO</p>	<p>Heightened physical sensation, increased heartbeat and blood flow (resulting in a stiffer dick).</p>	<p>Inferior products may result in massive headaches and/or chemical burns to airways, kills brain cells. Don't mix with VIAGRA.</p>

ADDICTIVE?	WHAT'S IT DO?	YOU OUGHTTA KNOW!
<p>MARIJUANA pot?</p>	<p>Variety of effects from calm euphoria to drowsiness. Can heighten mood for better or worse.</p>	<p>Can stimulate appetite resulting in junk food pigfest. Sometimes cut with PCP or cocaine. Can cause lung cancer and yellowing of the teeth.</p>
<p>ECSTASY e?</p>	<p>Extreme feelings of friendliness, bliss, warmth and Chatty Cathy Syndrome.</p>	<p>Some people become very depressed a day or two after using. Some studies suggest that it can damage your brain.</p>
<p>LSD ACID ?</p>	<p>Hallucinations, feelings of heightened perception.</p>	<p>Sometimes cut with speed, difficult to determine dosage.</p>
<p>'SHROOMS ? Groovy ?</p>	<p>Similar to LSD</p>	<p>Misidentified mushrooms can result in nausea, diarrhea and/or death.</p>
<p>COCAINE C YES</p>	<p>Feelings of invulnerability, confidence, heightened physical sensation, energy, drive and bliss.</p>	<p>Can cause heart problems, seizures, impotence, (not to mention empty wallet syndrome) and depression during withdrawal.</p>
<p>CRYSTAL METH tina YES</p>	<p>Like cocaine but harsher; some guys have erections for hours and a heightened sex drive.</p>	<p>Causes skin eruptions, diarrhea, bad body odor, and with prolonged use, psychotic episodes.</p>
<p>SPECIAL K K ?</p>	<p>A horse tranquilizer, produces feelings of floating, euphoria, disconnection of senses from the body.</p>	<p>Users may experience a "K-hole," where any movement is unappealing if not impossible.</p>
<p>HEROIN H YES</p>	<p>Calm, euphoria, drowsiness.</p>	<p>Highly addictive; misdosage, bad goods or abuse can lead to abscesses, infections or death.</p>
<p>GHB G ?</p>	<p>Similar to special K in effect but stronger.</p>	<p>Can cause breathing difficulty coma and death. DO NOT MIX WITH OTHER DRUGS or ALCOHOL!</p>

Drinkin' & Druggin'

If you party, party in moderation. It is easier to make mistakes and do things outside your normal boundaries if you are too high on drugs or drunk. If your routine becomes unmanageable, you might want to consider talking to your health care provider, or call the Massachusetts Substance Abuse Information and Education Hotline:

1.800.327.5050



Introducing Crissy...

HI BOYS! I AM CRISSY AND I AM HERE TO TALK TO YOU YOUNGER GUYS!

I AM A WILD GIRL AND I AM CAUSING QUITE A STIR! BUT I HAVE SOME ADVICE FOR YOU BOYS JUST STARTING OUT! A GREAT WAY TO KEEP YOURSELF FROM HAVING A DRUG PROBLEM IS NOT TO START! I KNOW THAT MIGHT SOUND LIKE YOUR PARENTS OR SOME SILLY AD ON TV, BUT IT IS TRUE, KIDS, AND I MEAN BUSINESS!

IF YOU ARE NOT CAREFUL WITH ME YOU COULD END UP IN THE HOSPITAL, JAIL, THE MORGUE, BROKE, OR ALL CRACKED OUT WITH BAD BREATH, FUNKY TEETH AND LOOPY STUFF GOING THROUGH YOUR POOR BRAIN.

Crystal, Tina, Speed, Meth, Tweak, Crank. Some of you may know me by my aliases! I gotta keep 'em guessing right?! When I show up I am usually a white powder. A lot of gay men use me for fucking and staying juiced up. You see, I am a synthetic stimulant. Synthetic means I am made in a lab, sweetie. Stimulant means I get you high and keep you going. As with all illegal drugs, the FDA doesn't regulate my production, so my quality can vary dramatically.



CRISSY WANTS YOU TO KNOW...

CRYSTAL CAN AFFECT YOUR BODY AND YOUR MIND WHILE YOU ARE HIGH, AND WHILE YOU ARE COMING DOWN!

▶ It limits your hunger and decreases your perceived need for sleep; using it can lead to depression, nightmares and insomnia

▶ Long-term use can lead to temporary psychosis

▶ When you are on it you can easily become dehydrated--drink plenty of water

▶ When you are on it, or having withdrawals from it, you may have mood swings, agitation, irritability and confusion

▶ It can cause lung and throat irritation(if smoked), high blood pressure and stroke

▶ It can cause constipation, diarrhea, sweating, headaches, teeth grinding and jaw clenching

▶ If you use a bumper to snort: it has been found that Hepatitis C can be transmitted through the bumper: so don't share bumpers!

CRISSY SAYS "TAKE CARE OF YOURSELF DARLING! YOUR BOD IS A TEMPLE!"

Using too much crystal can cause a heart attack or stroke. People who OD on crystal may look pale or limp, breathe slowly or stop breathing altogether. They may vomit, shake or complain of chest pain.

You might think you don't need to eat anything when partying with crystal, but you do. You might think that you don't need to sleep, but you do. Take care of yourself, your friends and your partners when you party on crystal and other drugs.

Guys who party on crystal are more likely to get infected with HIV. Talk about a buzz kill!



FOR MORE INFO OR IF YOU NEED HELP CALL 800.235.2331.

Welcome to Doctor Dick's Healthy Homo!



AIDS HAS TAUGHT MANY GAY MEN NOT TO TAKE THEIR GOOD HEALTH FOR GRANTED. HERE ARE SOME THINGS YOU CAN DO FOR YOUR HEALTH.

Get a health care provider you can trust!

If you don't have insurance, there are excellent community clinics like the Sidney Borum Jr., Health Center in the Theater District or Fenway Community Health near Berklee College of Music. They provide low cost or sliding fee health care. Be sure to choose a doctor with whom you feel comfortable being honest about your sex life, drug use, etc. The best way to find a good doctor is to ask your friends if they'd recommend theirs.

- Is your health care provider open to your questions?
- Does your provider take a medical history, including a sexual history?
- Do you trust your provider and feel like you can be honest with her or him?
- Does your provider seem comfortable discussing sensitive issues like sex and drug use?
- Does your provider explain her or his choices for treatment/non-treatment?

Exercise, 20 minutes of aerobic exercise, other than sex, 3 times a week. Take a walk on the Charles or ride your bike to work. It'll add years to your life and you might even meet someone cute in the park or at the gym.

Get Tested! If you are sexually active, use condoms for anal sex and get tested for HIV and other STDs. Testing for both is easy at your doctor's office. If you don't have a doctor or if you aren't comfortable with your doctor, call the AAC Hotline at 800-235-2331 to find a testing site. If you have a STD, talk to your doctor about how to manage or cure it. If you have HIV, monitor your viral load and T-cells and discuss a treatment plan with your doctor. Call the AIDS Action Committee Resource Library at 617-450-1432 to learn more about living with HIV.

Get Vaccinated for Hepatitis.

Hep A and Hep B are both common among gay men and can potentially make you very sick. Luckily, there are vaccines available to prevent both of these hepatitis viruses. Unless you've already had Hep A and Hep B, it is a good idea to be vaccinated against them. Talk to your doctor or call Fenway Community Health at 617-267-0900. Unfortunately, there is no vaccine for Hep C which is spread through blood. If you use needles for drugs or steroids, don't share your needles or works.



Stop Smoking! Queer youth are more likely to smoke than their straight counterparts. It makes your breath and fingers smell and causes lung and heart problems. There are programs out there to help you quit smoking. Call Fenway Community Health at 617.267.0900



Eat Right. An occasional chili dog or pizza is not gonna kill you, but daily diet of cheesy poofs and pie will do very little to make you feel or look your best. Check out the food pyramid on the side of the Fruit Loops box, boys.

visit: www.nal.usda.gov/fnic/

The Oops Factor. Uh-oh, the condom broke or you regret not using one, what do you do? If you act quickly, Post Exposure Prophylaxis (PEP) may be able to stop HIV from infecting you. PEP means starting on several anti-HIV meds within 72 hours of a risky activity and taking the meds for 4 weeks. If you have had a risk in the last 3 days, call Fenway Community Health at 617-927-6100. PEP should only be taken under the guidance of a doctor. If you didn't act within 72 hours or if PEP wasn't right for you, there are other things that you can do. Call the AAC Hotline at 800-235-2331 to talk about more early options.

Talk about your feelings! Good health is emotional and spiritual, too. Do you have friends you can talk to about things? Counseling and/or support groups can really help, too.

IF YOU ARE HIV POSITIVE...

SEX: If you are HIV positive and your partner is HIV negative, you should both wear a condom when you have insertive anal intercourse (when you fuck each other). If you are both HIV positive, you should get informed and weigh your options. There is some evidence of "re-infection" caused by getting infected again with a second, different strain of HIV. Recent studies have shown that it is possible for drug resistant strains of HIV to be transmitted from one HIV positive partner to another. To protect yourself from these threats and STDs, consider using condoms with your HIV positive partner.

For more information, you can talk to your doctor, or call the AIDS Action HIV Health Library. There are people there ready to talk to you and help you sort this stuff out!

AIDS Action HIV Health Library:

617.450.1432

toll free: 866.799.0079

E-mail: health@aac.org

Party drugs can affect you differently if you are on HIV meds. Some meds like protease inhibitors can increase the way some party drugs affect you, possibly leading to an overdose. Being high can also cause you to forget to take your anti-HIV medication. So if you party, get informed and take care of yourself!

DRUGS:

IF YOU ARE HIV POSITIVE...

CONTINUED...

Taking your meds at the right times is very important to maintaining your health. Get your T-cell and viral-load counts regularly and be sure to talk to your doctor if you are having problems taking your meds.

MEDS:

Being "out" about being positive can make it easier to find other people who are going through some of the same stuff as you, but it can also put you at risk for discrimination and hostility. Fortunately there are support groups out there to help you deal with being HIV positive.

SOCIETY:

In Boston, call POZ 20's, a support group for young gay and bisexual men living with HIV.

617.988.2600 ext. 227

HAVING HIV MAKES A LOT OF DECISIONS MORE CHALLENGING. HAVE FAITH IN YOURSELF, AND GET SUPPORT WHEN YOU NEED IT.

HOW SAFE IS DAT?

IF YOU ARE HOOKING UP, HERE IS SOME STUFF TO PONDER. GETTING TESTED FOR SEXUALLY TRANSMITTED DISEASES (STDs) EVERY 3-6 MONTHS IS A GOOD IDEA EVEN IF YOU DON'T HAVE ANY SYMPTOMS.

FUCKIN'

Next to sharing needles, fucking without a condom is the easiest way to spread HIV. Most STDs can be spread this way as well.

SUCKIN'

There has been a lot of mixed messages around this. It is a challenge to know for sure how safe sucking dick is, but research shows it is low risk for HIV if there are no sores in the mouth or bleeding gums. It is NOT low risk for many STDs.

SPIT OR SWALLOW?

Not getting cum in your mouth reduces your risk of getting some STDs and HIV. If a guy cums in your mouth it probably doesn't make much difference if you spit or swallow. You can get gonorrhea, chlamydia, syphilis, hep B and herpes. Risk for HIV is low as long as you don't have sores in your mouth or bleeding gums.

RIMMING? (LICKIN' BUTT)

The risk for transmitting HIV from rimming is very low. But risk for hepatitis A, herpes, shigella and intestinal parasites is high.

WATERSPORTS (PISS PLAY)

There is little risk of STD infection and no risk of HIV infection from playing with pee. It is possible that hepatitis can be spread this way so avoid getting pee in your mouth and get that vaccination.



HOW SAFE IS DAT?

FISTING

What makes fisting risky when it comes to diseases is that the blood vessels in the rectum are close to the surface which means damage can occur easily and go unnoticed. Avoid too much alcohol or drugs if you fist or get fisted. Know your limits and those of your partners. Trauma can increase the risk for HIV when you get fucked so you might want to do your fucking before fisting. Use lots of lube, condoms and latex gloves.

TOYS

Sharing toys can be fun, and fortunately they are easy to keep clean. A good idea is to put condoms on your toys, replace the condom between users, and use lots of lube. If you don't have any rubbers, clean those toys well with lots of soap and hot water. There is some risk of hepatitis, herpes, warts and parasites.

MUTUAL JERKIN' OFF

Jerking off together can be a hot and safer way to have fun. This is a safe activity for HIV. Some STDs can be transmitted by touching, but all-in-all this is pretty low-risk, boys!

AS YOU CAN SEE, IT CAN BE HARD TO BE SURE YOU ARE SAFE FROM ALL STDs. IF YOU ARE HAVING SEX, GET TESTED EVERY 3-6 MONTHS! IF YOU HAVE QUESTIONS, CALL THE HOTLINE!

Massachusetts HIV/AIDS
STD hotline: 1.800.235.2331



MENACING INVADER ATTACKS!

SYPHILIS

Ancient and once nearly eradicated, the demon syphilis has returned in our time.

It is spread from skin to skin contact. Condoms are not always effective in preventing it.

Sometimes a sore will appear. Sometimes not. A rash follows later. Then for years, the bacteria quietly stirs, as it wreaks havoc on the body.

Syphilis can put you at greater risk for getting HIV. If you have HIV, it can create additional complications.

If you are sexually active, get an STD screening twice a year.

If treated in a timely fashion, syphilis is easily curable.

To find out more, call the number below.

**AIDS
ACTION**

COMMITTEE

**DO YOUR PART TO KEEP THIS FIEND AT BAY!
GET AN STD TEST EVERY 3-6 MONTHS
IF YOU ARE SEXUALLY ACTIVE!**

800.235.2331

The Massachusetts HIV/AIDS/STD Hotline

Your Sexual Rights & Responsibilities

- ✦ You have the right to enjoy sex without shame or stigma!
- ✦ You have the right to safer sex materials that speak to your desires!
- ✦ You have the right to take action for your community! Be heard, you are the expert!
- ✦ You have the responsibility to remain uninfected!
- ✦ You have the responsibility to not infect anyone else!
- ✦ You have the responsibility to help STOP AIDS!

AIDS Action MSM Information Line:
617.450.1MSM

The Bar Scene

At times, Boston had more gay bars than it has now. Although it is hard to know why this is, some people think that the use of the internet has replaced the bar scene for some people. One thing the bars offer is real people and experiences. Developing a social life and interpersonal communication can be very rewarding, and for better or worse, the bars have been a nexus of gay life for ages.

Here is a list of Boston area bars and clubs for the discerning queerboy. These are subject to change, so check the club directory in *in newsworthy*, *Bay Windows*, *The Boston Phoenix*, or give the place a call before you head out.

ARIA. 246 Tremont St., Boston. Fun, loungy Wednesday night event. 617.338.7080

AVALON. 15 Landsdowne St., Boston. Big, gay Sunday night event. Pack your dancing shoes.

BUZZ. 67 Stuart St., Boston. Wild Saturday night. 2 dance floors. Lots of cute guys. 617.267.8969

CAMPUS/MANRAY. 21 Brookline St., Cambridge. Thursday and Saturday nights. Dancing, young guys and those who like young guys. 617.864.0400

CLIMAX at MATRIX. 275 Tremont St., Boston. 617.542.4077

CLUB CAFE/MOONSHINE. 209 Columbus Ave., Boston. Video bar. Lots of peeps here on Thursday, Friday, Saturday. This crowd has a tendency to be well manicured. 617.536.0966

DEDO. 69 Church St., Boston. Kinda like where James Bond would go if he was queer. Stylish piano bar. 617.423.6969

The Bar Scene

EAGLE. 520 Tremont St., Boston. Old school, cruisy, sex-charged late at night. Varied crowd is unpretentious. 617.542.4494

FRITZ. 26 Chandler St., Boston. Great friendly crowd. This place has a blue-collar, sports bar thing going on. 617.482.4428

JACQUES. 79 Broadway St., Boston. Drag shows and a colorful crowd. 617.426.8902

MACHINE. 1256 Boylston St., Boston. Big dance club and pool-room. This club is big fun on Friday nights. 617.536.1950

PARADISE. 180 Mass Ave., Cambridge. Strippers dancing on the pool tables and bonking their heads on the overhead lights, porn on the television, the old, the young. Something for everyone. 617.494.0700

RamRod. 1254 Boylston St., Boston (Upstairs from Machine) Oldschool speakeasy. Leather, denim. Woof. 617.266.2986

RISE. Stuart St., Boston. Afterhours, quasi-private. 617.423.7473

STATIC/AXIS. 13 Landsdowne St., Boston. Young guys dancin'.

The ALLEY. 14 Pi Alley, Boston. Older friendly crowd. 617.263.1449

VAPOR. 100 Warren St., Boston. Only gay on certain nights. Best to call. 617.695.9500.

Where do I get that HIV test?

Q:

WHERE DO I GET AN HIV TEST?

IF YOU HAVE HEALTH INSURANCE, AND YOU FEEL COMFORTABLE ENOUGH WITH YOUR DOCTOR, GO TO YOUR PRIMARY CARE PROVIDER!

A:

If you don't have health insurance, or if you need other options, call the Massachusetts HIV/AIDS/STD Hotline:

800.235.2331

If you are in Boston, this is a great place to go:

Fenway Community Health-617.267.0159

Fenway is a comprehensive HIV testing site, which means that they provide HIV counseling and testing, viral Hepatitis A and B vaccinations, Hep-C screening for at-risk individuals, STD screenings and referrals.

Also, see the "Special Stuff for You" section on the next page!

Special stuff for you!

These are places and programs for you if you belong to a specific community within the community!

AIDS Action Committee, Boston: 617.437.6200. Offers services for HIV positive people and those affected by HIV/AIDS. www.aac.org

BAGLY, Boston: 617.227.4313. For GLBTQ youth. www.bagly.org.

Cambridge Cares About AIDS –Youth on Fire, Cambridge: 617.661.2508 has programs for young drug users, homeless and street youth. Also call 617.661.3040 or 617.680.1063 for information on needle exchange. www.ccaa.org

JRI Health, Inc. The Wayne Wright Resource Center Boston: 617-988-2600 offers programs for young guys. For HIV positive guys, ask about the POZ 20's and POZ 30's support groups. Also, ask about the POZ social gatherings. www.jri.org and Boston GLASS, Boston: 617.266.3349 Center for GLBTQ youth.

Latin American Health Institute (LHI) Boston: 617.350.6900 has programs for Latino men. www.lhi.org

Massachusetts Alliance of Portuguese Speakers (MAPS) Allston: 617.787.0557 works with Portuguese Speaking men. www.maps-inc.org

MAP for Health Boston: 617.426.6755 has programs for young Asian/Pacific Islanders.

Multicultural AIDS Coalition Boston: 617.442.1622 has services for Men of Color. www.mac-boston.org

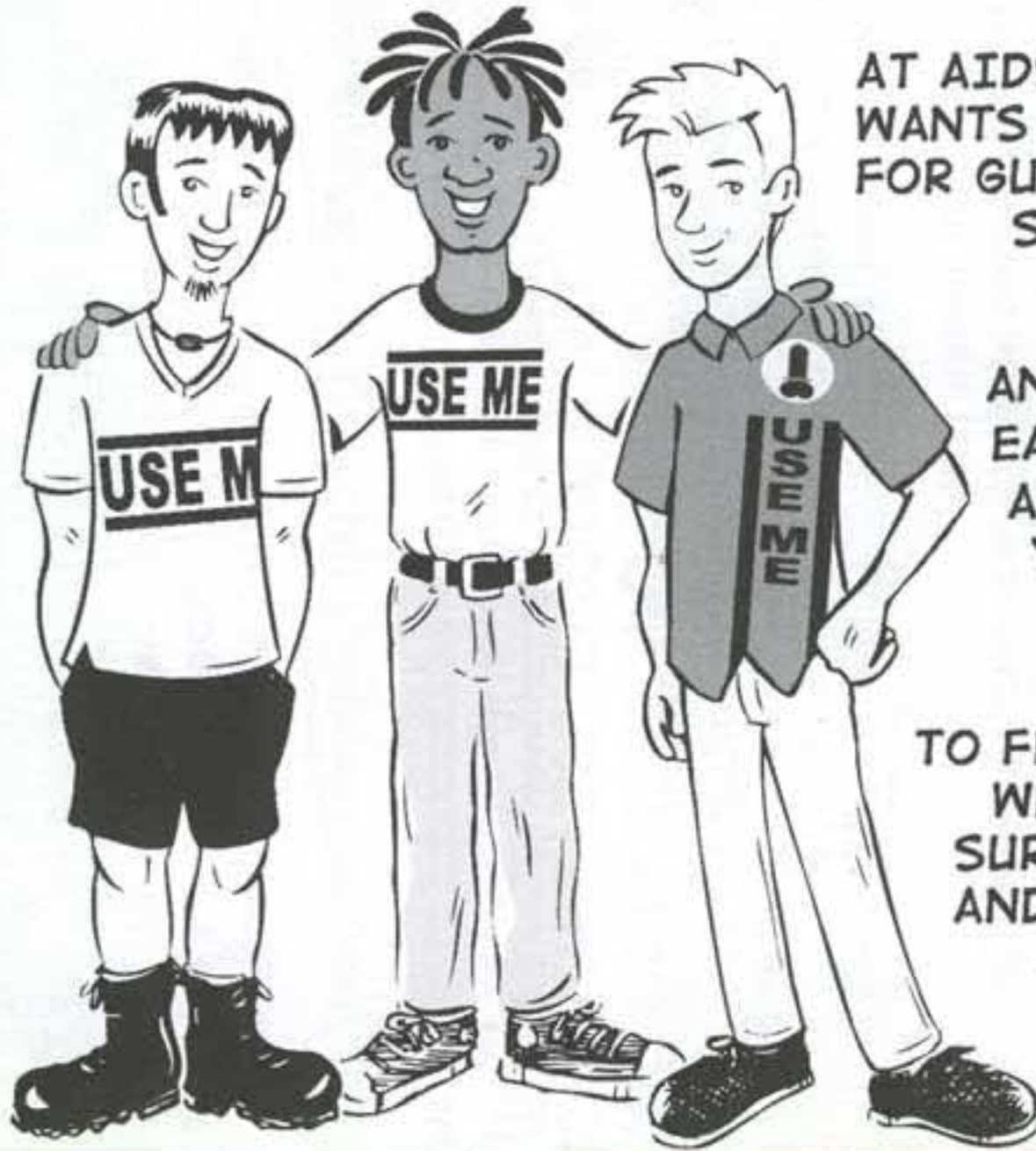
Boston Public Health Commission. Boston Needle Exchange: 617.771.2138 or 1.800.383.2437. www.bphc.org

Beacon Hill Multicultural Psychological Association Gender Identity Support Services for Transgenders (GISST) Boston: 617.292.0102 has programs for transgenders and sex workers.

Sidney Borum Health Center 130 Boylston St Boston. 617.457.8140 is a great health center for queer youth. www.jri.org

HEY QUEER BOYS!

HEY GUYS, DO YOU EVER DO STUFF THAT MIGHT PUT YOU AT RISK FOR HIV?



AT AIDS ACTION, OUR **USE ME TEAM** WANTS TO TELL YOU ABOUT A PROGRAM FOR GUYS THAT SOMETIMES DON'T PLAY SAFE. IT'S CALLED

PEER ACTION

AND IT IS CUSTOM TAILORED FOR EACH GUY. ASK THE **USE ME TEAM** ABOUT IT WHEN YOU SEE THEM AT YOUR FAVORITE CLUB, OR CALL

617.450.1667

TO FIND OUT IF IT'S FOR YOU. IF IT IS, WE WILL PAY YOU TO FILL OUT A SURVEY! TAKE CARE OF YOURSELF AND GET PAID! HOW COOL IS THAT?

PEER ACTION

**AIDS
ACTION**

Special thanks and all sorts of love go out to:
Massachusetts Department of Public Health
Boston Public Health Commission
Gay City Health Project, Seattle
STOP AIDS Project, San Francisco
San Francisco City Clinic
Fenway Community Health, Boston