



meth and the City



Clearly, guys who use crystal are more likely to get HIV than those who do NOT use, or have quit using. Local studies have shown that about **1 out of 5** gay and bisexual guys who used crystal by non-injection is HIV positive. (*Public Health—Seattle & King County 2005*)

Helpful places to visit:

General Information & Support Services

Alcohol/Drug 24 Hour Helpline
www.adhl.org, 206.722.3700
or 800.562.1240

24 Hour Crisis Line
206.461.3222 or 866.4CRISIS

Lifelong AIDS Alliance Men's Program
www.homohealth.org

Public Health—HIV/AIDS Program
www.metrokc.gov/health/apu

Drug Treatment & Counseling

Project NEON
206.323.1768
Seattle Counseling Service
www.seattlecounseling.org, 206.323.1768

HIV/STD Testing

STD Clinic
206.205.7837

Gay City Health Project
www.gaycity.org, 206.860.6969

People of Color Against AIDS Network
www.pocaan.org, 206.322.7061

Support Groups

Project NEON
206.323.1768
Crystal Meth Anonymous
www.xtwkrs.org + www.crystalmeth.org
Dunshee House
www.dunsheehouse.org, 206.322.2437



meth and the City

Be EASY on yourself. If you make a mistake and have sex that wasn't as safe as you wanted it to be, forgive yourself. Everyone makes mistakes. Try to learn from that encounter. Write down everything that you remember about that encounter—things that happened before, during, and after. Pay special attention to how you were feeling and how that might have affected the decisions you made.

Our intention in sharing this information is not to scare you. We know that “scare tactics” aren't going to keep you safer sexually. Only you and your sexual partners can decide to have SAFER SEX. NEON encourages you to seek sexual fun in ways that keep you and your partners healthy, happy, and free from HIV and other STDs. Learn what triggers you to have unsafe sex. Were you bored? Depressed? Drunk? Tweaked? Identifying your triggers might help you come up with strategies that can help keep you sexually safer.

Based on NEON's experience and the work with gay and bisexual guys who use crystal but don't inject, the risk of becoming HIV positive is greater for guys who use crystal when compared with guys who don't. The potential for getting HIV or an STD infection is less related to sharing injection equipment and more related to having unprotected anal sex and other sexually risky activities.

Do you have sex?

Then, get tested for ALL STDs every three months. This is the best way to make sure that you can continue to have a healthy and happy sex life.



TALK + LISTEN

Here are some NEON sex tips that might help keep you sexually safer:

- ▼ Use latex or polyurethane **condoms** every time you have anal sex, no matter if you're the top or bottom!
- ▼ Consider having sex with **fewer partners**. The more sex partners you have, the more likely you are to find a partner that has HIV and/or an STD that neither of you know about.
- ▼ Get **vaccinated** for hepatitis A & B. These vaccines are safe and effective and will protect you from these viruses. Although there is no vaccine for Hep C yet, get tested anyway.
- ▼ Sex with guys that you meet in bars, bath houses, parks, chat lines, and chat rooms can be exciting. But **you might get more than just a good time**. Studies show that guys who have sex with guys they don't know well or pick up for a "one nighter" are more likely to get HIV and/or STDs.
- ▼ Whether it's 1-on-1 or group, talk with your sex partners about **HIV and STDs**. Ask them if they have been tested recently and let them know your testing history. Although it may be difficult, talk about your HIV status. If you are HIV positive, consider telling potential partners before you have sex. That way, you can avoid a situation where they "freak out" if they find out later.
- ▼ **Discuss your sexual boundaries** with partners before you have sex. Negotiate what level of risk you both are willing to take. Remember—it can be really difficult to speak when your mouth is full!
- ▼ Keep latex or polyurethane condoms and **water-based lube** in your house, backpack, sex kit, and on your person all the time. This is especially important when you are high.
- ▼ **Talk with your friends** about the sex you have. Consider making a "sexual safety" plan with yourself or with friends. Ask your friends or someone you trust to help you stay within your plan. Make a positive promise to yourself and keep it. Debrief your sexcapades with trusted friends.



The more sex partners you have, the more likely you are to find a partner that has an STD that neither of you know about. Always play safe. Get tested every 3 months for HIV & STDs. Get vaccinated for hepatitis A & B.

Crystal use, in combination with other drugs such as Viagra, poppers, and ecstasy can cause serious and even life threatening health problems. Always consult with a health professional. Be honest with your doctor about your drug use and sex practices OR find a doctor who understands and respects you.



Seek help to **reduce** or **stop** crystal use

Before you get high:

- ▼ Plan for sexual safety before you get high. Decide how and with whom you want to have sex. Make a commitment to disclose/ask about HIV/STD status and use condoms once you're high.
- ▼ For bottoms, insert a Reality condom before getting high or leaving your house for sex. Sounds weird? It can work!
- ▼ Pack plenty of condoms and lube. Put them where you will see them once you're high.

“Just because you don't shoot up, doesn't mean you're not at risk.”

—Jason, Seattle

While you're high:

- ▼ Eat, drink extra water, and get enough sleep.
- ▼ You can play safely and use condoms—even while you're high.
- ▼ Change condoms every hour and with each sex partner—prolonged crystal sex leads to excessive friction and can cause condoms to dry out more quickly or break.
- ▼ Use more water-based lubricant than usual. Too much lube is almost enough.
- ▼ Do NOT mix drugs—crystal use in combination with other drugs such as Viagra, poppers, and ecstasy can cause serious and even life threatening health problems.

If you are not injecting:

- ▼ Keistering (booty bumping) is NOT a safer way to do crystal. It can seriously damage your bowels or anus. This makes anal sex very painful and increases your chance of getting HIV.
- ▼ If you're not injecting, don't start. Reject offers from sex partners to inject you or show you how. Injecting greatly increases your chances of HIV, STDs, hepatitis C, abscesses, and other soft tissue infections. If you're using crystal and you don't take these precautions consistently, your chances of staying HIV negative are slim.



“Injecting greatly increases your chances of HIV, STDs, and hepatitis C.”

