

National
Gay
Men's

Sex Survey

CHAPS

Terrence
HIGGINS
TRUST



**Everyone has the right
to the best sex with the
least harm.**

It's a thin line between good sex and bad sex. Choices you make can tip the balance between the two. See inside what you've been doing...

Each year in the Gay Men's Sex Survey we ask what you've been doing sexually. This year's survey is Europe-wide and the biggest ever! Check out the back page for how you can join in.

Things you do can make the difference between good sex and sex you regret because the sex isn't very good or it harms you, eg. it risks HIV or sexually transmitted infections.

Our survey asked about these nine things. For each one, do the first, and the risk of HIV or sexually transmitted infections goes down. Do the second, and the risk goes up.

Here's what you've been choosing to do...

THINK

Test for HIV regularly

Over **4 in 10** of you took an HIV test last year.

or don't test regularly

Half of you have never tested or your last HIV negative test is over a year old. ¹

Get checked for sexually transmitted infections regularly

4 in 10 of you were checked for infections last year.

or don't get checked regularly

4 in 10 have never been checked for infections. ²

Wait before having sex with a new partner

1 in 14 of you had sex with no-one last year.

2 in 10 of you had sex with one man.

or have sex with a new partner straight away

3 in 10 of you had 2, 3 or 4 partners.

A **quarter** had 13 or more men in the last year. ³

Sniffing poppers while being fucked without a condom makes the risk of getting HIV even higher.

4 in 10 didn't know this.

Find out more at www.chapsonline.org.uk/biology



Stick with your regular partner

4 in 10 of you have one regular partner.

or have sex with others

1 in 6 of you have more than one regular partner. ¹⁰

Talk to sexual partners about HIV

Around **1 in 8** of you always ask casual sex partners their HIV status – or tell them yours.

or don't talk about HIV

Half of you never ask or tell.

Of those of you who've tested positive, only **1 in 5** always tell your casual partners you have HIV. ⁴

Have sex without fucking

1 in 20 of you have never had anal sex.

1 in 8 of you didn't have anal sex last year.

or fuck

9 out of 10 had anal sex last year. ⁵

Don't use poppers when being fucked

Half of you didn't use poppers in the last year.

or use poppers

Around **1 in 6** used poppers while getting fucked without a condom. ⁹

Use condoms

1 in 3 always used a condom for anal sex last year.

or fuck without condoms

4 in 10 of you sometimes didn't use a condom.

Around **1 in 8** never used condoms. ⁶

Take PEP

Over **half** of you have heard of PEP. ⁷

1 in 40 of you have taken PEP.

1 in 25 of you have tried to get PEP.

8 out of 10 of you would consider taking PEP. ⁸

or don't take PEP

Under **half** of you have never heard of PEP.

1 in 25 of you wouldn't consider PEP. ⁸

Data used in this report

1, 3 and 9: findings from the 2008 survey

2, and 10: findings from the 2004 survey

4, 5, 7 and 8: findings from the 2007 survey

6: findings from the 2006 survey

PEP (Post Exposure Prophylaxis) is a 4 week course of drugs that can stop someone getting HIV if started within 24 hours (at most 72 hours) of a condom breaking or unsafe sex. More info is at www.chapsonline.org.uk/pep



What is the National Gay Men's Sex Survey?

Since 1997 Sigma Research has been asking gay and bisexual men about their sex lives and what they need to stay safe. This helps to plan sexual health promotion and HIV prevention. The survey, done with the help of over 100 agencies promoting gay and bisexual men's health, is part of CHAPS, which is funded by the Department of Health and co-ordinated by Terrence Higgins Trust.

We'd like to say a big THANK YOU if you've taken part in previous years' surveys. What you tell us plays an important part in helping men like yourself have better sex with less harm.

This year the survey is part of a Europe-wide internet survey, the largest in the world. You can take part in the European MSM Internet Sex Survey in English and 24 other languages until 31 August 2010.

You can fill in the survey here www.emis-survey.eu

Or look out for this ad on your favourite gay dating websites.

You can talk to someone about HIV, risk, safer sex, or testing by calling **THT Direct 0845 12 21 200** (10am-10pm weekdays, midday until 6pm weekends)

They have details of Terrence Higgins Trust centres in the Midlands, Brighton, Bristol, London, Oxford and Colchester.

tht.org.uk



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If you have any questions or comments about this resource, or would like information on the evidence used to produce it, please email feedback@tht.org.uk

The information included in this publication was correct at the time of going to press. We plan to review publications after two years. For updates or for the latest information, visit www.tht.org.uk

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You can get other support and information from:

Birmingham

Healthy Gay Life

0121 440 6161

hgl.nhs.uk

Leicester

TRADE

0116 254 1747

tradesexualhealth.com

London

GMFA

020 7738 6872

gmfa.org.uk

Metro Centre

020 8305 5000

metrocentreonline.org

Manchester

Lesbian & Gay Foundation

0161 235 8035

lgf.org.uk

Plymouth

Eddystone Trust

01752 257 077

eddystone.org.uk

Yorkshire

Yorkshire MESMAC

0113 244 4209

mesmac.co.uk