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Registered office: 314-320 Gray's Inn Road, London WC1X 8DP

Tel: 020 7812 1600 Email: info@tht.org.uk

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All you'll ever need to know about your arse and his

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The Bottom Line

Fourth edition

1 Smart arse

The 'ins and outs' of your arse. Going through the motions, from sphincters to colons.

2 Arsing around

From rimming to douching, fisting to sex toys. Enjoying arse play without 'tears' or trauma.

3 Butt out!

Getting fucked - 'Like a Virgin' or 'Deeper and Deeper'?

4 Bum deal

Infections and assorted anal anxieties.

5 When prostates go 'pear-shaped'

If things go wrong, it's a pain in the arse!

6 Mind your backs

Better 'buns' through diet and exercise.

7 Rear end

Useful websites, books and other stuff for the anally retentive.

CHAPS is a partnership of community-based organisations, co-ordinated by **Terrence Higgins Trust**, delivering HIV prevention initiatives to gay men and bisexual men in England & Wales.

CHAPS partners:



**Here's what
they never told
you at school!**

All you'll ever need to know
about your arse – or his.
Learn how to keep it healthy,
clean and looking good.

Information in this handbook correct at the time of going to press February 2009.

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Smart Arse

The 'ins and outs' of your arse. Going through the motions, from sphincters to colons.

Index

Anal itching	52	HIV	5/9/10/12/16/18/20/35-36/42/59
Anal mucus	42	Laxatives	12/55
Arse lining	5/20/58-59	LGV	38
Bleeding	15/20/42/51	Love eggs	14
Butt plugs	14	Lubricant	5/15/18/25
Colon	3-4/17-18/20/53	Male G spot	6
Constipation	51/53-56	Perineum	2-3/24/45/57
Diet	51-55	'Passive'	23
Dildos	13/19/56	'Piles'	51-53/56
Douches	11-12/61	Poppers	58
Drugs	58-59	Positions for fucking	26-32
Enemas	11-12/61	Prostate	4/6/7/13/44-49/61
Exercise	51/56-57	Prostate massage	47
Felching	16	Prostatitis	45-47
Fingering	9/25/38-40	Rimming	10
Fissures	5/51-53/56	Scat	16
Fisting	17/18-20/42/61/56	Sex toys	13-15/39/41
Gonorrhoea	36	Sphincter	2-3/9/17-20/25/56-58
Gut infections	9/16/39-41	Syphilis	37/59
Haemorrhoids	51-53/56	Threadworms	41/52
Hep A	9-10/16/38/59/61	Warts	37/59
Herpes	36-37/52/59/61		

Books

Ultimate Guide to Anal Sex for Men
by Bill Brent
Cleis Publications



↗
Gay Sex - A Manual For Men Who Love Men
by Jack Hart
Alyson Publications



^
Sex Adviser - the 100 Most Asked Questions About Sex Between Men
by Tony Palermo
Alyson Publications



^
Men Like Us - The GMHC Complete Guide to Gay Men's Sexual, Physical and Emotional Well-being
by Daniel Wolfe Ballantine
Ballantine Books, New York



^
Sex Tips for Gay Guys
by Dan Anderson
St. Martin's Press



^
Ins and Outs of Gay Sex - a Medical Handbook for Men
by Stephen E Goldstone
Dell Publishing

Anal Pleasure and Health
by Jack Morin
Down There Press



The outside view

Perineum - the skin stretching from your arsehole to your balls. It's full of supersensitive nerve-endings - stroke and see why some men call it the 'highway to heaven'.

Gluteus maximus - aka your 'glute' - the big muscle of the arse.

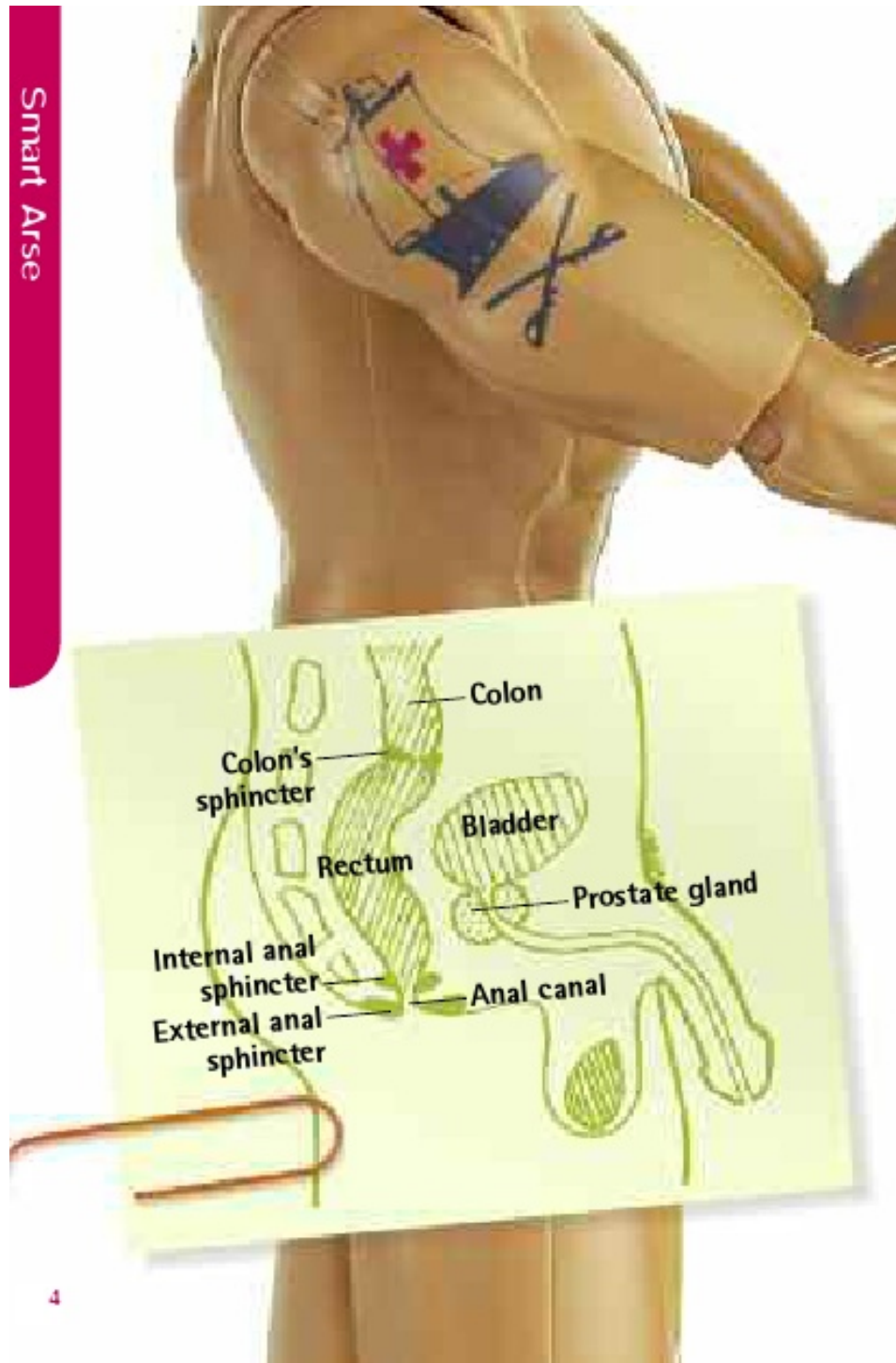
External sphincter - your arse hole or 'ring', a circle of muscle you can tighten or relax at will.

The inside view

Once past the external sphincter you come to the internal sphincter, about a centimetre further in. You have less control over this sphincter but you can learn to relax it. When you put something up your arse it's this muscle that puts up most resistance. A sphincter muscle tightens but can't stay tight - after 30-60 seconds it has to relax. Your two anal sphincters open and close to let shit leave your body.

Past the internal sphincter is the anal canal, a few centimetres or so long and full of sensitive nerve-endings feeling pain or pleasure.

Next comes the rectum, a muscular fist-sized tube. The rectum has few nerves (so doesn't tend to feel pain) and a delicate lining that bleeds easily. Further up the rectum is your colon sphincter, holding shit in your colon until you're ready for a dump. Then the shit moves from your colon into your rectum and out of your anus (*arse*) through your two anal sphincters.



Websites

Professional help with sex problems

www.basrt.org.uk

www.tht.org.uk/clinics

(search under 'counselling' or call the THT Direct number below for details of help available locally).

Sexually transmitted infections

www.chapsonline.org.uk/infections

(includes clinic details for the UK).

Herpes

www.herpes.org.uk

www.herpes.com.au

www.herpes.org.nz

Hepatitis

www.hepinfo.org

Hard sex

www.hardcell.org.uk *(info on SEM and rough sex).*

How HIV is passed on

www.chapsonline.org.uk/biology *(includes information on anal and oral sex, other kinds of sex, condoms, the link between poppers and HIV and post-exposure prophylaxis).*

Helplines/Support

THT Direct 0808 802 1221

(confidential information and support from Terrence Higgins Trust about anything to do with sex, HIV and sexual health. Weekdays 10am-10pm, weekends midday-6pm).

Herpes Viruses Association Helpline 0845 12 32 305

(office hours).



Rear End

Useful websites, books and other stuff for the anally retentive.

The lining of your throat and mouth (or a vagina) is tough. The lining of your anus and rectum isn't. It can easily tear - the rips often too small to see. But bacteria and viruses can enter through these tears and get into the blood stream. This is why fucking without a condom is an easy way for HIV and other sexually transmitted infections to pass from one person to another. Minute rips can happen when anything goes up your arse (e.g. a finger, dildo or cock). Tears (*fissures*) can also happen having a shit, especially if it's dry and hard and involves straining.

Your arse lining's also absorbent. Things left in it are soaked up and taken directly into the blood stream through the blood vessels in the arse lining. That's why a quick way of getting medicine into the bloodstream is to use a 'suppository' - a medicine inserted into the rectum. It's also why HIV infected cum in the arse is so easily absorbed through the lining and into the blood.

Mouths and vaginas lubricate themselves; but arses don't. If things go up your arse its mucous lining easily rubs off. So using a lubricant's important. Lube means less risk of tiny cuts in the lining - and makes the whole thing a smoother ride.

Your arse lining's sensitive and can be irritated by perfumed lotions or creams. It's better not to use the microbicide Nonoxynol 9 (found in some lubes and condoms - the pack should say if Nonoxynol 9 is in them). It irritates the arse lining, making you more open to infections, including HIV. Water-based lubes are best as they don't weaken condoms like oil-based ones do.

mmm...P



The prostate's a gland in your arse that only males have. It helps make semen (cum). When you cum, muscles squeeze a milky fluid from your prostate into your cock. There it mixes with sperm coming from your balls to make your cum.

The prostate's a 'doughnut'-shaped gland and the size of a walnut. It's where the base of your dick ends inside you (below your belly button). Through the hole in its middle runs your urethra (the tube in your cock that you piss out of).

The prostate's sensitive when touched - it's been called the 'male G spot'! An orgasm can feel stronger when your prostate is being touched. When you're being fucked a man's dick touching your prostate can make the orgasm feel more intense - a dildo or carrot can have the same effect!

Drugs taken anally are absorbed faster than if swallowed. They're more likely to have a stronger effect and to also interact with other drugs, including some HIV medications. Once inside the rectum the drug soaks through the thin, absorbent lining of the inside of the arse, into its many blood vessels and on to the brain.

Powered drugs can be dissolved in water then squirted up the arse using a syringe with the needle taken off. Sharing syringes this way is less risky for passing on HIV or other infections carried in the blood (like hepatitis) than injecting into a vein as there's no needle or direct contact with blood. But putting the end of a syringe inside one arse that's been up another still has some risk of HIV being passed on. And it gives a way into the arse for more easily transmitted infections like warts, gonorrhoea, syphilis or herpes. Syringes shouldn't be shared - but if you do, rinsing them out between each user means less risk.

'Dabbing' is another way of taking drugs anally. It involves putting a finger into the arse with powdered drug on it.

'Stuffing' involves putting into the arse a powdered drug wrapped in a cigarette paper or inserting a tablet into the rectum.

'Dabbing' and 'stuffing' mean more risk of the drug burning your arse lining because it's not been dissolved in water - and a damaged lining leaves you more open to infections.

UK law states nearly all recreational drugs are illegal. Use, possession and selling them all carry stiff penalties, including prison sentences.

Taking drugs and your arse

Poppers

The health effects of poppers aren't yet fully known. But breathing in poppers has two well-known effects on your arse.

- Your sphincter muscles relax, making it easier for some men to take things up their arse.
- Blood vessels in the lining inside your arse swell with more blood. This can make them more likely to bleed during fucking. This increases the risk of HIV getting into or out of someone's arse if a condom's not used.
- Research shows gay men who use poppers when getting fucked without a condom are much more likely to get HIV. Anal sex without condoms is already risky, but using poppers during it makes it even more risky. More information about the link between poppers and getting HIV is at: www.chapsonline.org.uk/biology



> DID YOU KNOW?

Poppers shouldn't be used by people with breathing difficulties or heart problems. Sniffing poppers while taking Viagra can cause a fatal drop in blood pressure.

Taking drugs anally

Some people take drugs by putting them up their arse, sometimes called a 'Booty Bump'. This can be done with many powdered drugs or crushed tablets dissolved in water. Drugs taken anally include Speed (including methamphetamine aka 'Crystal Meth'), Ecstasy, Cocaine and Heroin.



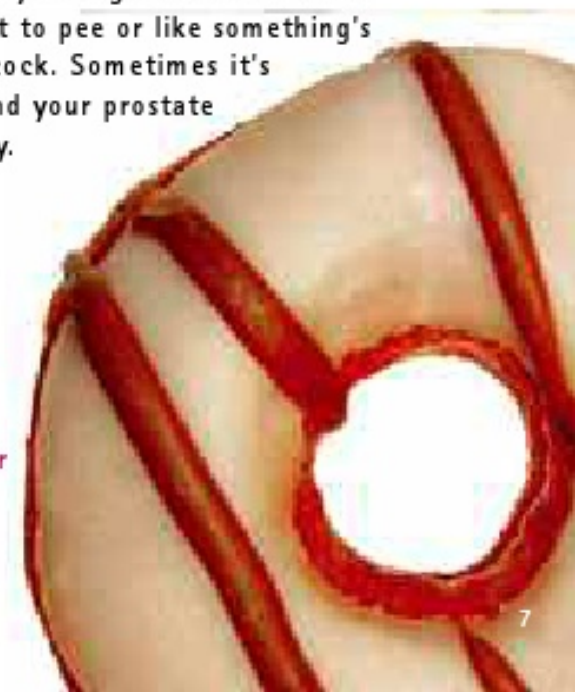
How to find your prostate:

When you've got a hard-on (*the prostate is bigger and easier to find when you're turned on*), slide your lubed finger about 5 cm into your arse. Then head up towards your belly button. You'll eventually find a firm bulge. Stroke it (don't poke it!) and maybe your erection will jump. As you stroke it you might feel a sense of pressure, like you want to pee or like something's pressing out of your cock. Sometimes it's easier for others to find your prostate than it is when you try.

Easily mixed up!

PROSTATE =
the gland in your arse

PROSTRATE =
lying down or bent over



Arsing Around

From rimming to douching, fisting to sex toys. Enjoying arse play without 'tears' or trauma.



There is a way to tighten your sphincter muscles: 'Kegel exercises'. The same exercises can also lead to a more intense orgasm. First of all you need to know which muscle you're training. To do this either:

- A** Draw in and tighten your sphincter as if you're trying to stop yourself from shitting or
- B** Stop mid-way through a pee. The muscle you feel contract is the one to concentrate on.

Whether you're doing a or b touch your perineum to feel it 'twitching' (that's the join of skin between your balls and arse hole).

Now, for the exercises themselves (don't 'stop-start' while weeing - that was just to give you an idea which muscle you should be working):

'Short' kegel

Contract the muscle for 1 second, then relax for 1 second.

'Long' kegel

Contract the muscle for 5-10 seconds (but no longer), then relax for 10 seconds.

You can do this in the car, on the bus, watching TV but you'll need to do around 70 contractions a day, holding them longer as you get better at them (but not longer than 10 seconds max). It can take a couple of months doing this each day before you feel a difference:

- A tighter 'ring'.
- Better bladder control.
- Increased force of ejaculation.
- More intense orgasm!

Being constipated can cause other problems in the arse. Straining to have a shit or passing hard turds can lead to haemorrhoids ('piles') or anal fissures. Straining can cause swollen blood vessels in the arse (which is what a haemorrhoid is). As you shit hard turds they can cause tiny cuts in the arse lining or round the arse hole (an anal fissure)

Exercise

Aerobic exercise regularly (daily if possible) is good for the heart, blood pressure but also your bum! Aerobic exercise is anything that gets you panting and sweating for 30-40 minutes - like running, swimming, cycling, rowing or even just brisk walking. It can help prevent constipation by speeding up a sluggish digestive system. And freeing yourself from constipation means less chance of haemorrhoids or anal fissures.

Tight squeeze

Some people wonder if getting fucked will make their arse hole loose. Or they ask what they can do to make theirs tighter.

Well, the human sphincter is designed to let turds pass through it. As these are roughly the width of an average cock, it's safe to say taking a dick isn't going to do your 'ring' any harm so long as its relaxed and force isn't used. Men who regularly get fucked might have slightly more relaxed arseholes than men who don't but nothing to cause any problems. When you get to those big dildos or a human fist then standard medical opinion is that taking these wider objects can overstretch the sphincter muscle. This can cause the muscle to lose tone and possibly lead to problems with farting and keeping shit in.

Your arse isn't just for sitting and shitting. It's full of sensitive nerve-endings which can give us pleasure. Sex involving the arse is still a taboo for some people. But what could they be missing out on?! Here's some of the bum-related bliss you might enjoy. But don't forget - none of it's compulsory. You choose what feels right for you.

Fingering

Sticking a finger up someone's arse hole is great as foreplay, for pleasuring the prostate or getting the arse ready for something bigger. But best lube that finger and trim those nails or you risk small tears or it hurting.

Fingering poses next to no risk for HIV so long as the finger has no sores, cuts or HIV-infected cum on it or the arse being fingered isn't bleeding. If one of you has a sexually transmitted infection, it can spread on fingers from or to an arse. If someone has hepatitis A (carried in shit) or any gut infections or parasites in their arse you stand a good chance of picking them up, especially if you touch your mouth after fingering before washing your hands. If you want to cut the risk of infections latex gloves are an option.

> DID YOU KNOW ?

If someone cums while your finger's in their arse their sphincter muscle will tighten round your finger. So wait 'til it relaxes again before pulling out.

Rimming

Rimming - aka 'anilingus' - is exploring someone's arse with your tongue. As a 'warm up' for fucking, rimming can relax the arse hole, getting it used to being explored before taking a finger or cock.

For some their tongue up a guy's arsehole is a total turn off. For others it's a treat, the 'taboo' being part of the thrill. If the taste and smell of a sweaty bum crack isn't what you like about rimming, a wash or shower first is a good idea.

Having your mouth or tongue near someone's arse has no health risks if that person has no infections. But it's a easy way of picking up things like gut parasites or threadworm (see page 39). Hepatitis A is spread by tiny amounts of shit getting in your mouth so rimming is a common way of picking that up (you can get vaccinated free against it at many sexual health clinics). There's also a risk of these infections from touching someone's arse, fingering, fisting, fucking and handling used condoms or sex toys.

Rimming is low (almost no) risk for picking up or passing on HIV. Any risk would come from blood, either in the mouth of the guy rimming or coming from the arse of the guy getting rimmed.

If you don't think it spoils the fun, you can reduce the risks by rimming through cling film or a square of rubber from a condom cut along its side. The fact is: the more men you rim the more chance you'll pick up an infection. Some men decide to avoid rimming, rim fewer men or only those whose health they know about.



Liquids

To help avoid constipation you need to drink plenty of liquid - not counting tea, coffee or alcohol. Drinking lots of these will dehydrate you (take away water rather than put it in you). Aim for 8 glasses a day of water, low fat milk or fruit juices.

Daily exercise reduces the chances of constipation. It makes your metabolism go quicker (the speed your body works at), causing your colon to move shit through it in less time, so it doesn't get dried out.

Laxatives aren't a good idea. They're usually not needed and can be habit-forming. Your colon starts to rely on them to cause a bowel movement and over time laxatives damage your colon's ability to work (enemas can do the same).

If you think you're using laxatives too much you can slowly cut down - a doctor can help you. Constipation should be cured just by eating and drinking the right things, together with exercise.

Fibre

The food we eat these days has a lot of fibre taken out (eg. white bread, white rice). It's also high in fat (cheese, meat, eggs). We should be eating between 20-35 grams of fibre each day and to do this you need to eat lots of fruit and vegetables. Also rich in fibre are beans and wholegrain food like some breakfast cereals and wholemeal bread (not 'brown bread' which has less fibre). Brown rice and wholewheat pasta are good too. You can also buy fibre supplements to drink with water but eating enough food rich in fibre will give you all you need.



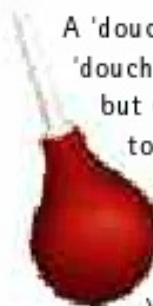
Douching/Enemas

A little 'mess' can be hard to avoid during fucking but it's less likely if you have a dump in the hours before getting fucked. Some guys use 'enemas' and 'douches' before anal sex.

An 'enema' is when luke warm water's passed into the rectum through a tube; a mug-full for beginners; up to half a litre to a litre for men used to enemas. After 5 minutes you can't hold the water in any more so it comes out, taking any shit with it. The enema's repeated a few times.



A 'douche' is basically the same as an 'enema'. The word 'douche' can be used in connection with the arse or vagina, but enemas refer only to the arse. Also, douches tend to involve less water, so don't reach as far up the rectum as an enema. Both can be bought from chemists/sex shops ('chemical' enemas or perfumed vaginal douches are best avoided as they can irritate your arse).



> DID YOU KNOW ?

As well as taking shit out enemas can be used to put things into the arse in a medicinal way. Coffee enemas 'detox' the body and barium enemas make internal organs easier to X-ray.

Things to know if cleaning your arse out this way.

- Douching washes away much of the protective mucous lining of your arse, leaving you more open to infections.
- It can irritate your arse lining making infections easier to enter through the inflamed skin. Sticking a nozzle up your arse could cause tiny cuts.
- Avoid a douche just before sex as after douching you can still 'leak' water for a while.
- Overuse of enemas/douches can interfere with the normal workings of your bowel, with some people's bowels needing laxatives to function.
- Enemas can 'overload' the heart so avoid them if you have an irregular heart beat or other heart problems.

Alternatives to shop-bought enemas/douches.

- A turkey baster or ear syringe filled from the tap can be inserted and emptied into the arse.
- Using a shower attachment with a thin nozzle fixed onto a tap has its risks. You have less control over the volume of water, its temperature and the force with which the water comes out.
Don't forget lube when sticking any object up your arse - and avoid things with sharp, hard edges.

More more info on douching:

www.albanypowerexchange.com/BDSMinfo/enemas.htm

Although mild (1%) hydrocortisone cream (no prescription needed) can bring itching under control, it's better if a doctor examines you so the right sort of cream can be prescribed, especially if itching lasts longer than 3-4 weeks.

Diet

Fibre's good for your colon and rectum. It prevents constipation, a major cause of 'piles' and fissures, and means less need for laxatives - which can damage your insides if overused. These are good fibre providers: fruit and veg, wholemeal bread, brown rice, beans, grains, potato skins and bran cereal.

Constipation

Constipation is when you don't have a shit for more than 4 days or when your shit is hard, dry and in small pieces. You may find shitting difficult or painful. Don't worry if you don't shit everyday. The normal range is between 3 times a day to 3 times a week. Some people get constipated if their regular routine is interrupted (e.g. travelling) or when their drinking and eating habits change.

As shit moves through the colon on its way to the rectum, water in it is absorbed by the colon. If the shit moves slowly then too much water is taken out of it, leaving it hard and dry. Result: *constipation*.

The most common reasons people get constipated are:

- Not eating enough fibre.
- Not drinking enough liquid.

Stool softeners make shitting easier and less likely to open the tear again. Doctors can use nitroglycerin cream or Botox to relax the muscle, helping it heal quicker. Tense arse muscles during fucking mean more risk of fissures – choose a position that allows your arse muscles to relax. And go heavy with the lube.

Anal itching

Anal itching (medical name: 'pruritus ani') is a symptom of other conditions, not a disease itself. It affects men far more than women and can be triggered by skin around the arse becoming inflamed through;

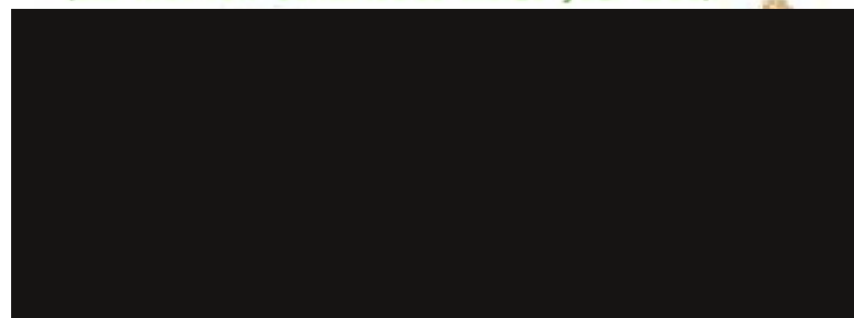
- Chemicals in perfumed soaps, talcs etc.
- Cleaning the arse in a non-gentle way.
- Skin around the arse being irritated due to a diet that is spicy, acidic, high in caffeine, alcohol, citrus, chocolate or tomatoes.

Anal itching could also be a symptom of;

- 'Piles', herpes or anal fissures.
- Eczema or psoriasis.
- Scabies, threadworm or warts.

It can be caused by excess sweating, including from being overweight or wearing tight underwear (loose cotton boxer shorts are recommended). Scratching, often while asleep, makes things worse, with the skin becoming raw and open to infection. Avoid perfumed soap, rough toilet paper and scrubbing – wet toilet tissue, Wet Wipes or a flannel are gentler.

Sex Toys Ignore what your mum told you as a kid – these 'toys' aren't for sharing! They can carry infections from one person to another. If using toys on more than one man, cover them with a fresh condom every time the toy goes from one man's arse to another's. Or wash with warm soapy water. Reckon the bigger the toy – and the deeper it goes – the better? Well, the most sensitive part of your arse isn't the rectum, it's the anal canal (the first few centimetres inside your arse).



Dildos

Dildos come in a range of sizes and are usually made of rubber or silicone (silicone's warmer and less hard). They tend to be cock-shaped, usually flesh-coloured or black, often with balls attached at the bottom or a flared base (to stop the dildo getting stuck inside).

Start small – you can work your way up to bigger models later. Those enormous '12 inchers' may cause internal damage. Inserting a dildo's a good way of stimulating your prostate gland and can give an orgasm extra intensity. They're good for 'rehearsing' for the day you're ready for a real cock.

Double-headed dildos are designed for two men to use at the same time, arse to arse, to enjoy the feeling of being fucked at the same time.

Butt plugs

These are made of rubber or silicone and come in a range of sizes. More pointed and cone-shaped than a dildo, they don't try to look like a dick. They'll have a flared base at the bottom to stop them disappearing up your backside. Some men sit on a butt plug not while having sex but just for an anal treat while watching TV etc.



Vibrators

Vibrators are cock or torpedo-shaped, often made of hard plastic with a twist-on base and battery-powered. Often with attachments or variable speeds! It's especially important not to let a vibrator slip out of your grip and into your arse as it'll vibrate for as long as the batteries last - *hours!*

Love eggs

Love eggs, aka anal/Thai/climax beads. Basically a 'string of pearls' for your behind. Around five to a strand, from marble-sized spheres to tennis ball size. Rubber or silicone are best as plastic ones may have a rough seam around them. Cover them in lube, insert them one by one, then pull out by the string as you orgasm!

'Piles' (Haemorrhoids)

'Piles' are very common. They're swollen blood vessels, by or just inside the entrance to the arse. You won't see them if inside but you may see blood when wiping your arse. Piles can pop out of the arsehole, hanging there looking like a small purple balloon. Sometimes itchy or painful, the main cause of haemorrhoids is constipation and straining when shitting (not anal sex). Being overweight and heavy lifting can also cause them.

Eating fibre, getting exercise and drinking enough caffeine-free liquid (8-10 glasses a day) make them less likely. Often they clear up on their own, especially if fibre's added to the diet. Chemists sell suppositories (tablets you put in your arse) or creams (e.g. Anusol) which soothe discomfort. If these don't work doctors can prescribe medicines or remove piles. You can still be fucked though you might want to wait until the piles have gone as it can be uncomfortable and cause bleeding.

Anal fissures

Anal fissures are small rips (around a centimetre long) in your arse or on your arsehole caused by a cock, piece of shit, hard object or by straining while shitting. Some fissures aren't noticeable and heal within days. Others can be deeper and very painful, especially when getting fucked or shitting. You may feel an itch or sharp pain or see some blood on the toilet paper after a shit. They can take weeks or months to heal - fucking should be avoided until then as it'll be painful and reopen the tear. Being constipated, straining on the toilet and passing hard and dry turds make fissures more likely. Constipation can be reduced by drinking plenty of water, eating more fibre and doing exercise.

Mind Your Backs

Better 'buns' through diet and exercise.



DIY sex toys

If sticking a foreign object into your arse, remember:

- Sharp edges or pointed ends can tear your arse lining.
- Things with removable bits or that have caps risk coming apart and staying up you.
- Wood can leave splinters in your arse (you could cover with a condom, but a splinter could still break through).
- Glass could shatter and an open bottle creates a vacuum with the suction making it hard or impossible to get it back out.
- Vegetables (carrots, cucumbers, courgettes) should be washed first to remove any soil-born bugs (like tetanus) or pesticides. Don't push too far in so that you lose hold of the base and it disappears inside. A condom over it will reduce any risk of irritation (from, say, the hairy skin of a courgette). Did you know, microwaving a carrot for 30 seconds brings it to body temperature!
- And ALWAYS use lots of lube!

Something stuck up there?

Don't panic, that just makes your arse clench tighter. Instead you should ...

- Take your time and get plenty of lube up there to ease its passage out.
- Squat and push down as if having a shit.

If it's still up there an hour later get to the Accident & Emergency Department of your local hospital - you won't be the first person they've seen in this position. Any bleeding that hasn't stopped within an hour of your arse being played with is also a signal to get medical help fast.

Felching

Felching involves sucking (usually your own) semen out of someone else's arse - with or without a straw. It can be high risk for HIV transmission (and other STIs) if it involves getting infected spunk up the arse of an uninfected guy through unprotected fucking. In America felching is also the term given to the urban myth about sticking a live hamster or gerbil into someone's arse through a tube.

Scat

Short for scatology, referred to as 'brown' in personal ads, signalled in the gay hanky code by brown (worn on the left = wants to dump on you, on the right = wants to be dumped on). Very much a minority 'taste', scat is sex involving playing with shit, maybe eating it, too. Smearing shit onto healthy unbroken skin poses relatively little health risk if the person the turds came from is free of infections. But contact with shit is a sure fire way of passing on gut infections and parasites (see p39) or hepatitis A if either partner is carrying them.

> DID YOU KNOW ?

In a 1993 survey of UK gay men 1.5 % said they'd done scat in the last year and 3% said they'd ever done it.

Treatments

Often a 'watch-and-wait' approach is taken, as sometimes symptoms can improve on their own.

Drugs can stop the prostate growing anymore - or even shrink it. Other drugs relax the muscle the prostate and bladder are made of, improving your flow.

A herbal remedy called Saw Palmetto seems to improve symptoms for some men.

Surgery (called TURP) cuts away part of the overgrown prostate.

Microwaving, radio waves and lasers are other ways of making the prostate smaller



Benign Prostatic Hyperplasia (BPH)

'Benign' means it doesn't cause cancer or serious infection.

'Prostatic' means it involves the prostate gland.

'Hyperplasia' means 'enlarged'.

So BPH means a larger than normal prostate gland. It's very common, especially as men age. Over half of men over 50 have symptoms of an enlarged prostate, with most men over 70 experiencing them. As men get older their prostate carries on growing. The prostate is a doughnut shaped ring of muscle - through the hole in its centre runs the urethra (the tube your piss comes down after leaving your bladder). As the gland grows it presses on the urethra, interrupting the flow of your piss. It's not life-threatening but it can cause the following symptoms:

- Peeing a lot - or a sudden need to pee.
- Having to get up a few times in the night to pee.
- A weak, dribbling stream of pee, possibly 'leaking' a bit after you've stopped.
- Feeling your bladder doesn't empty properly.
- Needing to strain when peeing.
- Pain/burning feeling when peeing.
- Repeated urinary tract infections, like 'NSU'.

Tests

A digital rectal examination, usually by a urologist, shows the size of the prostate. To check your urine flow you'll be asked to pee into a specially designed toilet bowl that measures the strength and volume when you piss. An ultrasound scan of your bladder after you've had a pee will show if your bladder empties properly.

Fisting Aka hand-balling or fistfucking, shortened to FF or 'red' in personal ads, signalled in the hanky code by red (worn on the LEFT = wants to fist, on the RIGHT = wants to be fisted, round the neck = fists both ways). **Fisting involves inserting a hand, sometimes forearm, into the rectum - occasionally going up as far as the lower colon. It doesn't mean clenching your hand into a fist and pushing it into someone's arse hole - usually not possible. 'Punch fucking' is fucking the hole with a fist, like a cock pumps an arse. Due to the potential dangers involved this is best left to advanced fisters.**

Fisting fans call it the ultimate sexual experience, giving intense feelings of trust and intimacy. The art of fisting is relaxing so that stretching of the anal sphincter and anal canal doesn't involve too much force. **TRUST + RELAXATION = safer, more pleasurable fisting.**



Getting started

First a lubed finger is inserted into a well-lubed arse, then several more fingers follow, adding extra lube each time the hand moves in and out. Next the whole hand goes in, with thumb pressed against palm, fingers pointed forward *i.e. not a clenched fist as if you were punching someone*. A clenched fist-shape should only be made once past the sphincter. The rectum is the size of a fist and beyond it is the entry to the colon and beyond that the gut.

Some guys agree a 'safe word' before starting which means 'stop now!' ('stop' isn't a good safe word - chose a word not usually used during sex).

Fisting's classed as low risk for HIV. Open wounds, grazes or small cuts (possibly too small to see) on hands or forearms could let infections like HIV pass from one person to another - cuts in the arse lining do the same. Wearing a latex glove acts as a barrier to infections.

> DID YOU KNOW ?

Water-based lubes like KY aren't good for fisting as they dry too quickly. A quick spray of water makes it slippery again. Lubrifist and J-Lube are water-based and good for fisting. Fisters often use oil-based lube like Crisco, a traditional American cooking product. It's vegetable-based cooking fat, like soft lard, Trex or White Flora. Like all oil-based lubes it will weaken condoms and latex gloves.

● Chronic non-infectious prostatitis

The most common but least understood kind of prostatitis. Tests show signs of inflammation but no bacterial infection. Symptoms are like in chronic bacterial prostatitis and can come and go over a long time. Repeated urinary tract infections like 'NSU' can be a sign of it. As no infectious bug can be found doctors often think this kind of prostatitis can't be passed on during sex to another person. Some doctors think maybe viruses or Chlamydia cause it.

Treatment: difficult (antibiotics have no effect). Regular prostate massage or anti-inflammatory drugs can help. Drugs to relax the prostate muscle and bladder (letting it empty better) can help too.

'Prostatodynia' - when someone has symptoms of prostatitis but no actual sign of either an infection or inflammation.

Probing the prostate

These checks look for prostate problems.

Digital rectal examination

With you on your hands and knees, a doctor puts a lubed, gloved finger into your rectum and feels your prostate gland to see if its large or abnormal.

Prostate massage

A prostate massage (or '*milking the prostate*') involves the doctor stroking the prostate for several minutes. It's not painful - but you'll probably feel you're about to pee (don't worry, you won't). Eventually a drop or two of prostate fluid from the gland comes out of your dick and is tested for signs of infection. Urine and blood tests are also used to check prostate health.

If this happens get to a hospital quick! The bacteria infecting the prostate can get into your blood causing fatal blood-poisoning.

Doctors disagree over whether this can be picked up or passed on through sex. Some doctors see unprotected oral, anal or vaginal sex as one way bacteria get into the prostate. Chlamydia bacteria seem able to cause this infection. Maybe bacteria get into your prostate from your rectum or from infected piss in your urethra. Or maybe the prostate gets infected through an abnormal urinary tract or bladder infections caused by a bladder that doesn't empty properly.

Treatment: *acute prostatitis is the least common but easiest type of prostatitis to treat (antibiotics for a couple of weeks).*

● **Chronic bacterial prostatitis**

'Chronic' means when a problem goes on a long time but isn't as serious as an 'acute' condition. Here bacteria infect the prostate gland, giving you any of the symptoms of 'acute' infection mentioned above but maybe less severely. The main difference is you don't get chills or a fever and it isn't life-threatening. This kind of prostatitis is relatively rare. Repeated urinary tract infections like 'NSU' (non-specific urethritis) can be a sign of it.

The possible causes are the same as for acute prostatitis (*see above*).

Treatment: *not easy - several courses of antibiotics lasting a few months will be tried with no guarantee they'll work.*

A helping hand for men being fisted

- Try the larger dildos beforehand to learn stretching and relaxing enough to take a fist.
- Many men prefer to douche before taking a fist.
- The best position: on your hands and knees - or on your back with your knees up.
- There's less chance things go wrong if you're fisted by an experienced fister - don't be experimented on by a beginner.
- Get totally relaxed. But being drugged or drunk increases the risk of injury as you're less likely to notice if things go wrong.
- Breathing deeply helps relax arse muscles.

A helping hand for fisters

- Fisting, especially if too quick, can tear the lining of the inside of the arse. Nails are best trimmed, then filed (and jewellery taken off) to reduce risk of cuts.
- You can never use too much lube.
- If his arse clenches wait for it to relax before pulling out.
- Go slowly, giving him time to adjust, avoid sudden movements when inside him and always pull out very slowly to avoid injury.

Injury

Many fisters reckon fisting isn't dangerous if done properly (slowly and with a good technique). Injuries are put down to going too fast, drugs clouding your judgement or not being prepared or relaxed. Most fisters claim to have no long term problems with their arseholes not being able to hold in shit. But some do say fisting past the wrist makes the risk of internal damage higher.

Standard medical advice says fisting can lead to the sphincter muscle losing tone. This can lead to problems holding shit in.

If the rectal wall tears you need to go to hospital at once. Bacteria in the arse can get into the blood stream through this wound, leading to a fatal poisoning of the system. With no pain receptors in the rectal wall you won't feel the damage but later you're likely to feel severe cramps, weakness or fever, with possibly significant bleeding. A little bleeding during fisting (enough to turn lube pink) usually suggests a small cut and probably isn't serious. If the bleeding is bright red it's a sign of more serious damage. The higher up you go the greater the risk of damage - go past the rectum and into the colon and things are more likely to go wrong as the lining of the colon is especially delicate.

Not using condoms? Want to reduce the risk of HIV being passed on? Think about fucking first, then fisting. The other way round is more likely to cause bleeding in the arse, making it easier for HIV to be passed on.

Prostatitis

Prostatitis means 'inflammation of the prostate gland'. With prostate problems you'll be sent to a 'urologist', a specialist in things to do with peeing and bladders.

There are 3 main types of prostatitis:

- 1 **Acute bacterial prostatitis.**
- 2 **Chronic bacterial prostatitis.**
- 3 **Chronic non-infectious prostatitis.**

1 and 2 are caused by bugs you can pick up. What causes 3 is a bit of a mystery.

> DID YOU KNOW ?

About half of men have a prostate problem at least once in their life, especially after reaching middle age.

● **Acute bacterial prostatitis**

'Acute' means a severe problem that suddenly develops when your prostate gland becomes infected with bacteria and needs treating as soon as possible. With this kind of prostatitis the symptoms come on quickly and can be life-threatening if not treated straight away. This prostatitis tends to affect men under 35. **Key symptoms** are fever or chills along with any of the following:

- **Joint or muscle pain.**
- **Pain in the lower back or arse, balls or perineum.**
- **A swollen or tender prostate gland.**
- **Needing to pee urgently - or peeing a lot (especially at night).**
- **Burning/painful feeling when peeing, blood in your piss**
- **Pain when you cum.**

When prostates go 'pear-shaped'

If things go wrong, it's a pain in the arse!



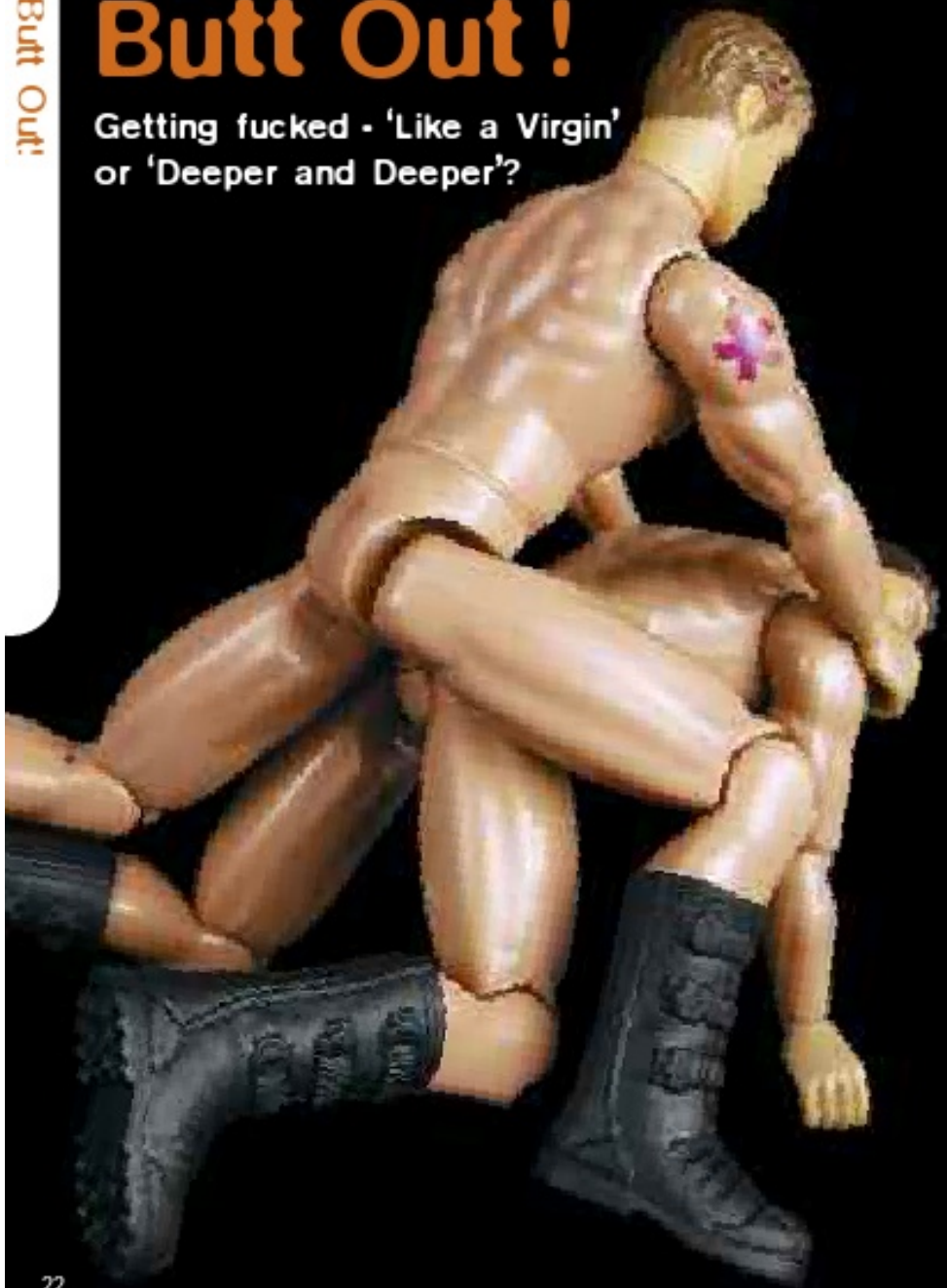
> DID YOU KNOW ?

The 2006 Gay Men's Sex Survey showed that in the last year: about 10% of us had fisted someone and about 6% had been fisted.

*This site has lots more information about fisting:
www.hardcell.org.uk*

Butt Out!

Getting fucked - 'Like a Virgin' or 'Deeper and Deeper'?



For more on these infections and how they affect other parts of your body, get **'The Manual - sexually transmitted infections and clinics'** free from gay bars or by calling THT Direct. For details of local clinics visit www.tht.org.uk/clinics or call THT Direct on 0808 802 1221.



HIV

Cause: the virus HIV.

Symptoms: usually none in the arse, although long-lasting diarrhoea can be a symptom of HIV infection.

How it's spread: most gay men get infected anally by being fucked without a condom by a man with HIV (especially if infected cum gets in the arse). Fingering or fisting is unlikely to transmit HIV but bleeding or broken skin on hands or in the arse increases the risk. Latex gloves offer extra protection. Rimming is low risk for HIV.

An HIV negative man who fucks: the arse of an infected guy without a condom can get HIV when the virus gets into his bloodstream. This happens when HIV is absorbed through his urethra ('piss pipe') or tears on his cock too small to see. **There are two ways HIV can get into his cock. When the cock comes into contact with:**

- bleeding in the arse of the man getting fucked
- or the mucus (a 'slimey' covering) that lines the inside of his arse (the mucus can have HIV in it).

An HIV negative man who gets fucked: without a condom by an infected guy can get HIV when the virus gets into his bloodstream. This happens when HIV in infected cum in his arse gets through his arse lining. This happens because the lining is absorbent and easily tears.

Treatment: no cure for HIV but for many people drugs can control the virus in their body and HIV-related illnesses.

First things first. Just 'cos you're a gay man doesn't mean you must have anal sex! It's your right to say yes or no to it. No-one has the right to make you feel pressured to do it. Lots of guys have great sex that doesn't involve fucking.

Unlike many straight people, we aren't chained to the idea sex has to mean someone getting fucked. Often we're too busy sucking, snogging, rimming, fingering and all that other stuff!

'Dirty?'

As kids we're told our arses are dirty, so arse sex gets branded 'dirty' too. You can make sex involving the arse less 'messy' with condoms, douches or just a quick wipe with a flannel! Oh, and if anyone says arses weren't made for sex, ask them why they have so many nerve endings making them so pleasure-sensitive?

'Arthur or Martha?'

In the past gay people often thought we had to play one role - and stick with it forever! ('top' or 'bottom', 'active' or 'passive', 'butch or 'bitch'). Some straight people still ask about gay couples 'who's the man, who's the woman'?

Reality is, these days most of us do it both ways. We might prefer one role more but that says nothing about how 'manly' we are. Some people might look down on men who get fucked, seeing it as more of a female, 'passive' role. That's because some people still see anything 'female' as not as good as anything 'male'. Attitudes are changing but those of us who enjoy getting fucked can do without any putdowns! Being gay is about having the sex we want and like - not about denying what gives us pleasure.

Doing it

Depending on your mood and who you're with, fucking or getting fucked can be whatever you want it to be. Tender, romantic, loving, intimate, a sign of closeness or rough and raunchy, hard and horny. But if you're not enjoying it, maybe fucking's just not for you. Or perhaps you need some help. Read on. Maybe you'll pick up some tips ...

> DID YOU KNOW ?

If you're not into fucking, you're not alone. Surveys show that in any one year 1 in 5 gay men don't have anal sex.

Your first experiences of being fucked can involve some worry or discomfort. Beginners may take time to get a taste for it. And if it hurts, something's wrong. Try the following (slowly over days or weeks) to get the hang of having your arse played with.

- Explore your own arse - after a shit and a bath/shower. Lie on your back, legs in the air, and check it out with a hand mirror - or squat over one.
- Stroke the delicate skin around your asshole. Touch your perineum first (see diagram on page 2). Don't go straight for your asshole.

Shigellosis and Salmonellosis

Cause: the shigella and salmonella bacteria.

Symptoms: 1-4 days after becoming infected you get diarrhoea (with shigellosis it may contain blood or mucus), stomach pains, fever and vomiting.

Treatment: infection confirmed by testing your shit. Antibiotics given for shigellosis (anti-diarrhoea treatments can make thing worst). Antibiotics usually not needed with salmonellosis except in severe cases when infection spreads from the gut.

> DID YOU KNOW ?

The shigella bacteria get their name from the Japanese scientist who discovered them over 100 years ago, Kiyoshi Shiga! Salmonella owes its name to Dr. Daniel E. Salmon, the American scientist who discovered it in 1885 in a pig's stomach!

Threadworm

Cause: also called 'pinworm', threadworm is caused by a parasite, a small worm that can live in your gut. Threadworms are only passed between people (they're nothing to do with worms that cats and dogs get).

Symptoms: 2-4 weeks after infection, tickling or itching inside your arse - but many don't notice symptoms. Adult worms can be seen around your arse hole or on your shit, looking like white threads of cotton about 1 centimetre long.

How it gets there: the worm lays thousands of invisible eggs around an infected person's arse hole. During sex eggs get on used condoms or sex toys or your fingers and then in your mouth and into your gut where they become adult worms.

Treatment: cured with powders or pills from chemists costing a few pounds (no prescription needed).

Giardiasis

Cause: the invisible parasite giardia ('jee-are-dee-a').

Symptoms: possibly no symptoms, but 1 or 2 weeks after swallowing the parasites you can have diarrhoea (without blood), fever, feeling sick, stomach pain, dehydration and weight loss. Illness can last 2-6 weeks but chronic infection can last months or years and be hard to treat (especially with a weakened immune system).

Treatment: if samples of shit taken over a few days show parasites, antibiotics given.

> DID YOU KNOW?

Giardiasis is also known as 'beaver fever' in North America due to people getting it after drinking river water that animals have shat in.

Amoebiasis

Cause: invisible amoeba parasites.

Symptoms: possibly none but 2-4 weeks after swallowing the amoebas you can have weeks of diarrhoea (maybe with blood in it), bloating, bad smelling farts, stomach pains, fever and loss of appetite. Periods of feeling OK are followed by symptoms coming back. The amoebas can leave the gut, infecting other organs like the liver.

Treatment: if amoebas are found in a sample of shit a combination of antibiotics given.

- Lube your 'ring' both inside and out and probe with a lubed finger while wanking. Your sphincter will tighten to stop you entering. Wait until the sphincter relaxes again (30-60 seconds). Breathe deeply. As you breathe out gently push your finger in. Try pushing your sphincter out as if having a shit - this usually makes entry easier. Losing a hard-on if something goes up your arse is normal. But once inside, you can try getting hard again. Your arse hole might tighten as you get an erection.
- Next try inserting two fingers. Once something's up your arse you may feel you're going to shit - relax - you won't. With time you'll learn to ignore that feeling. With your finger up there press up and down to feel the walls of the anal canal (about 2 centimetres before it opens out into the rectum). Move your finger around in a circle.
- Wank away! As you cum your sphincter will tighten, so best pull out slowly.

Tips for better bonking

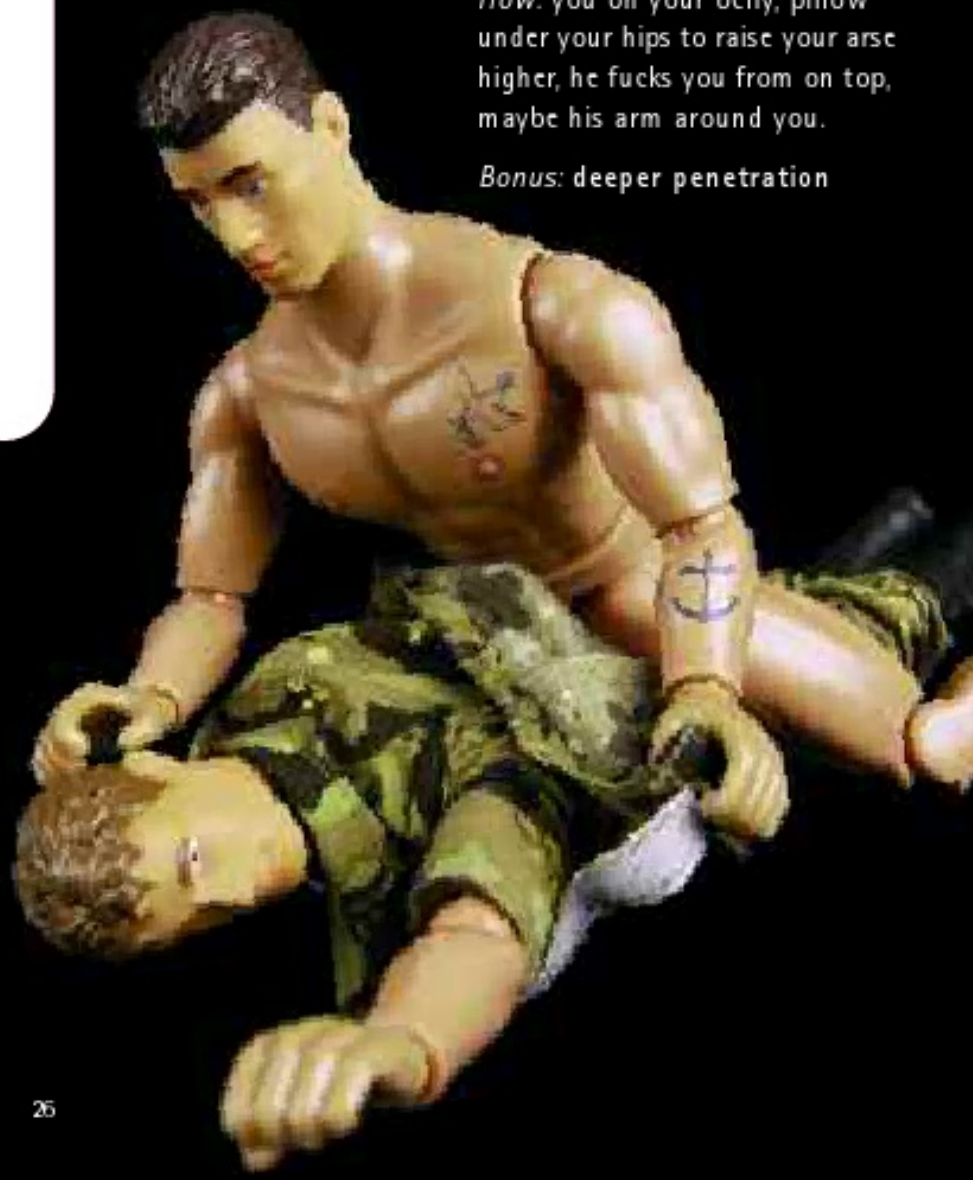
- Choose a position that suits you.
- Plenty of lube on arse and cock.
- Keep condoms close by.
- Fingering first to feel the way.
- If the arse hole clenches, give it time (30-60 seconds) to relax again.
- Take your time.
- Breathe deeply.
- 'Stop!' means stop NOW!
- Pulling out SLOWLY is best.

7 ways to be taken by your man

The Clasp aka 'Gay Missionary'

How: you on your belly, pillow under your hips to raise your arse higher, he fucks you from on top, maybe his arm around you.

Bonus: deeper penetration



Symptoms: many people get hepatitis A and never realise - they feel a bit ill, recover and are no longer infectious. 2-6 weeks after picking up the virus you might feel sick, very tired, have stomach pains, lose your appetite, have diarrhoea or pale shit or dark piss, fever and - the tell-tale sign - 'jaundice' (when your skin and eyes go yellow).

Hepatitis A is the least dangerous type of hepatitis. Most people get over it in a few weeks but some feel ill for several months. Once you've had it you can't get it again.

How it's spread: tiny amounts of infected shit get in your mouth, eg when rimming, fingering or handling used condoms - or from contaminated food or water.

Treatment: rest and no booze or party drugs for months.

Vaccination against Hep A stops you getting it.

Hepatitis B and C are more serious than hepatitis A and aren't spread through shit but through blood. Cum can also spread hepatitis B (and possibly C). Hepatitis B might also be passed on in spit. To find out more about hepatitis visit www.hepinfo.org or look out for The Manual - a gay men's guide to sexually transmitted infections (free in gay venues or by phoning THT Direct on 0808 802 1221).

Gut infections

You get these gut infections from contaminated water or food prepared by someone with the infection or during sex. Fingering, handling used condoms or sex toys, touching someone's arse and fucking can spread them but rimming is highest risk. You can reduce the risk by avoiding contact with shit, proper hand washing and using condoms.

Treatment: sexual health clinics usually freeze warts off with liquid nitrogen or use cream or acid. Treatment can take several months. Warts often come back and need more treatment.

> DID YOU KNOW ?

It's common for men to have things that look like they may be warts along the underside of their bell end. These pale pin-head size bumps are harmless and are called 'pearly penile papules'. Sometimes a 'skin tag' (a small flap of skin) can be mistaken for a wart, too.

LGV (lymphogranuloma venereum)

Cause: a rare type of chlamydia bacteria.

Symptoms: 10-30 days after getting infected in the arse painful inflammation begins with blood and pus discharged; also constipation, painful shitting and ulcers in the arse. Left untreated LGV can cause serious damage. It can also affect the penis, causing glands in your groin to swell.

How it's spread: mainly through fucking without condoms or fisting without gloves.

Treatment: 3 weeks of antibiotics.

> DID YOU KNOW ?

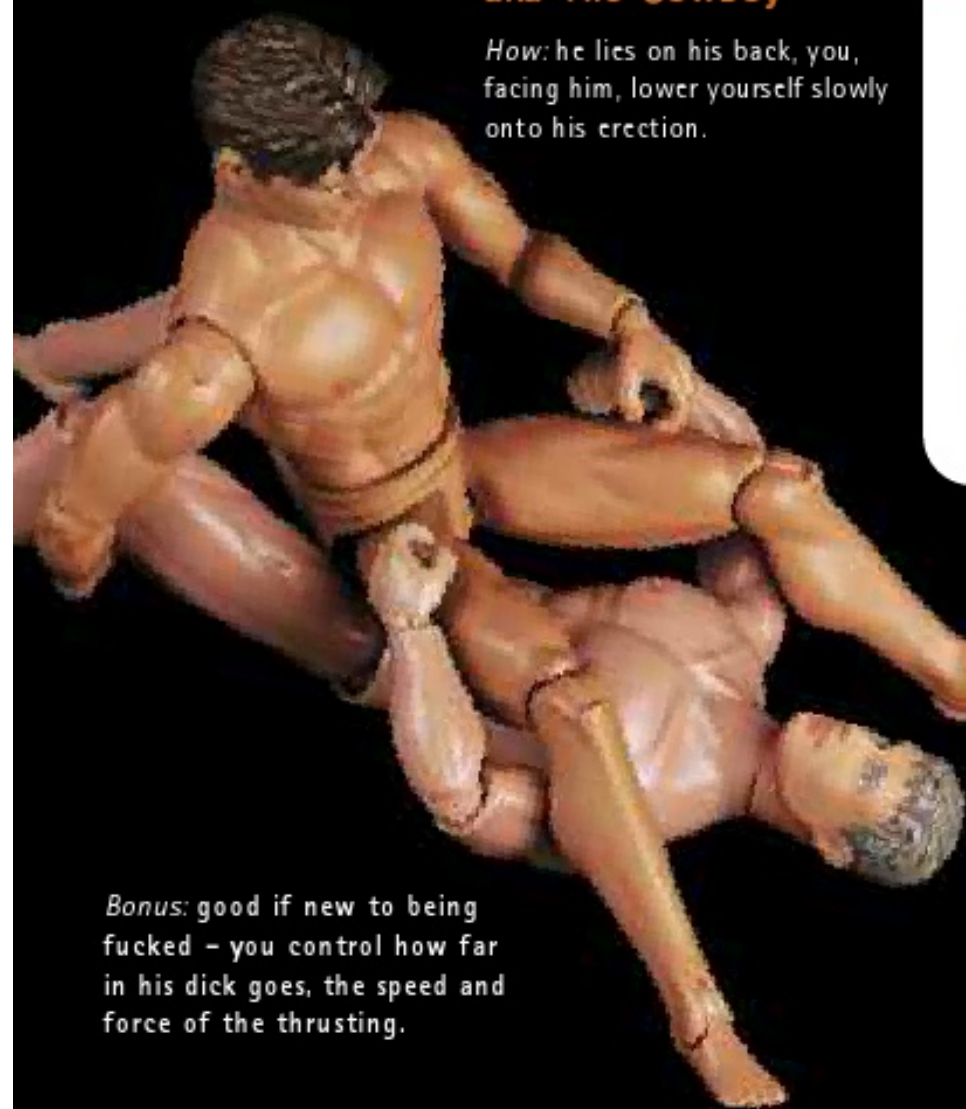
LGV isn't usually seen in Britain but cases among UK gay men first appeared in 2004.

Hepatitis A

Cause: a virus found in shit - even tiny amounts you might not see.

The Straddle aka The Cowboy

How: he lies on his back, you, facing him, lower yourself slowly onto his erection.



Bonus: good if new to being fucked - you control how far in his dick goes, the speed and force of the thrusting.

Lift off

How: your man needs something to sit on. You sit on his hard cock, he holds your arse and moves it up and down.

Bonus: good for kissing and that face-to-face feel.



Doggie-style

How: you on your hands and knees, he's gripping your hips - or laying over you, his stomach and chest over your back.

Bonus: he can play with your cock or you play with your own by resting your weight on your other arm.



These web sites are useful

www.herp.es.org.uk

www.herp.es.com.au

www.herp.es.org.nz

Anal syphilis

Cause: syphilis bacteria (it's making a comeback, especially in men with lots of sex partners).

Symptoms: often none but 2-4 weeks after infection (maybe longer) you may get a painless sore inside or around your arse (or mouth or cock). Maybe a body rash, swollen glands and flu-like feelings. Later possibly warty growths around your arse if infected there.

How it gets there: sexual contact with a syphilis sore or rash. Sores inside someone's arse probably won't be noticed.

Treatment: a blood test shows syphilis infection; it's cured by antibiotics. Syphilis tests every 6 months are recommended for men with lots of sex partners.

Anal warts

Cause: a wart virus.

Symptoms: weeks or months after infection, pin-head size fleshy bumps appear, growing into 'cauliflower shaped' pea-size warts on the arse (or cock). Warts around the arse hole usually mean warts inside too. Warts may itch or bleed but might not be noticed.

How it gets there: skin contact during sex with someone carrying the virus. It can be passed on without warts being visible. Warts on the hand are a different virus and aren't passed on sexually.

Rectal gonorrhoea

Cause: gonorrhoea bacteria getting inside your arse (you can also get it in your throat or cock).

Symptoms: 2-14 days after infection - but you often don't notice symptoms in your arse. Perhaps anal soreness or itching; blood or pale slime on your shit or blood from your arse.

How it gets there: you're rimmed by someone with gonorrhoea in the mouth or fucked by someone with it in their cock. Fingers can pass it to the arse from mouths and cocks.

Treatment: antibiotics.

Anal herpes

Cause: a herpes virus getting in or on your arse or buttocks (but also on your cock, throat or lip - 'cold sores').

Symptoms: 2-10 days (or longer) after infection you may get itching, burning, tingling then blisters on the skin, perhaps feel flu-like muscle aches, tiredness or pain in your lower back.

How it gets there: skin to skin contact with someone carrying the virus - usually when they have a blister or one coming on but sometimes when no blisters are there. You could get anal herpes if you're rimmed by someone with a cold sore or fucked by someone with herpes on their cock.

Treatment: no cure and because the virus lives on in your body, the blisters might come back again. But drugs like Acyclovir make blisters less severe, heal quicker or stop them coming on ('cold sore' cream isn't strong enough). Men with HIV whose immune system has been weakened can get more severe herpes and may need more of the drugs to control it.

Classic 'Legs Up'

How: you on your back with a pillow underneath your hips, legs open, knees back towards your face, he enters you.



Sidesaddle

How: you both lie on your sides, your back against his front. Move your leg forward so he can slide into you.

Bonus: he can wank you. You have more control as you can pull away at any time. A good starting position as you can roll into 'the clasp' or doing it 'doggie-style'.

Here's a brief low down on sexually transmitted infections (STIs) that can affect your arse. Most of them can also affect other parts of your body. Using condoms cuts the risk of STIs being passed on. For more details on STIs look for 'The Manual - sexually transmitted infections and clinics', free in gay venues or call THT Direct on 0808 802 1221 for a copy.

> DID YOU KNOW ?

No matter who's infected, if either of you has an STI it's more likely HIV is passed on, especially during anal or oral sex without a condom. STIs can cause sores and inflammation, making it easier for HIV to get through the skin. And if you're HIV positive and have an STI, this can give you a higher 'viral load'. This means more HIV in your blood and cum, making you more infectious.

Bum Deal

Infections and assorted anal anxieties.



Standing

How: tricky as the angle the dick goes in makes it more likely to hit the side of the rectum. If you bend over more the angle makes it less likely his cock comes up against your rectal wall, allowing for an easier entry.



Pain in the butt

This is one of the main causes of pain when being fucked or taking something up your arse – the cock, dildo, etc is hitting the wall of the arse. The secret is getting the angle of entry right and for that the position you're both taking is the key.



Can't be fucked?

If being fucked just isn't your thing, then that's not a problem – it's your right to have the sex you want – and say no to sex you don't want. All you need is to find a guy whose sexual likes match yours.

But many men would like to be fucked but can't. Either it hurts or they're not comfortable having their arse played with.

There can be different reasons for this.

- Maybe you or your partner need a few pointers – hopefully you've learnt a few tips in this chapter.
- Maybe you need to practise on your own exploring your arse with a finger or something larger.
- Maybe there's a medical reason.

Often men feel anxious about someone touching their arse. Perhaps they see it as 'dirty' and can't relax enough to make being fucked comfortable. There are ways to reduce the 'mess' of anal sex (check out pages 11/12).

Bad sexual experiences in the past (sexual abuse or assault, perhaps) can effect your sex life now. You might want help sorting things out; look for a sex therapist or counsellor with experience in these situations. You can see one for free on the NHS (or pay if you don't want to wait and can afford it). Your GP can refer you to an NHS therapist. If you don't want to talk to your doctor, a health adviser in a sexual health clinic can get you an NHS referral. Free help is available from many gay men's projects, from Terrence Higgins Trust in London and some of its other offices in England and Wales (details on p 61).

www.basrt.org.uk has details of help you can get around the country.