

SAFE S/M

AIDS PREVENTION FOR PEOPLE INTO S/M

ABOUT AIDS TRANSMISSION

- The virus that causes AIDS can be avoided.
- The virus is passed from one person to another when:
 - cum
 - blood
 - shit (which could contain blood)

goes from one person's system into another person's system.

- You don't have to worry about:
 - spit
 - piss
 - sweat
- By remembering those basics, you can make any kind of sex safe.

ABOUT S/M RISK REDUCTION

- Many S/M activities have always been low-risk for AIDS.
- Responsible S/M has always been about safety.
- The risks of getting a sexually transmitted disease, like AIDS, can be prevented. But there are other possible dangers with S/M. For more information on how to avoid them, you should read material like Larry Townsend's *The Leatherman's Handbook II*.

YOUR ASS

The ass is more delicate than many parts of our bodies and it should be taken care of. Sticking things up your ass -- whether it's a finger, cock, dildo, fist or anything else -- can tear the rectal lining. Even extremely tiny tears can open up the body and be a possible place where the AIDS virus can get in.

It's obvious that fucking, without precautions, is a high-risk activity, since a cock carries cum. Use a condom, and use it properly. Always use latex condoms. Make sure the cock is erect. If it's uncircumcised, pull back the foreskin before putting on the condom. Squeeze the air out of the tip to catch the cum. If the condom is round ended and doesn't have a tip, squeeze the air out and leave a half-inch free.

Lube it up really well with water-based lube (like K-Y). Never use oil-based lube (like Crisco) which can damage condoms. Pull out soon after coming, grabbing the base of the cock to make sure the condom doesn't slip off. To be extra careful, pull out before coming -- you can fuck for a while and then, say, come on his chest, or thighs, or hand, or all over his cock.

If you're into fingering asses, you should wear a finger cot, which is sort of like a surgical glove for just one finger. You can get them at medical supply stores. It's very important that you not put your finger into your mouth or your partner's mouth with the finger cot still on.

As for dildos, make sure they've been cleaned before they go up your ass (see the section on cleaning toys).

If sexually explicit information about sado-masochism might offend you, this brochure is not for you.

TOYS

When you were growing up, your mother probably told you to share your toys. Well, forget it. Anything that goes into a person's ass, especially, can transmit the virus if it's shared. As well, any toy that draws blood can be a risk.

If you're a bottom, you should own your own toys and get the top to use them on you.

If you're a top, you should ask the bottom what toys he owns. Or, if having sex with various bottoms, you should assign them toys and mark their names on their toys.

For example, if you're going to spank someone with a sturdy wire brush, you're going to draw blood, right? Well, tape the bottom's name onto the back of the brush -- maybe even tape the brush to the bottom's leg -- but don't use it on someone else. If you're going to get a dildo shoved up your ass, make sure that it's only ever been up your ass. Or, you can clean your toys.

CLEANING YOUR TOYS

All of these things can help you clean your toys:

- soap and hot water
- rubbing alcohol
- one part household bleach to nine parts water.

What if you use a dildo on someone and you don't mean to draw blood -- but you do? Should you throw the dildo away? No. Wash it in soap and hot water, and then let it soak for 20 minutes in rubbing alcohol or in one part bleach and 9 parts water. Then rinse it in hot water. You can also wash your toys in a dishwasher or washing machine -- as long as the water temperature reaches 56°C and stays that hot for 20 minutes.

If you need to clean a leather toy (like a whip, or a dildo), you should first wipe it with a clean rag, soaked in hot, soapy water. Then, wipe it down completely with another rag soaked in rubbing alcohol. Then, wipe it with a third rag soaked in hot water. Finally, put the toy aside and don't use it for 24 hours. Because alcohol can dry out leather, you could rub the toy with mink oil.

If you put a condom on a dildo, it will be a lot easier to clean the dildo. If you're a top, you can probably think of lots of ways to make the bottom put the condom on. (That's the same for your cock as well as for dildos.)

It's not that complicated. Just make sure you clean anything with cum, blood or shit on it, or anything that's been in someone's ass. And make sure you get any bleach or alcohol off the toy before using it again.

FISTING

Since fists are big things, they can create more serious tears in the ass than most sexual activities. If you get fisted, you're going to have to treat your ass like a shrine.

That means you have to be extra careful, and never let anything else that might be carrying that virus in your ass (a dirty dildo, a finger with cum, shit or blood on it).

If you are going to fist, make sure the top wears latex gloves. This protects both the top and bottom. Surgical gloves are the best to use. These usually go part-way up the arm and are good for most activities. If you are going to be deep fisting, use a calving glove. You can buy them at veterinarian supply stores. Calving gloves can bunch up, though, and the wrinkles could cut the lining of the ass. To avoid this, cut the finger and thumb sections off, leaving the glove wrapped around the bottom of your hand including the thumb. Then put a surgical glove over the calving glove.

If your fingernails are long, you should cut them and smooth them down with an emory board, because they can tear the fisting glove or the bottom's ass. If you have an open wound on your hand, you shouldn't fist with that hand even with the precaution of a glove. And don't use band-aids on hangnails or small cuts -- you can't be sure that you won't lose the band-aid during sex.

Make sure the glove is lubed (see section on lubes). When pulling out, like with condoms, make sure you grab the glove at the end so that it doesn't slip off.

LUBES

Lubes can be lots of fun, even if they're not used for inserting something into someone's ass. If you use a lube externally only, you can use scented or mentholated brands.

If you're going to insert something into someone, you should only ever use water-based unscented brands -- like K-Y, Lubafax, Muco or ForPlay. Never use oil-based lubes. Vaseline or Crisco can catch germs and be harder to completely wash off. They can also weaken condoms.

Use lots of good lube to protect against injury to the lining of the ass. The more slippery things are, the less likely something is going to catch and tear.

Also, during a scene, you shouldn't take lube from a large container. Either buy small portions and throw the packets away afterwards, or put the lube in something disposable (like a styrofoam cup or a paper plate). Or, use a dispenser -- some brands come in pump jars. This makes sure that nobody's "contaminated" hand, cock or whatever, can put the virus into your supply.

DOUCHING AND ENEMAS

Having a clean ass is an important part of fisting (or any heavy assplay) etiquette. But douching and enemas before getting fucked could leave a person more open to infection. They can make tears in the lining of the rectum, or they can wash away surface mucous that's there to protect you. This is why it is very important to wear gloves for fisting, and condoms for fucking.

Never share your douchebag. Clean your douchebag each time you use it. Also, don't share the nozzles of metal shower douches. Get a separate nozzle for friends, and clean it between uses (see section on cleaning toys). If they're used after sex, douching and enemas don't necessarily wash things away. They could be pushing cum, blood or shit further up into the rectum or lower intestine.

WATERSPORTS AND SCAT

Both watersports and scat are fine on the outside of the body. Piss in your mouth is a low-risk activity, but to be safe you shouldn't let anyone piss in your ass (which is more sensitive). Shit could carry blood, so you shouldn't take it in your mouth.

If there are any cuts on the skin, don't practise watersports or scat in the area of the cut.

YES!

Have lots of fun with the following low-risk activities:

- jerk-off sessions
- bondage (up to and including suspension or mummification)
- discipline (civilian and military, prisoner-of-war interrogation, humiliation, verbal abuse)
- boot licking

SHAVING, PIERCING, BRANDING

If you want to have permanent piercing done, make sure the rings or bars are new and unused. You might be able to find a doctor or nurse to do the piercing in a sterile way. If you can't, make sure the bars or rings are soaked in alcohol before they're put in.

If temporary piercing is part of a scene, make sure you use sterile, disposable needles -- you can get them at most drug stores. Use them once -- only once -- and throw them away. And use them on one person only.

Obviously, if the top is piercing more than one person at the same time, don't transfer needles.

As for branding, heat-branding is safe because of the high temperatures involved -- heat kills the AIDS virus.

Knife-branding should only be done with a knife that's been soaked in rubbing alcohol for twenty minutes and rinsed. Better yet is a scalpel with a disposable blade. Clean the blade, use it once, and throw it away.

For piercing, branding or shaving, any drops of blood should be wiped away with sterile cotton balls. Soak the cotton ball in rubbing alcohol. You can also buy pre-soaked cotton called "alcohol preps" or "alcohol rubs", which come separately wrapped. Flush the cotton down the toilet, or throw it away in a plastic garbage bag.

When starting a piercing, branding, or shaving scene, the area of the skin should first be rubbed with alcohol.

RIMMING

Rimming is not a risk for the AIDS virus, but you could get other infections -- like hepatitis or parasites. So don't put your tongue in someone's ass.

ELECTRIC TORTURE

Again, you have to keep your equipment clean. Sparking equipment (like the "Relaxisizer" machine) probably won't break the skin, so there's not much risk. If a higher charge is used, and there's a break in the skin, wipe up any blood with disposable sterile cotton and clean the terminals (see section on cleaning toys).

And for other reasons, only use electric charges below the heart level -- you don't want the charge to affect the heart's own electric system.

WHIPPING

If there's no break in the skin during whipping, then it's no problem at all. That's why cat-o'-nine tails are low-risk, although they could break the skin. Bull whips and quirts are higher risk. If any whip causes a cut, wipe up the blood the same way as you would for piercing or branding, and clean the whip (see the section on cleaning toys).

SEX AND DRUGS

If you're into S/M, you have to keep your wits about you. That's why mind-expanding drugs -- like tranquilizers, uppers or hallucinogens -- shouldn't be used in a scene. If you use them, you'll be more likely to do things that you shouldn't.

Drinking too much alcohol can have exactly the same effect.

Most other drugs should be used in small amounts and with care. Drugs can affect the immune system -- the system that's knocked out by the AIDS virus -- so using them before sex could make you more susceptible to infection.

As for poppers, they make your blood vessels get bigger. This could increase your risk if you're getting fucked. As well, there's a link for some people between the use of poppers and Kaposi's sarcoma (the skin cancer that some people with AIDS get).

If you use needle drugs, it doesn't matter whether it's with sex or not. If you share your works -- needles, syringes, or cookers -- it's an easy way to pass on the AIDS virus. You should use your own works and never share. Or you can clean your works in rubbing alcohol (see section on cleaning toys). Once a needle is dull, make sure the cap's on and that it is placed in a narrow-necked bottle before throwing it away, so that any person handling your garbage doesn't get pricked.

GENERAL HINTS

- Use the etiquette of S/M. Safety words and scenes that you've both agreed to beforehand can help.
- Maintain your own health. Eat well, sleep well, reduce stress in your life and reduce your chance of infections by not exposing yourself unnecessarily. For example, if someone has a sore throat, don't deep throat him during that session.
- Take a bow. By being interested in your health and practising safer sex, you are doing a lot to help stop AIDS.

Remember,

**your health is an asset
and should be kept in a safe.**

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Produced June 1988 with the help of Spearhead, Trident International -- Willowdale M. C. and other concerned members of Toronto's leather community.
Printed in Canada.