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Columbia Daily Spectator, Volume CX, Number 34, 17 October 1985 — Gay groups in New York list 'safe sex' guidelines
[ARTICLE]



The following guidelines were compiled from information distributed by the Gay Men's Health Crisis, The New St. Mark's Baths, and other sources. Although these guidelines were created for gay men, heterosexuals concerned about possible infection are advised to follow them as well.

SAFE:

- Masturbating alone, with a partner, or in a group.
- Touching, hugging, stroking, massaging, or body-to-body rubbing.
- Dry kissing.

POSSIBLY SAFE:

- Anal sex using a condom and withdrawing before ejaculation. Research shows that the anal-receptive partner is more at risk.

Use water-based lubricants like K-Y jelly. Oil-based lubricants can weaken condoms and make them more likely to break.

- Oral sex, withdrawing the penis before climax.
- What are called "watersports"—sex play with urine streams—if urine is not swallowed or does not come in contact with open wounds, eyes, or anus.

UNKNOWN RISK:

- Mouth-to-mouth "French" kissing.
- Saliva as a lubricant.

UNSAFE:

- Anal sex without a condom, carried to climax.
- Oral sex carried to climax.
- Semen or urine in the mouth, anus, open wounds, or eyes.
- Use of hypodermic needles or any other

activity that involves blood exchange.

- Rimming: Placing mouth on anus, and/or inserting tongue into the anus.
- Fisting: Insertion of hand into anus, one finger at a time, until entire hand is inserted.
- Sharing dildoes and other sex toys.

SPECIAL NOTES:

ALCOHOL AND DRUGS

Recent research shows that alcohol, as well as such street drugs as amphetamines (speed), marijuana, and nitrite inhalants (poppers), all damage the immune system. In addition, they can impair judgment and lead to a loss of self-control.

HYGIENE AND HEALTH

- Eat well. Learn about nutrition.
- Get enough natural sleep at night.
- Get plenty of exercise.
- Wash with soap and water before and after any sexual contact.
- Do not douche; do not use enemas.
- Do not brush teeth vigorously before or after oral sex.
- Do not share razors, toothbrushes, and soap.

MONOGAMY vs. POLYGAMY:

This is a hotly debated topic. Some say having sex with only one person reduces the risk of getting AIDS. Others say the number of partners is not important; instead, the kind of sex is what counts. But most agree that the best advice is to practice only the kind of activities listed under SAFE, to keep clean and healthy, and to stay away from drugs and alcohol.