

GAMEZONE

INFOS FOR SEX WORKERS



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EDITORIAL

THIS EDITION OF GAMEZONE OFFERS A LOT OF INFORMATION SUPPORTING YOU IN DOING A SAFE AND PROFESSIONAL JOB.

Your body belongs to you! Consequently, you, as a sex worker, have the right to a healthy and unharmed body. Working in this business, you're faced with all kinds of risks every day. That's why it is worth being careful and well informed. Please take some time to read this brochure! You'll find a lot of information on topics such as health, diseases, sex, rights, drugs, personal protection and safety. Being well informed about the risks of your job and knowing about the most important precautionary measures gives you the opportunity to understand and to reduce the risks considerably.

We hope that this booklet will be a valuable support to your safety and to your understanding of your job. We look forward to receiving your general thoughts or specific comments on this publication or even an article of yours to be published in the next edition of GAMEZONE.

**Swiss Aids Federation
MSW Project
PO Box 1118
8031 Zurich
www.malesexwork.ch
info@malesexwork.ch**

HOW TO GET IN CONTACT WITH THE MSW PROJECT STAFF

Please feel free to contact one of our MSW project staff members if you have doubts or problems or if you've got any question. We have good contacts with recommended doctors. We encourage you to talk to us if you need advice or support. You can also contact one of the regional Aids Help Associations.

BASLE **Aids-Hilfe beider Basel**
 Clarastrasse 4
 4058 Basel
 061 685 25 00
 076 372 70 21
 info@ahbb.ch

GENÈVE **ASPASIE**
 36, rue de Monthoux
 1201 Genève
 022 732 68 28
 078 602 15 92
 www.malesexwork.net
 stephane.with@aids.ch

ZURICH **HERRMANN**
 Spitalgasse 5
 8001 Zürich
 044 260 34 44
 079 734 97 64
 www.malesex.ch
 herrmann@vzsp.org

CONTACT ADDRESSES FOR TRANSEXUALS

TRANSX **Information for transsexual and gender issues**
 Postfach 40
 8037 Zürich
 076 34 66 888
 www.transX.ch
 WebContact@transX.ch

ZURICH UNIVERSITY HOSPITAL **psychiatric polyclinic**
 Culmannstrasse 8
 8091 Zürich
 01 255 52 80
 www.psy.unizh.ch

REGIONAL AIDS HELP ASSOCIATIONS

AARGAU

Aargau Aids Help
Entfelderstrasse 17
5000 Aarau
062 824 44 50

BASLE

Aids Help for
Both Basles
Clarastrasse 4
4058 Basel
061 685 25 00

BERN

Bern Aids Help
Monbijoustrasse 32
3011 Bern
031 390 36 36

FRIBOURG

Empreinte
Bd. de Pérolles 57
1700 Fribourg
026 424 24 84

GENÈVE

Groupe sida Genève
17, rue Pierre Fatio
1204 Genève
022 700 15 00

GENÈVE

Dialogai
11-13 rue de
la Navigation
1201 Genève
022 906 40 40

GRAUBÜNDEN

Graubünden Aids Help
Lürli badstrasse 15
7000 Chur
081 252 49 00

JURA

Groupe Sida Jura
Route de Porrentruy 6
2800 Delémont 1
032 423 23 43

LIECHTENSTEIN

fa6, Im Malarsch 4
FL-9494 Schaan
00423 232 05 20

LUZERN

Luzern Aids Help
Wesemlinrain 20
6006 Luzern
041 410 69 60

NEUCHÂTEL

Groupe Sida Neuchâtel
Grand-Rue 18
2034 Peseux
032 737 73 37

SCHAFFHAUSEN

Schaffhausen Aids Help
Rathausbogen 15
8200 Schaffhausen
052 625 93 38

SCHWYZ

Expert centre for
questions
concerning Aids
Gotthardstrasse 31
6410 Goldau
041 859 17 27

ST. GALLEN/ APPENZEL

Expert centre for
questions concerning
Aids and sex
Tellstrasse 4
2. Stock
9001 St. Gallen
071 223 68 08

THURGAU

Expert centre for
questions concerning
Aids and sexual
education
Zeughausstrasse 16
8500 Frauenfeld
052 722 30 33

TICINO

Aluto Aids Ticino,
Via Baguti 2
6904 Lugano
091 923 80 40

VALAIS

Antenne Sida
du Valais romand
14, rue des Condémines
1950 Sion
027 322 87 57

OBERWALLIS

Oberwallis Aids Hel
Spittelgasse 2
3930 Visp
027 946 46 68

VAUD

Point Fixe
14, rue Louis-Curtat
1005 Lausanne
021 320 40 60

WINTERTHUR

Winterthur Aids
information centre
Technikumstrasse 84
8401 Winterthur
052 212 81 41

ZUG

Expert centre of
the Zug Aids Help
Zeughausgasse 9
6300 Zug
041 710 48 65

ZURICH

Aids Help Zurich
Birmensdorfer-
strasse 169
8003 Zürich
01 455 59 00

SEXWORK IN SWITZERLAND: ALL YOU NEED TO KNOW

WORK PERMIT

Prostitution is not prohibited in Switzerland. You are allowed to work as freelance rent boy only. The Swiss criminal law does not permit employment as a sex worker (e.g. being employed at a brothel or a club). To be able to legally practise this profession, you need to be in possession of either residence permit C or a Swiss passport. Some cantons, however, issue an unlimited work permit upon presentation of residence permit B. EU citizens do not need residence permit C. They have the right to stay in Switzerland and work freelance.

With work permit L (for dancers or models) you are not allowed to work as a prostitute. While the L-permission is issued to your name it is also attached to an existing contract of employment. You may risk getting dependent on an organization or a person who wants to make a profit out of your situation. With a holiday visa or a tourist visa you are not entitled to work in Switzerland, not even as a sex worker. The same goes for approval proceedings for residence permits currently in progress.

CONTROLS CARRIED OUT BY THE POLICE

The police check the commercial sex trade and carry out stop-and-search operations. That's why it is important for you to know your rights and those of the police, which gives you the possibility to behave, act and argue correctly.

The police have no legal right to search you in public, but they are allowed to frisk you inside a police car or at a police station.

The police have the right to take you to a police station if

- you are not able to identify yourself (identity card).
- your holiday visa, your tourist visa or your residence permit has expired.
- you're not able to show a valid permit. In this case, however, the police needs irrefutable proof, i.e. they would have to catch you together with a client of yours.

IF YOU ARE UNDER ARREST

Each conviction must be based on statements or confessions made by you at the time of arrest (proof). We recommend you not to make any statement. The police have the right to hold you at the police station until your identity is proven. In order to keep you under arrest after your identity has been proven, the police needs to show clear evidence that you've committed a crime. They need to inform you about the charge brought against you. If you are in custody, you've got the right to be brought before the examining magistrate within 24 hours. Demand a lawyer to support you when being questioned by the examining magistrate. If you don't know a lawyer, ask the police to help find one.

YOUR RIGHTS

- You have a right to demand an interpreter (if required).
- You have a right to refuse to give evidence.
- You need not sign any document without your lawyer being present.
- You have a right to get your belongings out of your room/apartment before being expelled from the country.
- In case of being arrested, you have a right to immediately call a lawyer or a friend who gets you a lawyer.

Without presenting a search warrant the police is not entitled

- to enter your room/apartment.
- to check your documents/passport if the door of your room/apartment is closed or if you are with a client.
- to search through your room/apartment or to question you about your customers or your earnings.
- to count your condoms.

PRIVATE SECURITY OFFICER

There are a lot of uniformed people such as ‚Securitas‘, ‚Protectas‘ or ‚Securitans‘ (at the railway station) who are not part of the police force but work for private security services. They are not entitled to check your papers or to question you about your work. But if they catch you doing something criminal (e.g. breaking in, stealing, etc.), they have the right to arrest you and take you to the police station at once. Note that consuming drugs is illegal but not criminal offence.

They have not the right

- to search you.
- to take away your identity papers.
- to confiscate your belongings.

Note: The station police have the same rights as the police!

PROTECTION OF YOUNG PEOPLE

If you live in Switzerland and if you are aged 16, you are allowed to have sex. This applies all over Switzerland, regardless of your nationality.

**You're committing an offence, if you have sex with someone aged below 16!
If you're aged below 16, your customer is committing an offence if he has sex with you!**

There is, however, an exception to this rule: You won't be punished, if one of the sex partners (either sex worker or customer) is aged below 16, and if the difference in age does not amount to more than 3 years. If the older sex partner is aged below 20, but the difference in age amounts to more than 3 years, the older sex partner's punishment might be more lenient.

AREAS OF PROSTITUTION

Some of the Swiss cities have clearly defined areas, which allow prostitutes to work inside a building or walk the streets. Prostitution is prohibited outside these areas. Ask the MSW staff if there is any such area in your city and how you can find it.

MIGRATION

In Switzerland there are a lot of foreign sex workers just with a tourist visa. We recommend that you do not work as a sex worker if you are a refugee or if you haven't got a valid residence permit. The police might arrest you and urge you to leave Switzerland or immediately expel you from the country. Sometimes, the expulsion procedure happens very quickly so that the police might ‚forget‘ to point out your rights. Try to enter an objection if you are in danger of being expelled. We explicitly recommend that you ask a lawyer for help.

RULEFORSAFERSEX 1

Always use condoms and plenty of water soluble or silicone-based lubricants when having sex.

SAFETY IS NOT A MATTER OF LUCK

PROSTITUTION ISN'T ALTOGETHER WITHOUT ITS PROBLEMS AND DANGERS. WHEN COMING INTO CONTACT WITH A CLIENT, YOU CANNOT NECESSARILY TELL HOW HE WILL REACT LATER AND WHETHER OR NOT HE WILL STICK TO THE AGREEMENTS. IF YOU, HOWEVER, KNOW HOW TO BEHAVE, YOU WILL BE ABLE TO REDUCE THE RISKS WHEN DEALING WITH SUITORS. CONSEQUENTLY YOU WILL BE ABLE TO PROTECT YOURSELF IN A DANGEROUS SITUATION.

1) There are a lot of prejudices against sex workers!

But you can face those prejudices by the way you behave! Showing self-confidence doesn't give a client reason for telling that «rent boys» seem to feel unsure or anxious. Look into your client's eyes. You'll win respect by showing self-confidence! Make clear statements and tell right at the beginning what your offer is. Don't get into discussion. If you don't agree with your client's desires, don't let him believe that you're inhibited!

2) Rely on your feelings!

Be aware that your feelings, too, are part of your work and can be helpful. It is not important what you see or how much money your client offers you. But try listening to the feelings the client is setting off in you. There might be something wrong, if you have an uneasy feeling. Think about what might be wrong and don't do anything you're not prepared to! Take your feelings seriously!

3) You know your price and you are worth it!

Don't sell yourself for less than your true value and don't negotiate your price! Immediately cut short all attempts to lower the price of your service. Clearly state your price right at the beginning in order to avoid endless discussions afterwards (after having had sex) and to run the risk of earning less than expected. We recommend you to only accept advance payment.



4) There is a difference between work and private life!

Being on the game means you're at work. A client is not a friend who you spend your leisure time with. Clients are your customers! Do not listen to a client's promises. A client won't help you with your private problems. Don't talk about your problems with a client while you're on the game. Otherwise, it may be difficult for you to tell work from private life, which consequently will lead to additional problems. Even a «sugardaddy» is a client! You may live at his place or he may even pay for your living, but this kind of relationship will only serve for affection, entertainment and sex. Be careful! You may easily get dependent on him.

In case you've fallen in love with a suitor, make sure he honestly returns your feelings. If he does, you have no longer business terms with him. If he does not, get yourself disassociated before he will take advantage of your feelings.

5) It is possible to protect yourself from violent clients!

Always ask the suitor about his desires and the place he wants to go with you. Don't get involved in unclear statements or conditions. Try to fix the details right from the beginning and act quickly if something happens you don't agree with. Don't go with drunken suitors. In the majority of cases, their tendency to violence is much higher compared to sober clients. Don't hesitate to say «No!». If a suitor does get violent, immediately look after yourself and look for other people or lit-up places. Don't be afraid of calling the police, if necessary. Being in an inferior position may happen to everybody! Even to a man! You didn't fail if a client is getting violent and you are in the weaker position.

Being blackmailed is also a kind of violence. Do not allow yourself to be pressured and don't do anything you're not prepared to.

6) Professionals take care about their health and observe the safer-sex rules.

Your body belongs to you! So take care of it! Be careful and stay in control when consuming alcohol or other drugs with client. Make sure you have a sufficient supply of condoms and lubricants and follow the safer sex rules: Always use condoms when having sex and avoid semen getting into your mouth. Use condoms even for oral sex. Additionally, we recommend that you get yourself inoculated against Hepatitis A and Hepatitis B. Also have syphilis tests. Ask the MSW staff for advice or contact one of the institutions mentioned in this booklet.

7) Go for the safer-use rules if you sniff or shoot drugs!

Always use new and clean shots and needles when shooting drugs as it is possible to pass on disease-causing agents via spoons, filters, cotton, water or other such means. Therefore, never share your equipment with other people! Neither sniff with used tubes nor pass on tubes as disease-causing agents might be transmitted!

8) Talking with colleagues helps and strengthens you!

Talk to other rent boys about your experiences and warn them of clients you had bad experiences with. Everybody who is on the game is glad to know that he is not left on his own.

If you've had a bad experience or if you have a problem and need some advice or support, please get into contact with the MSW staff. They will listen to you, give you advice and try to help you. You can remain anonymous, if you like. The MSW staff is bound to professional discretion.

SEXUAL PRACTISES AND THEIR RISKS

Concerning HIV, hepatitis, or parasites, there is no guarantee of not catching something while having sex! Of course, you may decide to do without certain sexual practices; but in some instances you may do this only reluctantly. Besides, you may also want to try out certain games or one of your clients has specific demands and you're not sure whether or not the practice in question implies a risk to your health. The sexual practises mentioned below are supposed to give you important information on the safest possible way to do your job and to express your sexuality. The following list is not final but it includes the most common sexual practices.

THE FOLLOWING RULE APPLIES TO ALL SEXUAL PRACTISES: AVOID SPERM OR BLOOD GETTING INTO CONTACT WITH ANY OF THE MUCUS MEMBRANES (MOUTH, INTESTINE OR COCK) OR WITH WOUNDS. TRY TO IMAGINE HOW INFECTIONS OF SEXUALLY TRANSMITTED DISEASES HAPPEN. THIS WILL SUPPORT YOU AVOIDING RISKS AT WORK.

INTERCOURSE (Fucking, Anal Intercourse, Greek Love)

While fucking, the following diseases can be transmitted: HIV, Hepatitis, Syphilis, Gonorrhoea (Clap), Genital Herpes or intestinal bacteria, etc. No matter if you're the active or passive partner in the game and no matter if you're not spunking outside the arse! And it's certainly not safe enough if the active partner withdraws his cock before ejaculating! Using a condom represents the only effective protection from being contaminated. Together with the condom you should use plenty oil free and water based lubricants (no skin cream, massage oil or butter). Hepatitis A inoculation as well as Hepatitis B inoculation is absolutely necessary!

RIMMING (Arse Licking)

Even though there is no risk of HIV infection with rimming, you can still get infected with Hepatitis or a whole lot of intestinal parasites, especially, if you have some minor injuries in your mouth. We urgently recommend you to get a Hepatitis A inoculation as well as a Hepatitis B inoculation.

BLOW-JOBS (Sucking Cock, Oral Sex, French, Giving Head)

We strongly advise all sex workers to use a condom for maximum protection. Using a condom represents a high degree of safety against any contamination. We urgently recommend you to get a Hepatitis A inoculation as well as a Hepatitis B inoculation.

Diseases such as Hepatitis, Gonorrhoea and Syphilis can be easily transmitted when doing a blow job without a condom, even if there is no ejaculation. However, the risk of transmitting HIV while sucking is almost nil if the cock is withdrawn before ejaculation. If someone is coming in your mouth, make sure not to swallow the semen but spit it out immediately and rinse your mouth with water. Do not brush your teeth!

DILDOES

If several people are using the same dildo, you should always take care that it will be rinsed thoroughly with hot water and soap or with antiseptic alcohol. If you use condoms with the dildo, take care that there will be a new condom put onto the dildo, before it is used by someone else. If these precautions are not taken, disease-causing agents such as intestinal parasites or the Hepatitis virus may be transmitted. If you follow these precautions, you'll even avoid HIV infections.

FIST FUCKING (Fisting)

Even though the risk of passing on infections by fisting is low, it is still possible to get infected by Hepatitis C. Therefore, it is recommended to use gloves. Minor injuries at the intestinal area are almost inevitable during fisting. Serious injuries such as the tear of the perineum may happen, too. That's why you should always use plenty of lubricant for fisting. Because of the anal mucous membrane being injured, it is quite risky to fuck after fist fucking. Fatty lubricants used during fist fucking may cause the condom getting damaged and consequently they become ineffective for the prevention of germs.

WANKING (Masturbation, Jerking Off)

Mutual masturbation is one of the safest sexual practises, if you make sure not to get any foreign sperm in your eyes or mouth. Foreign sperm cannot be used as a lubricant, even if you only jerk off with someone.

PISS GAMES (Golden Shower, Pee, Water Sports)

The risk of getting infected by HIV while doing piss games is quite low. However, there are a lot of other possibilities to get infected by disease-causing agents, e.g. Hepatitis, etc. We recommend that you avoid foreign piss getting into contact with open wounds and that you don't to drink it either, whereas you can drink your own piss without taking a risk. People involved in piss games should get inoculated against Hepatitis A and Hepatitis B.

RULEFORSAFERSEX 2

Use condoms, even if you're only doing a blow-job.



SHORT SUMMARY OF ALL SEXUALLY TRANSMITTED DISEASES

HIV/AIDS

HIV is a virus which ultimately immobilises the immune system. It is possibly but by no means inevitable that you feel symptoms of a flu 2-6 weeks after having been infected. These symptoms, however, will disappear again after a while. Usually, it will take many years until the real disease breaks out. Whether you're infected by HIV or not can only be clarified by a test.

Transmission through sex occurs via ejaculation in the mouth, or via unprotected vaginal or anal intercourse.

The disease is incurable but the outbreak itself can, at best, be delayed by permanently taking in various medicaments which cause numerous unpleasant or serious side effects. However, the effects and the results of these medicaments can vary.

HEPATITIS

Hepatitis is an inflammation of the liver caused by different viruses. The most frequent are type A, B, and C.

Dependent on the type of virus and on your own constitution, you'll discover symptoms of an acute infection soon after having been infected. The early symptoms are lack of appetite and a flu-like feeling. They will set in about two weeks after the infection with virus type A, and after several weeks up to several months with type B or C. You may feel nausea and feverish and later your piss may take on a dark, brownish colour and your eyes and skin may turn yellow. Not necessarily all of these symptoms will occur; quite often only minor symptoms or none at all become apparent, which explains why an infection is not always noticed and may therefore be transmitted without being detected. Possible late effects with Hepatitis B and Hepatitis C can occur. Success in treating chronic Hepatitis is rare.

Hepatitis A is transmitted by faeces to the mouth, e.g. by rimming (arse licking) or the joint use of a (contaminated) toilet without thoroughly washing your hands afterwards. This type of Hepatitis is cured without medical treatment. The disease will normally last 1 to 3 weeks; however, up to 10 per cent of the people affected suffer from severe trouble up to 6 months. Prophylactic inoculation is possible.

Hepatitis B is transmitted through sexual contact (vaginal intercourse, anal intercourse, sucking, licking, rimming, and piss games) and through blood contact. Hepatitis B can turn into a chronic disease, possibly leading to cirrhosis or cancer of the liver as a late effect. Prophylactic inoculation is possible.

Hepatitis C is mainly transmitted by being exposed to infected blood; this happens most probably while having unprotected anal intercourse. Hepatitis C is incurable, and in 70-80 per cent of cases Hepatitis C turns into a chronic disease. 5-30 per cent of the people infected suffer from cirrhosis or cancer of the liver as a late effect. Unfortunately, there is no prophylactic inoculation possible.

GONORRHOEA or the Clap

A few hours or a few days after having been infected you'll have an itching or burning feeling while peeing. This will soon be followed by a purulent discharge from the urethra. The clap is transmitted via the mucus membranes through sucking, licking, and unprotected vaginal or anal intercourse and is curable with antibiotics.

SYPHILIS or lues or pox

A syphilis infection can first be made out by red patches on the penis (or on the corresponding infected area). Approximately three weeks later, painless purulent sores will appear and will then heal again (first stage). A few weeks later, skin rashes will appear all over your body (stage two). Years later, the disease may cause damage to the aorta or to the nervous system, which will consequently lead to death (stage three). Syphilis is transmitted via the mucus membranes, i.e. through sucking, licking, and unprotected vaginal or anal intercourse. If treated in time with antibiotics, Syphilis is curable. If left untreated, transmission to other people is possible even if there are no noticeable symptoms or troubles. Stage three of the disease is incurable.

GENITAL WARTS or **Ulcus Molle**

A few days after having been infected there will be little blisters occurring on the tip of the penis or the foreskin, transforming into small and painful sores. A few days later, this will be followed by a painful swelling of the lymph nodes in the groin area. Genital warts are transmitted via the mucus membranes, i.e. through sucking, licking, and unprotected vaginal or anal intercourse and rimming. The disease is curable with antibiotics.

CHLAMYDIA or **Lymphogranuloma Inguinale**

Symptoms of Chlamydia are apparent if you have difficulty in peeing and if your penis emits slimy and purulent discharge. You constantly feel like you urgently need to pee but you're not able to. The trouble will start about 7 to 14 days after the infection. Chlamydia can be transmitted via the genital mucus membranes and can turn into a chronic disease if not treated appropriately. The disease is curable with antibiotics.

GENITAL HERPES

A few days after infection, little blisters will appear on the penis, breaking up soon, and leaving behind tiny but painful ulcers. Genital herpes is sexually transmitted via the mucus membranes, i.e. through sucking, licking, and unprotected vaginal or anal intercourse. Even though genital herpes is not curable, there are remedies to ease the symptoms, the severity and the time of the acute phase.

GENITAL WARTS or **Acuminate Condyloma**

They can be detected through changes in the skin usually occurring around the genital area. Weeks or even months may pass before the infection occurs. The infected skin then develops warts which may provoke bloody pee if they affect the urethra. Genital warts in the anus can only be detected through specific medical examination. Genital warts can be transmitted via skin contact, especially through sucking, licking, and unprotected vaginal or anal intercourse and rimming. There are different methods for removing genital warts.

TRICHOMONAS

Trichomonas are parasites, which mainly attack the genital area but often go undetected. They are transmitted via the mucus membranes while having sex, i.e. during sucking, licking, and unprotected vaginal or anal intercourse and rimming but also with piss games. Trichomonas are curable with appropriate medical treatment.

SCABIES

Scabies is caused by tiny itch mites, which may infest any part of the body except for the facial area. They cause a strong itch mainly between the fingers but also at other parts of the body. Itch mites are transmitted upon physical contact. The disease can be cured by applying special medical lotions. In case of an infection it is vital to change and thoroughly wash bed sheets and all clothes.

CRAB LICE

You'll realize an infestation when your pubic hair is itching. Other body hair, however, can also be infested. Favourite places are armpits (underarm hair) or eyelashes. Later, upon closer inspection, you'll detect the little bugs and their eggs (nits). Transmission of crab lice takes place via physical contact with infested areas. There are different methods to treat the infestation.

RULEFORSAFERSEX 3

If you wish to have oral sex without using a condom, take care that the semen won't get into contact with your mouth and do not swallow the semen.



HOW TO PROTECT YOUR HEALTH

PROSTITUTION CAN BE DANGEROUS TO YOUR HEALTH! YOU CAN CONTRACT VARIOUS SEXUALLY TRANSMITTED DISEASES. THIS RISK, HOWEVER, CAN BE DRASTICALLY REDUCED IF YOU ARE WELL INFORMED ABOUT THE MOST IMPORTANT PROTECTION MEASURES AND IF YOU KNOW HOW TO CHECK PHYSICAL SYMPTOMS. ANYONE HAVING SEX CAN CONTRACT OR TRANSMIT SEXUALLY TRANSMITTED DISEASES. OF COURSE, THIS INFORMATION IS ONLY USEFUL IF YOU ALSO LEARN HOW TO TAKE A STAND WHEN ENCOUNTERING CLIENTS DEMANDING UNSAFE SEX. BEING WELL INFORMED WILL ALSO DIMINISH ANXIETIES, SINCE IT ALLOWS YOU TO DISTINGUISH EXACTLY BETWEEN SAFE AND UNSAFE SEX.

HEALTH TIP 1: ALWAYS USE CONDOMS AND LUBRICANTS WHEN FUCKING

There are a lot of diseases that can be transmitted while fucking: Gonorrhoea, Syphilis, Hepatitis, HIV, etc., even if you don't come! Unprotected anal intercourse is really the most risky of all sexual practises.

Observing the safer sex rules enables you to protect yourself from getting infected by HIV, i.e. always use condoms and lubricants when fucking. At the same time, this offers you the best protection from being infected by other sexually transmitted diseases.

Use high-quality condoms only! Best buy condoms which display the ok-cachet. They have passed the most stringent quality checks. For anal intercourse use extra strong condoms only. Superfine or grooved condoms or those having knobs may get torn or burst more easily.

Make sure to use only water based (oil-free) lubricants to avoid the condom getting porous. Don't do experiments if there are no suitable lubricants available and keep off Vaseline, Nivea (or any such creams), or even margarine!

HEALTH TIP 2: INSIST ON CONDOMS WHEN GIVING A BLOW-JOB

As long as there are no injuries involved, you are on the safe side by observing the rules for safer sex (don't allow any semen to get into your mouth and don't swallow semen) in order to protect yourself from being infected by HIV. Other sexually transmitted diseases such as Hepatitis B, Genital Herpes, Gonorrhoea, etc., however, can be passed on. And keep in mind that it is not safe to assume that your customer is going to withdraw his cock in time. We therefore recommend all sex workers to use condoms, even if you're only doing a blow-job.

If you want to do a blow-job without using a condom, watch out for injuries in your mouth and take care not to be injured while giving head, or injuring the cock with your teeth. But most of all, don't let anyone come in your mouth! If by accident you do get sperm in your mouth, spit it out immediately and rinse your mouth with water. Do not brush your teeth, as this might irritate the mucus membranes!

Sucking induces a minor risk to the one who is being sucked, no matter if he comes. Transmission of HIV is only possible if there are minor injuries both on the receiver's cock and in the sucker's mouth. Note that forceful ramming can provoke minor injuries in the throat.

HEALTH TIP 3: INOCULATION AGAINST HEPATITIS A AND HEPATITIS B

Unfortunately, people often underestimate the dangerous consequences of getting infected by one of the Hepatitis viruses. Hepatitis is a dangerous and sometimes even fatal inflammation of the liver. The Hepatitis B virus is more easily transmittable and resistant than the HIV virus! On the other hand, the course Hepatitis takes is often not realized in the beginning as there are only few or no signs of the disease, which means that it can also be passed on without even knowing it!

You can, however, get inoculated against Hepatitis A and B. Inoculation is the best protection, especially for all sex workers!

Although the widespread Hepatitis C virus is less easy transmitted through sexual activities than Hepatitis A or B, it is still dangerous, as there is no inoculation available as of today! But you can reduce the risk by observing the safer sex rules!

It is especially dangerous if your blood gets into contact with contaminated blood! In this respect, SM practices can be dangerous, too, if injuries occur whilst playing. You should therefore stop before anyone gets physically hurt. If, however, minor injuries do occur whilst playing, never ever expose them to blood, sperm or other bodily fluids. By observing these rules, you can effectively protect yourself as well as your sexual partner!

HEALTH TIP 4: DON'T HESITATE TO CONTACT A DOCTOR IF YOU OBSERVE ANY SYMPTOMS

It is very important to immediately recognize a possible infection with one of the sexually transmitted diseases (such as Syphilis, Gonorrhoea, etc.) and have it treated accordingly, as otherwise the disease-causing agents might remain undiscovered in your body. This might cause the disease to turn chronic and thus reduce the possibility for successful treatment. It is important to observe your body carefully so that you're able to immediately realize possible changes or symptoms. If you suffer from or observe any of the following symptoms, don't hesitate to contact your doctor:

Discharge from your cock or anus; red spots or white furry areas in your mouth, on your genitals or around your arse; burning sensations while urinating; strong itching at the area of the urethra; swollen and painful lymphatic nodes in your pelvic area or on the neck; pain or swelling around your testicles; unusual growth or skin rashes; yellow eyes or skin.

We know that it is not always easy to consult a doctor, but nowadays there are doctors in every city who are familiar with male prostitution and sex among men. Maybe you feel more at ease talking with one of the staff members of the MSW project about your problems. We have established good contact with competent and recommended doctors. Don't hesitate to contact us for help and support!

HEALTH TIP 5: IMMEDIATE ADVICE IN CASE OF A CONDOM FAILURE

If the condom has failed and you're afraid of having been infected by a sexually transmitted disease, don't hesitate to contact one of the below-mentioned advice centres, either immediately or on the following day at the latest! They know about all necessary steps to be taken immediately after having got infected and how to help reduce the risk.

Please keep in mind that you can not expect a reliable result of your HIV test until three months after the possible time of infection. In the meantime it is of vital importance to observe the safer sex rules!

RULEFORSAFERSEX 4

Have yourself inoculated against Hepatitis A and Hepatitis B.

ANONYMOUS HIV TEST CENTRES AND ADVICE CENTRES

BASLE

Kantonsspital
HIV consultation
061 265 24 31

BERN

Inselspital
HIV consultation
031 632 25 25

CHUR

Kantonsspital
Office of Dr. F. Fleisch
Infectiologie
081 256 63 39

FRAUENFELD

Expert centre for
questions concerning
Aids and sexual
education TG
052 722 30 33

GENEVA

Hôpital Cantonal HUG
Information et
consultation Sida
022 372 96 17 et
022 372 95 25

GENEVA

Dialogai
CHECKPOINT
022 906 40 40

LAUSANNE

CHUV
Consultation Sida
021 314 10 22

LUGANO

Ospedale Civico
Ambulatorio di
malattie invettive
091 811 60 21

SOLOTHURN

Bürgerspital
HIV consultation
032 627 33 26

ST. GALLEN

Kantonsspital
HIV consultation
071 494 10 28

ZURICH

Universitätsspital
HIV consultation
01 255 20 27

RULES FOR SAFER-SEX

RULEFORSAFERSEX *1*

ALWAYS USE CONDOMS AND PLENTY OF WATER SOLUBLE OR SILICONE-BASED LUBRICANTS WHEN HAVING SEX.

RULEFORSAFERSEX *2*

USE CONDOMS, EVEN IF YOU'RE ONLY DOING A BLOW-JOB.

RULEFORSAFERSEX *3*

IF YOU WHISH TO HAVE ORAL SEX WITHOUT USING A CONDOM, TAKE CARE THAT THE SEMEN WON'T GET INTO CONTACT WITH YOUR MOUTH AND DO NOT SWALLOW THE SEMEN.

RULEFORSAFERSEX *4*

HAVE YOURSELF INOCULATED AGAINST HEPATITIS A AND HEPATITIS B.



DRUGS

You might be much more tempted to take a higher risk when taking drugs and having sex at the same time. As drugs will cause you to perceive things in a different way, you might not be prepared any longer to follow the safer-sex rules. Consequently, it is possible to get infected by HIV or by any of the other sexually transmitted diseases.

There are always risks involved when taking drugs. Don't take drugs, if you're not prepared to take any of these risks. But if you do decide to take drugs, please observe the safer use rules to reduce damage to your body, mind, and soul.

ALCOHOL

Alcohol has a relaxing and disinhibiting effect on your body and mind, which makes it easier for you to get into close contact with other people. Drinking too much alcohol, on the other hand, will disturb your vision or will even cause a feeling of nausea or sickness. Very often, the person drinking alcohol will get violent. Even though alcohol is a legal drug, it has a strong effect which may consequently change into physical or mental dependence. Drinking alcohol is also the reason why there are so many road accidents.

Note: Drinking alcohol and taking other drugs at the same time is extremely dangerous!

AMPHETAMINES/METHAMPHETAMINES/SPEED

The so-called amphetamines or speed are fully synthesised substances, which have a highly adrenalising and mentally stimulating effect. Speed is either sniffed or taken in tablet form. Taking amphetamines can affect your general condition. Being undernourished or being awake for a very long time leads to being exhausted or extremely nervous and sometimes to massive mental problems (psychosis, paranoia). Amphetamines are also very dangerous for people suffering from depression, heart condition, or epilepsy and lead to extreme mental and physical dependence.

CANNABIS

There are three different kinds of cannabis: either dried leaves and buds (Marijuana), or concentrated resinous material of the cannabis plant (Hashish) or hash oil. Usually, it is smoked but can also be taken orally (placed in drinks or food, e.g. cookies).

Cannabis extremely slows down the ecstasy's effect. People often use Marijuana or Hashish as relaxant or appetite stimulant.

High doses, however, may cause paranoia, hallucinations or nausea.

ECSTASY/MDMA

Ecstasy is a feel good drug, inducing a stimulating, relaxing, and pleasant effect. People experience a change in their visual and hearing ability as well as an increased feeling for music and physical contact. The drug will take effect about 30 minutes after it has been taken and will last between 4-6 hours. Ecstasy is taken orally, usually in tablet or capsule form. Different substances are available, which may also be different in quality, quantity, and effect. That's why we recommend you to consume only tested tablets. Consuming ecstasy involves the risk of a heat-stroke caused by an increase in body temperature. Additionally, you may experience muscle cramps or muscle tension, tremor, nausea or sickness as well as hallucinations. Taking additional ecstasy when the first tablet's effect is fading away may lead to an unpleasant disorientation.

GHB/LIQUID ECSTASY

GHB has an uninhibiting effect and will cause your sexual desires to increase. These effects may last up to two or three hours. A possible way of consuming GHB is to mix it with drinks. That's why it is called liquid ecstasy among the people of the techno scene. Note that GHB is by no means related to MDMA ecstasy. GHB can be used as a feel good drug or sex drug but a high dose (more than 2.5 g) can lead to feelings of happiness being replaced by tiredness, nausea, sickness and dizziness.

HEROIN

Heroin is either ingested by injection, smoking or inhalation (sniffing). After the euphoric "high" at the beginning, the heroin user experiences a pleasant state, and apathetic, calm, or light feelings. Attention: Heroin very often is mixed with other, sometimes dangerous, substances. Never use your equipment for shooting (shots, needles, filter, cotton and spoon) together with other people, and always use sterile water.

Consuming Heroin involves a high risk of mental and physical dependence.

LSD

LSD is a synthesized drug, sold in the form of a so-called paper trip (piece of blotting paper soaked with the drug) or as gelatine micro tablet. The effect of LSD (8-12 hours) is largely dependent on the amount taken, the surroundings in which the drug is taken, and the user's personality. The sensory perception as well as the sensations of space and time are intensified and change dramatically. Consuming higher doses may cause the user to dissociate from the body and/or dissolve from the self. These intensive experiences may result in panic, paranoia, loss of orientation, or terrifying thoughts and feelings.

COCAINE

Cocaine is a highly and intensely potent stimulant with only a short-time effect. It is either ingested by inhalation (snorting), injection or smoking and slows down the effect of ecstasy and other drugs. It is possible to transmit the Hepatitis C virus by sharing the straws for snorting. So, never use other people's straws or allow other people to use yours! There is a high risk of mental dependence involved in consuming cocaine.

KETAMINES

Ketamine is a strong anaesthetic having a quick and intense effect. It is either ingested by inhalation (snorting), swallowing, or shot directly into the muscles. Due to the dissociate effect of the drug, the user experiences a feeling of separation from his body and from reality. Depending on the dosage, the effects of ketamine may even result in a coma (in case of an overdose). The effect which is described

as a pleasant one, only takes a few seconds and will then turn into horrible thoughts and feelings accompanied by physical unease, sickness or signs of immobilization.

MAGIC MUSHROOMS (Tryptamines)

There are many different kinds of magic mushrooms. Usually, they are taken orally, and have a reduced effect (3-6 hours) similar to LSD. A bad trip after eating magic mushrooms is less likely but mustn't be underestimated. Magic mushrooms can cause poisoning including diarrhoea or nausea.

POPPY (Opium Poppy)

Poppy is a liquid cardiac drug, which is ingested by inhalation directly out of a little bottle. It is popular because it immediately increases your sexual desires. Its effect, however, only lasts approximately 2 minutes. Poppy is dangerous because it may cause a circulatory collapse or a chemical burn of the nasal mucus. There is also the danger of a fatal circulatory collapse if taken together with the Viagra pill. Never ever mix poppy into a drink, and take care that it doesn't get into contact with the eyes or any of the mucus membranes!

VIAGRA

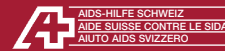
Viagra is a pill used to treat erectile dysfunction (impotence) in men. This drug is available only on prescription. Please carefully read the enclosed instructions for use or ask a doctor or pharmacist for advice. On no account is Viagra suitable as a party drug! There is a danger of a fatal circulatory collapse if taken together with Poppy.

If you wish to receive the whole set of information including detailed information about drugs and party drugs, please feel free to contact one of the staff members of the MSW project or have a look at <http://www.eve-rave.ch>

RULES FOR SAFER-USE

- If you want to take drugs, make sure that you're together with people you know and whom you can trust.
- Be well informed about the quality of the product you wish to take and about its effects.
- Be very careful with the first doses! Divide one dose into several small units.
- Don't drive! Better use public transport or walk.
- Avoid having an empty stomach.
- Wear comfortable clothes.
- Keep drinking water or energy drinks – at least half a litre per hour – but restrain from drinking alcohol or only drink small amounts.
- Eat sweet products or products containing vitamins (sweets and fruits).
- Allow yourself enough time to relax after having taken drugs.
- Mixing different substances or taking them together with alcohol is extremely dangerous (this might also have a reverse effect, i.e. all effects might be overridden).
- Use your own needles, shots, filters, cotton, and spoon only, and always use clean water.
- Also do not interchange your equipment for snorting.
Finally, remember the rules for safer sex.

www.malesexwork.ch



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