



BELOW THE BELT

2.0

A SEXUAL HEALTH GUIDE FOR GAY AND BISEXUAL MEN AND
OTHER MEN THAT HAVE SEX WITH MEN.

PRODUCED BY RENAISSANCE UK - 2021



Below The Belt 2.0

Gay and Bisexual Men's Sexual Health is always at the forefront of society. But these days there is very little information in paper form where you can educate yourself on health and wellbeing and sexual health in today's modern world. The internet is a wonderful tool for information but there are plenty of conflicting opinions throughout that can sometimes "muddy" the facts.

In 2017, through HORIZON LGBTQ+, Below The Belt was released to offer info and advice on staying safe, while still enjoying a healthy sex life and keeping yourself and those around you safe, in a constantly changing and sometimes quite risky community.

In 2021 the guide was updated and rereleased under the umbrella charity Renaissance UK, to be able to disseminate the information across all projects delivered by the charity.

About Us

Renaissance UK, formerly known as Drugline Lancashire, is a Harm Reduction Charity that has been supporting the community across Lancashire since 1986. Drugline was set up in 1986, to support the rise in recreational drug use throughout the country. Since its inception, funding streams have changed, and projects have evolved. In 2011 more work was being completed in Sexual Health and Drugline chose to rebrand to become Renaissance at Drugline Lancs and then in 2018 we became Renaissance UK. Throughout the years the organisation has always supported the LGBTQ+ community through projects such as SHIVER and Healthier Living. In 2014 the Blackpool HORIZON Partnership was formed and LGBTQ+

Community Development sat within this new Sexual health and Drug and Alcohol Support system in Blackpool.

Renaissance UK now delivers Sexual Health Support to those most at risk in Blackpool, including support for those living with and affected by HIV, those working in the Sex Industry and the LGBTQ+ community, including men that have sex with men that may identify as heterosexual.

Across Lancashire, Renaissance UK delivers "Healthier Living" – support for those living with and affected by HIV, along with community based sexual health outreach. We also deliver this project in Blackburn with Darwen.

Renaissance UK has been a leader in Sexual Health Harm Reduction and HIV Testing and Awareness for many years. More of our great work can be found on our website at Ren-UK.com



HORIZON
Alcohol, drugs & sexual health support

HealthierLiving





Abbreviations to note

MSM: Men who have sex with Men though do not identify as Gay or Bisexual

Cut: A circumcised penis where the foreskin has been removed

Uncut: An uncircumcised penis where the foreskin has not been removed

Active: A guy who prefers to give anal sex rather than to receive (Top)

Passive: A guy who prefers to receive anal sex than to give (Bottom or Btm)

Versatile: A guy who enjoys both the active and the passive role during anal sex

Side: A guy that doesn't engage in anal sex at all

STI: Sexually Transmitted Infection

Bare Backing: The highly risky act of anal sex without a condom

IS MY PENIS NORMAL?

Penis, Dick, Cock, Trouserssnake.. Call it what you want guys, we have one, only one, and it's ours, we need to look after it. The most common concern with every man in the world is that his Penis may not be normal. It may be too small, too big, cut or uncut, curved, too straight. These worries affect all of us at some point in our lives. We can almost guarantee that you will be worrying for no reason at all, we are all different and that is what makes us who we are.

Measuring your penis

Most guys opinion on the size of their penis will be formed while they are still going through puberty. But your penis doesn't stop growing until you are around 21 years old. There is still a lot of anxiety around penis size so it's good to remember that you probably have the wrong perspective of your penis. Looking down toward your penis it will always look smaller than it actually is. Try standing in front of a full length mirror. This will give a more accurate perception of your penis. At some stage most lads will get a ruler or a tape measure out to find out how long or how thick (Girth) their penis is. There is very little point doing this when the penis is flaccid as the length of an un erect penis can vary a lot depending on many factors, including temperature. To get a more precise measurement it's best to measure your penis when you have an erection and it is pretty standard to measure along the top of your penis from the base to the tip.

Average Penis Size

According to a study carried out by Kings College London and the NHS, of more than

15,000 adult men, the average dimensions of a man's penis are

- Length 13.12cm (5.16 inches) when erect
- Girth (Circumference) 11.66cm (4.59 inches) when erect

There are many differences in the angle of an erect penis, some guys point straight up and some straight down. Some have a slight bend to the left or the right. There is no "Right" shape. Each penis is unique.

Five Penis Facts*

You can break your penis

If the penis is violently twisted when erect, it can break. There are no bones in the penis, but the tubes that fill with blood during an erection can burst. Blood pours out of them inside the penis and causes a very painful swelling. Reported cases of penile fracture are rare, but it's thought that some men are too embarrassed to report it to their doctor. Damage during sex, where a partner is on top, is responsible for about one-third of all cases. The breakage usually occurs when a man's penis slips out of his partner and is violently bent.

Men have several night-time erections

On average, a healthy man has three to five erections during a full night's sleep, with each erection lasting 25-35 minutes. It's common for men to wake up with an erection, sometimes referred to as "morning glory". This is in fact the last in the series of night-time erections. The cause of night-time erections isn't fully understood. However, studies suggest they are closely associated with the phase of sleep



known as REM (rapid eye movement) sleep. This is when dreaming is most common. Whatever their cause, most doctors agree that night-time erections are a sign that everything is in working order.

Penis length is not linked to foot size

The idea that the size of your penis is in proportion to your shoe size is a myth, according to a study published in the British Journal of Urology International. Researchers at University College London measured the penises of 104 men, including teenagers and pensioners. The average penis length in this group was 13cm (5.1 inches) when soft and gently stretched, and the average British shoe size was nine (43 European size). However, researchers found no link between shoe size and penis length.

Small penises make big erections

Shorter penises increase more in length than longer ones when they become erect. Research based on the penis measurements of 2,770 men found that shorter penises increased by 86%

when erect, nearly twice that of longer penises (47%). In the study published in the Journal of Sex Research, researchers also found that the difference in length between a short penis and a longer one was a lot less obvious when erect than when flaccid. For example, the flaccid penises varied in length by 3.1cm (1.2 inches), whereas the average erect lengths differed by only 1.7cm (0.67 inches).

The penis is not a muscle

Contrary to popular belief, the so-called love muscle doesn't contain any muscles. That's why you can't move it very much when it's erect. The penis is a kind of sponge that fills with blood when a man is sexually excited. Blood builds up inside two cylinder-shaped chambers, causing the penis to swell and stiffen. The swelling blocks off the veins that normally take blood away from the penis. As an erection disappears, the arteries in the two chambers narrow again, allowing blood to drain away from the penis.

*Source www.nhs.uk/Livewell/penis-health/pages/Five-penis-facts.aspx

MEN'S SEXUAL PROBLEMS

It's estimated that 1 in 10 Men have problems relating to sex such as erectile dysfunction or premature ejaculation. Sexual problems can affect any man, regardless of their sexuality or gender expression. The best thing is not to worry and if your concerns are high, speak to your GP or health centre.

Premature Ejaculation

This is when a man ejaculates (or "Cums") sooner than he wants to during sex. It's only a problem if it bothers him or his partner. There are many factors that can cause this that include stress, anxiety or sometimes depression. More often than not it will not continue for long. However, if you are concerned, then you can speak to your GP, Health Centre, or a clinical sexual health practitioner, who may refer you to a psychosexual therapist for more support.

Erectile Dysfunction (Impotence)

Erectile dysfunction is when a man cannot obtain or keep an erection (a hard penis). Most men experience this at some time in their life and sometimes on more than one occasion. The causes of this can be either physical or psychological. Physical causes can include diabetes, raised blood pressure and sometimes heart disease. Factors such as Alcohol, Drug use, Smoking and some prescription medication can also cause erectile dysfunction.

Psychological factors usually boil down to worry, be it financial, relationships, family or work, all these can contribute. Sometimes even worrying about not getting hard can cause erectile dysfunction.

If you are concerned in any way about anything that we have, or maybe haven't, mentioned here, then you can speak to your GP Surgery, Health Centre, or the team at your local Sexual Health Clinic. You can also speak to a Renaissance UK Sexual Health Practitioner in confidence.







SEXUAL HEALTH

Having unprotected penetrative sex is the most likely way to pass on or contract a STI (Sexually Transmitted Infection)

Using a condom helps protect against HIV and cuts the risk of getting many other STIs. Condoms are supplied FREE by Renaissance UK to anyone at risk in Lancashire. You can obtain FREE condoms and lube from our offices in Blackpool, as well as through our community sexual health outreach programme where we supply LGBTQ+ bars and saunas in the area.

You can also receive FREE condoms and Lube through the post, with our Ren-UK Postal Condom Scheme. Sign up to this at our Website www.ren-uk.com/postal-condom-service/

A survey of gay and bisexual men by the organisation Stonewall revealed that one in three men had never had an HIV test, and one in four had never been tested for any STI.

Recent statistics from Public Health England (PHE) have revealed an increase in both Syphilis and gonorrhoea. More than 47% of the 70,936 new cases of gonorrhoea in 2019 were in men who

have sex with men (MSM) and 73% of all new Syphilis cases in 2019 were in MSM.

We recommend that if you regularly engage in unprotected sex and/or change your partners regularly, that you have a regular check-up at a sexual health clinic every 3 to 6 months. It's very important also to remember that all STI's including HIV can be present without showing any symptoms.

Hepatitis A

Hepatitis A is a liver infection that's spread by a virus in faeces (poo).

It is spread mainly through contaminated food or poor hand-washing, but also passes on easily through sex, including oral-anal sex ("rimming") and giving oral sex after anal sex. Gay and bisexual men with multiple partners are particularly at risk.

Symptoms of Hepatitis A can appear up to eight weeks after sex, and include tiredness and nausea.

Hepatitis A is not usually life-threatening, and most people make a full recovery within a couple of months.

Men can avoid getting Hepatitis A by:

- Washing hands after sex (ideally buttocks, groin and penis too).
- Changing condoms between anal and oral sex.
- Using latex gloves for fisting.
- Not sharing sex toys.
- Getting the Hep A Vaccine from your local Sexual Health Services.

If you think you might have Hepatitis A, or have any questions, visit a sexual health clinic or GP. The Hepatitis A vaccine is available for people travelling to countries where the disease is common.

Hepatitis B

Hepatitis B is a viral infection that causes inflammation of the liver. It often doesn't cause any obvious symptoms but can lead to a persistent infection. This can eventually cause serious liver disease, including cirrhosis and liver cancer.

Hepatitis B is spread through contact with an infected person's blood or body fluids. Men who have sex with men (MSM) are at risk of Hepatitis B but they can be protected by the Hepatitis B vaccination.

Vaccination for MSM is available from sexual health clinics, genitourinary medicine (GUM) clinics or from GPs.

Hepatitis C

Hepatitis C is a viral infection that causes inflammation of the liver. It often doesn't cause

any obvious symptoms, but can lead to a persistent infection. This can eventually cause serious liver disease, including cirrhosis and liver cancer.

It is spread through contact with an infected person's blood or body fluids. Men who are concerned they are at risk should consult their doctor or sexual health clinic.

Hepatitis C can be treated and is curable in many cases.

Gonorrhoea ('the clap')

This bacterial infection can cause stinging when urinating, or the feeling that you want to urinate but can't. It's passed on through anal, oral or vaginal sex with an infected person.

It is important to remember that Gonorrhoea can be present without any symptoms, but symptoms that can show include a yellow/green discharge from the penis and pain or discomfort when going to the toilet to pee.

Testing for Gonorrhoea is quick and easy and the infection is treated with antibiotics from Clinical Sexual Health Services. Gonorrhoea can be prevented by using condoms for penetrative sex.

Non-Specific Urethritis (NSU)

Non-specific urethritis (NSU) is one of the most common sexually transmitted infections (STIs) in men. If left untreated it can cause arthritis. It's also known as non-gonococcal urethritis (NGU) when not caused by gonorrhoea.

Urethritis means inflammation of the urethra, which is the tube inside the penis that urine comes down. Non-specific means the exact cause of the inflammation isn't known, but it's caused by bacteria (often chlamydia) picked up from a partner's mouth, vagina, rectum or penis during sex. There may be no symptoms, but up to three weeks after becoming infected you might notice:

- A whitish discharge from your penis
- Peeing frequently
- Pain or burning when peeing
- Irritation and soreness at the tip of your penis.

NSU can be prevented by using condoms for penetrative sex. If you have any of these symptoms, speak to your local sexual health clinic.

Chlamydia

This is a bacterial infection of the urethra, rectum or throat. There may be a discharge and pain when passing urine, or pain in the testicles (although chlamydia can be symptom-free).

It can be passed on during sex with an infected person, in the same way as Gonorrhoea and Non-Specific Urethritis. Chlamydia is treated with antibiotics.

It is very important when speaking to a clinician, that you are clear about the type of sex that you have been having because Oral, Anal and Penile Chlamydia all need treating in different ways. If you do not get the correct medication, the STI will return again and again. You can prevent Chlamydia by using condoms.

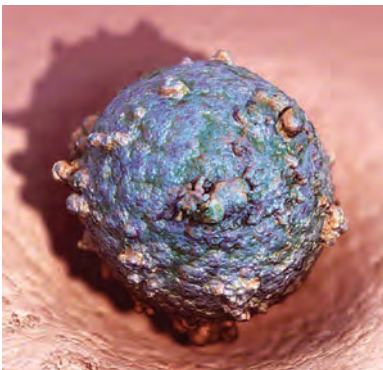


Shigella

This is a bacterial infection of the intestine that causes severe diarrhoea and stomach cramps. It is often mistaken for food poisoning.

It can be caught during sexual activity, including anal-oral sex (“rimming”) and giving oral sex after anal sex. It is spread very easily – all it takes is a tiny amount of infected poo (faeces) getting into your mouth.

A person with shigella can be infectious for up to a month. It can be treated with antibiotics. Men who suspect they have shigella should visit their GP or sexual health clinic to get tested.



Men can avoid getting shigella by washing hands after sex (buttocks, groin and penis too, if you can by taking a shower), and changing condoms between anal and oral sex.

Using latex gloves for fingering or fisting offers protection. And don't share sex toys or douching equipment.

Genital herpes

Genital herpes is a viral infection. Symptoms can include painful blisters and ulcers on or around the penis or anus, although some men have no symptoms.

The virus remains in the body and can cause recurrent episodes of blisters.

Genital herpes can be passed on through oral sex with someone with a cold sore around or in their mouth, or by close, skin-to-skin genital contact with someone who has genital herpes.

Antiviral tablets can help the healing process. A GP or sexual health clinic can prescribe treatment.

Syphilis

Syphilis is a bacterial infection that causes a painless ulcer, usually in the genital area but sometimes also found in the mouth. The ulcer will disappear on its own but other symptoms may appear, such as a rash on the body and swollen glands.

In its early stages, Syphilis is very infectious and can be passed on by close skin contact during sex. If it's left untreated for years, it can spread to the brain, the heart, or other parts of the body and cause serious, long-term problems. The UK has seen a sharp rise in Syphilis cases amongst MSM communities in recent years and testing for Syphilis is encouraged

Treatment is with antibiotic injections or tablets.

Genital warts

This is a common viral infection that appears a few weeks or months after sex with an infected person. It can cause small fleshy growths, on or around the head of the penis, around the anus and also other genital areas.

The sooner warts are treated, the easier they are to deal with. You CANNOT treat genital warts with the same cream you use for warts on the hands. A doctor or Sexual Health Clinic can freeze them, or prescribe a cream to help remove them.

The HPV vaccine against genital warts is offered to children aged 12 – 13 who were born after 1st September 2006, but all men that have sex with men can now get the vaccine from your local Sexual Health Clinic.

Pubic lice ('crabs')

Pubic lice (also known as 'crabs') are small, parasitic insects that live in body hair. They are the most common STI.

They only grow to pinhead size so can be difficult to spot, although their tiny dark eggs can be seen stuck to hair.

Pubic lice prefer pubic hair (hair around your testicles and anus) but can also be found in body hair (but not head hair). The lice are transmitted by skin to skin contact but can also be picked up from clothes, towels and bedding. Symptoms include itching or a rash.

Treatment can be done at home with lotions or creams bought at a chemist (no prescription is needed). Some people choose to shave off their pubic hair to get rid of 'crabs'. This does not work and you will still need to treat the area with a cream or a lotion. If you are too embarrassed to buy something over the counter you can also get treatments online in the form of a lice-killing



lotion containing 1% permethrin or a mousse containing pyrethrins and piperonyl butoxide.

Scabies

This is an infection caused by tiny mites that burrow under the skin. It causes intense itching for most people (though some hardly notice it).

Itching usually starts two or more weeks after sex with an infected person. You can get scabies from sharing beds and towels, but this is less common.

Treatment is similar to treating pubic lice (see above), although you may continue to itch for a few weeks after the mites have been eradicated.

Get tested

If you have any of the symptoms above or are worried you may have an STI, speak to your GP, Health Centre, or visit a Sexual Health Clinic. You can also speak to a Sexual Health Practitioner at Renaissance UK in confidence. Digital and Postal testing is free in Lancashire from your local sexual health provider. However, if you have any symptoms or think you have come into contact with any STI, it's best to speak to a clinician. Some STI cases can be diagnosed and treated without even having to attend a clinic.

Getting tested regularly is a good idea to ensure you have a healthy sex life. If you change



HIV – Know Your Status

It has never been more important to know your HIV status and it has never been simpler to get tested. Approximately 105,200 people are living with HIV in the UK according to Public Health England. MSM (Men that have sex with men) account for 46% of those living with HIV and 41% of all new diagnoses in 2019.

partners regularly, then good practice is to test every 3 to 6 months. Please remember Renaissance UK and NHS services are free. You do not have to pay for sexual health screening or treatment.

HIV

Human Immunodeficiency Virus or HIV, is a virus that attacks the immune system and weakens your ability to fight infections and disease. It is most commonly caught by having penetrative sex (Anal or Vaginal) without using a condom. HIV can also be passed on by sharing needles.

There is currently no cure for HIV, but treatments are available to prevent and manage the condition to enable most people to live a long and normal life.

It is still estimated that around 6,312 people in the UK remain undiagnosed. (Have not been tested) reasons for this are that that HIV can be present in the body for years without showing any sign of symptoms. It is suggested that gay, bisexual men and other Men that have sex with men should present for an HIV test annually. We at Renaissance UK recommend that if you change sexual partners regularly you get tested every 3 to 6 months. You can get tested for HIV FREE of charge at your local sexual health clinic, at Renaissance UK and you can now also test yourself at home FREE by visiting www.freetesting.hiv

The best way to prevent contracting HIV is to use a condom for anal sex. Not only will this protect you from HIV but also all other sexually transmitted Infections. However there are also other ways to prevent HIV that can be used in addition to condoms





PEPSE or PeP - Post Exposure prophylaxis (PEPSE)

If you believe that you have come into contact with the HIV virus, either by engaging in penetrative sex without a condom, sharing a sex toy, sharing injecting drug equipment (* see also "Chemsex") or for any other reason where you feel that you may have been exposed to the virus, then you can present at your local sexual health clinic, at Accident and Emergency at any hospital or call 111 to talk about PEPSE or PeP.

PEPSE and PeP is a 1 month course of high strength anti-retroviral medication that can, if taken properly, suppress the HIV virus before it develops in your body and therefore stop you contracting the virus.

PEPSE/PeP can only be taken however up to 72 hours after exposure, clinicians prefer you to begin the course within 24 hours. There is a lot of bad press out there that talks about horrific

side effects from taking PEPSE and PeP. As with all medication some people can experience side effects however, the side effects these days from a course of PEPSE or PeP are minimal and you will receive support and medical assistance while you are taking the course both during and afterwards.

Remember – You must access PEPSE or PeP within 72 Hours of exposure (preferable 24 hours) and if the sexual health clinic is not open you can get PeP and PEPSE from Accident and Emergency at the hospital. **DO NOT LEAVE WITHOUT IT!**

Treatment as Prevention

If you receive a positive diagnosis of HIV, the chances are you will be prescribed anti-retroviral treatment from your clinician. When taken effectively, these drugs can lower the amount of HIV Virus in your body to what is called an Undetectable Status. With careful monitoring and

an effective administration of this medication, an undetectable status can be achieved. This means that the HIV virus is suppressed enough that there is no risk of passing on the virus. At present there is still no cure for HIV but with an undetectable status you are dramatically reducing the risk of any sexual partners contracting the virus.

PrEP – Pre-Exposure Prophylaxis

PrEP is a pill that protects you from HIV. It is a course of tablets that you take before and after sex. PrEP is formulated to be taken by someone that is negative of HIV before exposure can occur and it is advised to be taken at least 1 week before it can become effective.

People that would benefit from taking PrEP are those that are HIV Negative, wants to protect themselves from HIV and has sex in a variety of situations where condoms are not easily or always used.

PrEP is provided for free as part of NHS Sexual Health Services. If you cannot access free NHS PrEP from a sexual health clinic, then you can buy it privately, though it is still important to have your baseline blood tests for HIV and Kidney Function and to have regular HIV and STI monitoring every three months. This is all provided for Free though NHS Sexual Health Clinics for both private and NHS PrEP users. More info on PrEP can be found at www.PrePster.info www.IWantPrEPNow.co.uk and www.i-base.info/guides/prep

PLEASE REMEMBER – Although PrEP is proven to dramatically reduce the risk of contracting the HIV virus, it in no way protects you from any other Sexually Transmitted Infection or Blood Born Virus (BBV). The only way to reduce the risk of all STI's and BBV's while having sex is to use a condom.

Chemsex

Chemsex is a word invented by gay men using “Hook up” apps that work on GPS to describe a specific behaviour that involves certain sexually disinhibiting recreational drugs and risky sexual practises.

When Chemsex began, the drugs used were crystal methamphetamine (Meth, Tina), mephedrone and/or GHB/GBL. Risks associated with these drugs, apart from the general massive health effects, include the use of injecting equipment which, if not used properly, can cause serious health problems including exposure to HIV and other Blood Born Viruses such as Hepatitis C. Because the cocktail of these drugs heightens your sex drive, people engaging in chemsex often, take massive risks with their sexual health.

So called Chemsex parties are often known to be “Condom Free” events, where all participants are expected to engage in unprotected sex (or bare backing) therefore putting everyone at risk of contracting HIV and other STI's.

As with all things in society, the original Chemsex drugs of choice have been diluted across the UK and now the term Chemsex is used, by some, to refer to any sexual act undertaken while using any combination of alcohol and/or drugs. Because drugs and alcohol lower our inhibitions there is a much higher chance of people engaging in risky condomless sex, therefore putting themselves at a very high risk of contracting HIV and other STI's.

For more information on Chemsex visit www.letstalkaboutit.nhs.uk/other-services/chemsex-support. Support is also available from Renaissance UK on 01253 311431. Remember you can also obtain FREE CLEAN injecting equipment from our Needle Exchange Hub in Blackpool at 102 Dickson Road.



Know your Prostate

Every cisgender man has one, it's important for their sex life, yet few of us know anything about our prostate or what can go wrong with it.

Better knowledge about this walnut-sized gland will help to make better choices about testing and treatment.

The prostate is located below the bladder. It produces some of the fluid in semen and is crucial to a man's sex life.

The prostate often enlarges as men get older, but for two-thirds of men aged 50 or over this doesn't cause any problems.

Prostate cancer is the most common of cancers in men in the UK and more than 11,000 men die from it every year, however if prostate cancer is diagnosed in the early stages, the chances of survival are generally good. Most men with early

prostate cancer have no symptoms at all. Some of the symptoms of prostate cancer below can also be caused by other medical problems.

Symptoms of all prostate problems include:

- Needing to pee often, especially at night.
- Difficulty starting to pee.
- Straining to pee or taking a long time to finish.
- Pain when peeing or during sex.

If you have any of these symptoms, you should talk to your GP. It is advised that men should be tested starting at age 50 if they are at average risk of prostate cancer and have at least a 10-year life expectancy, at age 45 if they are at high risk and at age 40 if they are at very high risk (those with several first-degree relatives who have a history of prostate problems).



It's all about the Balls

The testicles (or Balls) are the two oval-shaped male sex organs that sit inside the scrotum on either side of the penis. The testicles are an important part of the male reproductive system because they produce sperm and the hormone testosterone, which plays a major role in male sexual development. Most men's testicles are about the same size, though it's common for one to be slightly bigger than the other. It's also common for one testicle to hang lower than the other one.

The testicles should feel smooth, without any lumps or bumps, and firm but not hard. You may feel a soft tube at the back of each testicle, which is called the epididymis.

Cancer of the testicle is one of the less common cancers and tends to mostly affect men between 15 and 49 years of age.

The most common symptom is a painless lump or swelling in one of the testicles. It can be the size of a pea, or it may be much larger.

Other symptoms can include:

- A dull ache in the scrotum
- A feeling of heaviness in the scrotum
- It's important to be aware of what feels normal for you. Get to know your body and see your GP if you notice any changes.

If you notice any changes or anything unusual about your balls, you should see your GP.



FIND OUT MORE

Your sexual health is your responsibility so look after yourself, find out more and get to know your body.

Useful Contacts

Renaissance UK

01253 311431 | www.Ren-UK.com

Blackpool and Lancashire Sexual Health Services

0300 1234 154 | www.lancashiresexualhealth.nhs.uk

Brook – Sexual Health Services

Blackburn with Darwen

01254 268 700 | www.sexualhealthblackburn.co.uk

NHS 111 – Non emergency medical helpline

Call 111 or visit 111.nhs.uk

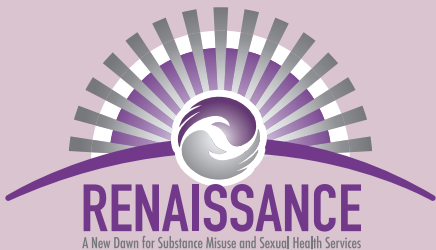
More information can be found at

www.nhs.uk/live-well/sexual-health/

Other publications in this series:

I kissed a Girl

On the QT



More information can be found at
www.nhs.uk/LiveWell
and our website
www.Ren-UK.com

