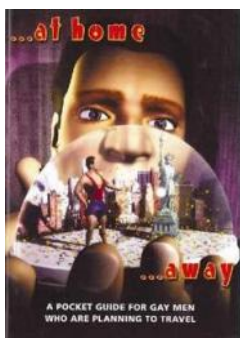




Resource Booklet

Updated January 2010

Gay MSM—Sexual Health



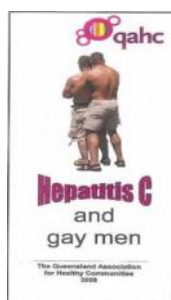
.....At Home....Away

A pocket guide for gay men who are planning to travel, this booklet contains information about laws regarding homosexuality and HIV status in different countries, where to find treatments, and general advice.



Drama Downunder

A postcard with simple information about sexual health testing and tips, and promotion of an informative website.



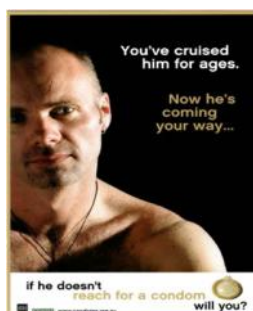
Hepatitis C and gay men

A very concise and informative brochure explain what is Hepatitis C, the Risks and Prevention for Gay Men.



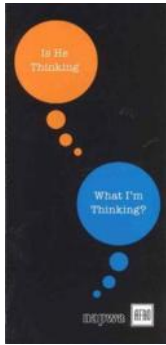
HIV Transmission and the Law - Version 1.2

This fact sheet sets out the position of QAHC and QPP in relation to HIV transmission and the law. It also outlines the law in QLD in relation to HIV transmission and some safe sex implications.



If he doesn't reach for a condom, will you?

A condom reinforcement poster



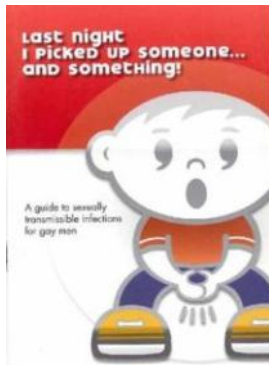
Is He Thinking What I'm Thinking?

A brochure explaining some common and dangerous assumptions we make about a partners HIV status. It contains statistics on what really happens, and why you should always ask!



Keep it Up: Labels don't Matter....Your Health Does.

A pocket guide that provides practical information and helpful tips for men who have sex with men on maintaining and improving sexual health, addressing specifically those that do not label themselves gay or bisexual or who are not "Out".



Last Night I Picked up Someone...and Something!

This booklet provides basic information on some of the most common Sexually Transmitted Infections (STIs) found among gay men, as well as information on testing, treatment and where to find out more. It is relevant to both HIV positive and HIV negative men.



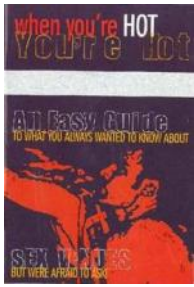
Men's Sexual Health Line

A small flyer advertisement for the Men's Sexual Health Line and website. This website can assist with sexuality issues, sexual health, referrals, information and support.



Safe Sex is Respect

A sheet of perforated cards asking readers if they have an HIV disclosure story they would like to tell, including a web address where they can go to share their story.



When You're Hot, You're Hot

A booklet for men who are interested in visiting a male sex venue for the first time. It offers information on what to expect, tips on cruising, and how to look after yourself.



Stop AIDS

An initiative of QNews to combat rising HIV in Queensland and NSW. This is a series of posters targeting young gay men and young men who have sex with



Taking a Look. HIV prevention for gay men today.

This booklet uses upfront language and plastic ken doll imagery to explain how gay men and other men who have sex with men can avoid getting HIV and how to avoid passing HIV on to others.



Understanding the Choices We Make

A booklet that assists men in developing mental strategies to stay HIV negative during times of temptation.



Up Ya Bum

Up Ya Bum is a monthly poster and postcard campaign. This campaign features a basic condom reinforcement message with imagery which changes each month based on a different theme for the month (e.g. Spring, World AIDS Day, Disco, Christmas)

Orders for Up Ya Bum will receive a random selection of postcards



Enjoy Life. Take Control. Stop HIV/AIDS

A wallet-fitting, fold out brochure containing information about HIV and AIDS, how it is transmitted, what you can do to protect yourself, and where to go for help.



Rip & Roll (posters)

The campaign aims to reinforce condom use as a community norm, leading to the prevention of HIV and some STI transmission. The campaign targets gay and other men who have sex with men .



Rip & Roll (3D postcards)

4 assorted postcards with 3D effect.



Myth Buster Campaign

There are many myths, misunderstandings and misconceptions surrounding the transmission of HIV, STIs and safe sex. This campaign aims to address the 6 most commonly held beliefs that are incorrect and have a major effect on HIV/



Have you had a Sexual health check-up recently?

This is a poster resource QAHC has developed in response to local rises in STI's and HIV. It provides contact information for having sexual health checks, and has been designed to have a mainstream distribution. It comes in the form of a large sticker.



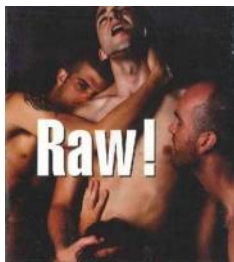
Real Time: Had Unsafe Sex (Booklet) - The REAL TIME booklet is designed to assist gay men in making positive behaviour changes by working through the perceived benefits and costs of unprotected sex. The booklet will help readers reflect on past and present actions, and identify and reduce patterns of behaviour that cause anxiety or stress.



Real Time: Had Unsafe Sex (Posters) - Two of the posters in the campaign address the unreliability of using disclosure of HIV-negative serostatus to negotiate unprotected sex with casual partners.

The third poster focuses on the symptoms of seroconversion illness.

All three posters include information about the impact of serosorting on the epidemic in Australia—i.e. that some men who think they are HIV negative are in fact infected with HIV.



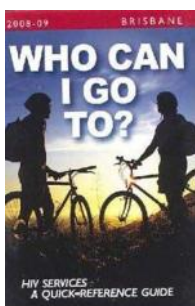
Raw! (Sexually Explicit)

A basic explanation about Post Exposure Prophylaxis, STI symptoms, what types of drugs should never be mixed, and where to get free sex packs.



Dirty Truth: STI's & HIV Positive Men

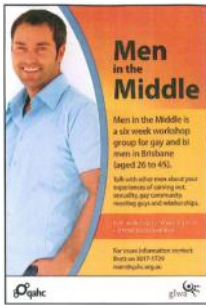
A book for HIV-Positive men. The whole truth about sexually transmissible infections. Take a look between the covers and become a sexual health know-it-all.



Who Can I Go To?

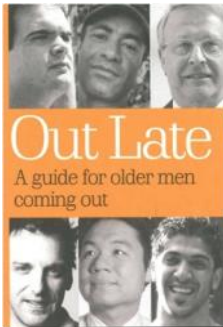
A wallet-fit, fold-out quick reference guide for people affected by HIV. It contains basic details of service providers such as who they see, what they can do, and whether you need a referral. It also contains answers to frequently asked questions about the services.

Gay MSM – Other



Men in the Middle (Flyer)

This is a flyer promoting QAHc's gay men's workshop, Men in the Middle. The group meets once a week for six weeks, each session focusing on a different topic. Flyer includes contact details to register.



Out Late

A guide for older men coming out.



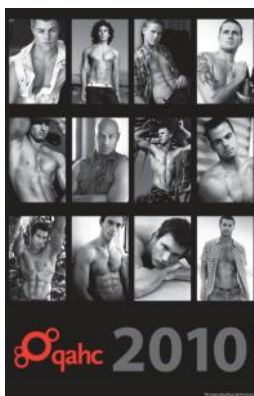
Young and Gay

A booklet for young gay males, containing information on lots of different topics relevant to this group, such as relationships, rights, sexual health, moving in together, older guys, and "the scene".



Relationships Workshop (Flyer)

Hear other experiences and learn skills at creating a successful relationship and protecting holistic health in a confidential, non-judgemental and safe environment.



QAHc Sexual Health Promotion Calendar

Tasteful B & W photographs with Sexual Health Promotion message each month.



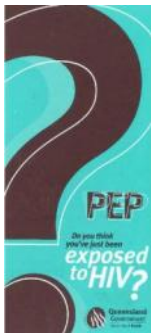
Cruising Men Workshop (Flyer)

Tips for Gay men and other Men who are sexually attracted to Men on Cruising at Pubs, Clubs, Gay Events, Beats, Saunas, Personals and the internet.



Art of Sex Workshop (Flyer)

The aim of 'The Art of Sex' Workshop is to familiarise Men who have Sex with Men with a full range of Sexual Pleasures, an understanding of the bodily functions and how they can inhibit and enable Stimulation and Safe Play.



PEP - Do you think you've just been exposed to HIV?

PEP (post-exposure prophylaxis) is a treatment that may prevent HIV infection and is available to anyone who thinks they may have been exposed to HIV within the last 72 hours. This brochure explains what PEP is, when to use PEP and where to get it.

LGBT Health - Drugs & Alcohol



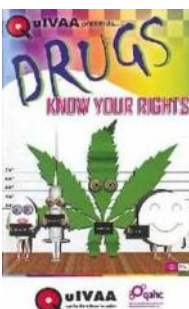
Viagra™, Amyl & Crystal 2 MIXorNOT2MIX.....

A very informative booklet directed at users of crystal, Amyl and Viagra™ for sexual purposes. It offer information and advice about both the immediate risks of taking these drugs together, and their long term effects, and how to safely reduce those risks.



Drug Safety - Guide to a Better Night

A wallet-fitting, fold out brochure containing information about drugs, their street names, the effects, the ones that should never be mixed, and how to identify when someone is having an overdose and what to do.



Drugs: Know Your Rights

A guide to your rights and responsibilities regarding recreational drug use, as well as information on what police can do, what you should do when dealing with police, and what you can do if you are charged with an offence.

LGBT Health - Lesbian Health

Lesbian Health
Lesbians and Breast Cancer

It may not affect how we address our self health, breast health services and all in different patterns of health services for lesbians compared to heterosexual women.

Diagnosis and Breast Cancer
Lesbians may have a 20-30% higher chance of breast cancer compared to heterosexual women. This may be due to higher prevalence of risk factors and in breast cancer among lesbians.

A factor especially relevant to lesbians health: Not having children or giving birth to your first child after the age of 30 has a breast feeding history.

High rates of alcohol use
Lesbians who access health services have smoking rates equivalent to the general community and have low rates of drinking.

Lesbians appear to be less likely to get mammograms and perform regular breast self-examinations than heterosexual women.

The increased incidence of breast cancer may relate to the low rates of preventative screening or later presentation of symptoms.

It is important that women of all ages conduct regular self-examinations to be sure that you are aware of the normal look and feel of your breasts.

Promoting the health of LGBT Queensland

Lesbian Health: Lesbians and Breast Cancer

A two page booklet containing information on Breast Cancer. It includes simple diagrams on how to check for lumps yourself, what the risks are depending on your personal factors, and some information on further testing options.

Lesbian Health
Lesbians and Sexual Health

Sexual health refers to the many factors that impact upon sexual function, pleasure and reproduction, including physical, mental and emotional health. However, sexual health can also impact upon our physical and emotional health, relationships and self-image.

Lesbian Sex and Sexual Health
Lesbian relationships often place a high value on emotional intimacy as well as sexual pleasure.

Sexual practices between women are diverse. They may include an emphasis on kissing, fisting and feeling and stimulation, both vaginal and anal (inserting) penetration, both vaginal and anal with other fingers, a hand or sex toys such as dildos.

Communication about your preferred sexual practices with your sexual partner is very important so you can both understand each other, and give and receive the most pleasure.

Sexually Transmissible Infections
Sexually Transmissible Infections (STIs) are infections that can be passed from person to person during sex. Contrary to popular belief, STIs are common in the lesbian community and can be easily spread from woman to woman via unprotected sex.

Health care providers and lesbians may assume that women who have sex with women are not at risk of contracting STIs. This is a serious misconception.

Lesbians are at risk of contracting and passing on human immunodeficiency virus (HIV), genital warts, herpes, hepatitis B, and syphilis to other women during sex. Women can also transmit Chlamydia, gonorrhoea, scabies and gonorrhoea. Hepatitis A is a risk if there's been contact with faeces during anal sex or drinking.

Transmission of STIs
The following activities can result in the transmission of STIs:

- Unprotected anal sex, especially when a woman is fisting
- Unprotected vaginal sex
- Sharing sex toys without washing between use or without using a condom
- Sharing needles

Signs and symptoms of STIs
STIs often have no signs or symptoms.

However, if you notice any of the following symptoms, you should consult a health practitioner:

- Unusual discharge from the vagina
- Pain during sex or urination
- Blisters, blisters, ulcers, warts or sores in the genital area
- Itchiness or irritation in the genital area
- Persistent discharge
- Fever, flu-like symptoms or abdominal pain

Promoting the health of LGBT Queensland

Lesbian Health: Lesbians and Sexual Health

A booklet containing information on sexual health that is specific to lesbians. It contains information on symptoms, preventative techniques, and where to go for help.

Lesbian Health
Looking After Your Cervix: HPV & Pap Smears

Looking after your Cervix, HPV and having Pap Smears
Rates of cervical abnormalities for lesbians are similar to heterosexual women. However, lesbians are less likely to have regular Pap smears than most women.

Myths surrounding lesbians and Pap smears
In the past doctors have commented that:

- Lesbians did not need to have Pap smears (cervical screenings).
- Lesbians were not at risk of contracting the Human Papilloma Virus (HPV - genital warts).

HPV is the most frequently reported sexually transmitted infection (STI) in women, including lesbians.

Lesbians are at risk of contracting HPV. HPV has been found in women who have never had sexual contact with men.

Lesbians, along with every other woman over 18, need to have a Pap smear every 2 years.

What is Human Papilloma Virus (HPV)?
There are over 100 types of HPV including some that affect the genital area.

- Genital HPV is similar to the ones that causes warts on other parts of the body.
- 4 out of 5 people will have HPV at some stage in their lives.
- Most people who have HPV don't realise unless they have an abnormal Pap smear result or if genital warts appear.

Transmission of HPV
• Genital HPV is spread through genital skin contact during sexual activity. It can spread through dry humping in the skin.

• Transmission can occur between female to female sexual partners.

Is there a cure or treatment for HPV?
There is no cure or treatment for HPV, however, your immune system will clear it in most cases. The effects of the virus such as any warts that appear or changes to the cells of the cervix can be treated.

HPV is linked to Cervical Cancer
• A few types of HPV have been linked with causing abnormalities in the cervix, which can progress to cervical cancer.

- When cervical cancer develops, HPV is found in almost all cases.
- If the early changes of HPV are detected you may need regular check ups with your doctor. These changes can often clear up naturally in 6 to 14 months. If they do not your doctor may send you for a colposcopy to examine the changing cells in your cervix.

Promoting the health of LGBT Queensland

Lesbian Health: Looking After Your Cervix - HPV & Pap Smears

A two page booklet containing information on Cervical Health, including details about Human Papilloma Virus, Cervical Cancer and Pap Smears, and where to go for help.

LGBT Health - Transgender



Freedom - Gold Coast Transgender Support Group (Brochure)

A social support group aimed at transgender people, their family and friends. Providing a safe friendly place to meet friends and people who are or have experienced gender variance.



Brisbane Gender Clinic

Brochure outlining the services of the Brisbane Gender Clinic.



The Australian Transgender Support Association of Queensland Inc - Brochure

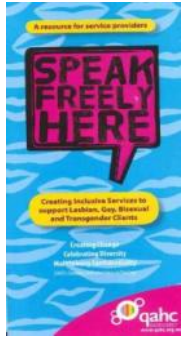
ATSAQ was formed to help, advise and assist the transgender/transsexual community in Queensland. It is run by transgenders for transgenders and provides emotional/moral support for people with Gender Identity Disorder, their family and friends.



Supporting Transgender and Sistergirl Clients

This resource is designed to support service providers building rapport with transgender (trans) clients. Tips on client consultations, preventative health care and sexual health are provided to assist services working with trans clients.

LGBT Health - Access & Services



Speak Freely Here

A brochure for service providers containing information and recommendations for ensuring LGBTI people feel welcome enough to disclose information about their sexuality or gender identity.



Useful Information about Writing Your Will

A guide to making your own Will, including information on the procedure, and a detailed checklist of issues you may wish to consider when writing your Will. It also contains some information about QAHC and its mission.



LGBT Factsheets

These are a series of fact sheets on a range of lesbian, gay, bisexual and transgender (LGBT) topics.

Fact sheets topics are; LGBT Identities and Terminology, Social Pressures That Affect LGBT People, Service Provision to the LGBT Community, LGBT Young People, LGBTs Aboriginal and Torres Strait Islander People, LGBT Queensland Referral Contacts, What's Out There: Supporting Same Sex Attracted and Transgender Young People, Lesbians and Breast Cancer, Lesbians and Sexual Health, Looking after your Cervix: HPV and Pap Smears.

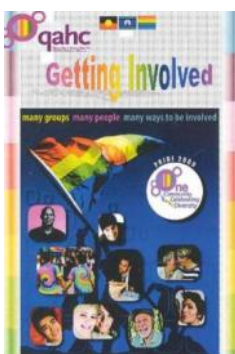
These are also available on www.qahc.org.au/factsheets



Out & About Social Group (Flyer)

This is a flyer promoting QAHC's LGBT social group, Out and About. Flyer includes contact details to attend the social group.

Please note that this group only meets in Brisbane.



QAHC: Getting Involved

A small magazine that contains articles on social wellbeing, and how good health relies on regular social contact. Also contains information about social and volunteering opportunities in the Brisbane area.

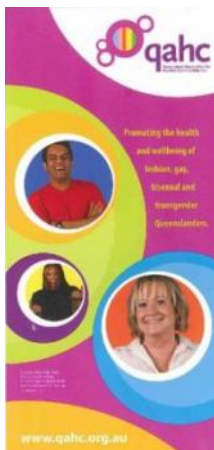


Rainbow Service - We all experience emotional highs and lows in our relationships with family and significant others. If we belong to a marginalised or oppressed group we sometimes feel the weight of additional pressure.



Join the Q-List!

A postcard that people can use to register with QAHC to be notified of upcoming events and activities, get the latest news and special offers, and get involved with research.



Queensland Association for Healthy Communities Inc

This flyer provides an overview of the work that QAHC does with the lesbian, gay, bisexual and transgender community. It also includes contact details for the statewide QAHC offices and community centres.



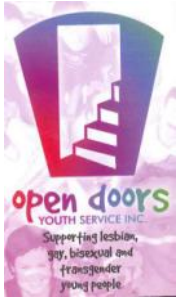
What is QAHC doing?

These can also be downloaded from www.qahc.org.au/prejudice



QAHC Workshops

A brochure about workshops for men who are sexually attracted to men that are offered free of charge by QAHC.



Open Doors Youth Service

Open Doors is for young people aged between 12—18 years who are questioning or exploring their sexuality or gender or if they identify as lesbian, gay, bisexual and/or transgender.



Gay & Lesbian Welfare Association

Information flyer on the GLWA telephone counselling line. Lines open from 7pm to 10pm every night.



PFLAG (Parents and Friends of Lesbians and Gays)

Information brochure for parents.

Aboriginal & Torres Strait Islander Sexual Health



QAHC 2 Spirits Program

2 Spirits aim to improve the sexual health of Aboriginal and Torres Strait Islander gay men and sistergirls through a "Whole of Community Approach" to education, prevention, health promotion and community development activities.



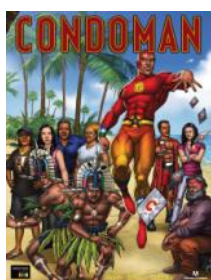
Protect Our Future

This pamphlet is written by Murri ones. It tells us how to prevent the spread of HIV/AIDS, sexually transmitted infections (STIs) and Hepatitis C (Hep C). It also helps us to understand and support our people who are living with these illnesses. The pamphlet is for all Aboriginal and Torres Strait Islander (ATSI) people no matter which mob you belong to - Aboriginal or Torres Strait Islander, city or country people, islander or mainlander.



Holding Our Own

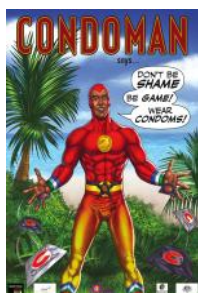
This pamphlet is written by Murri ones. An information guide on HIV/AIDS, STI's & Hepatitis C for Indigenous Gay Men and Sister-girls. This information is to help protect our future and improve understanding and support for those living with these infections.



Condoman

Condoman was originally conceived and developed in 1987 by a group of Indigenous Health Workers in Townsville.

The 2 Spirits Project with Queensland Association for Healthy Communities (QAHC) in partnership with the Queensland Aboriginal and Islander Health Council (QAIHC) have reinvented the character.



It aims to introduce Condoman to a generation of Aboriginal and Torres Strait Islanders who are not familiar with the original campaign, and have not lived through the early years of HIV & AIDS in Australia, especially before the introduction of better treatments.

As a testament to the original campaign the catch phrase of 'Don't Be Shame Be Game' in relation to condom use is still used within particular Indigenous communities in Australia. The 2009 Condoman campaign involves a poster, a 24 page comic book, key ring and condom pack.

Resource	Quantity	Resource	Quantity
.....At Home.....Away		Viagra TM, Amyl and Crystal - 2MIXorNOT2MIX	
I'm Behind Testing		Drug Safety - Guides to a better night.	
Hepatitis C and Gay Men		Drugs - Know your rights	
HIV Transmission and the Law		Lesbian Health: Lesbians and Breast Cancer	
If he doesn't reach for a condom, will you?		Lesbian Health: Lesbians and Sexual Health	
Is he thinking what I am thinking?		Lesbian Health: Looking after your Cervix - HPV & Pap Smears	
Keep it up: Labels don't matter...your health does.		Freedom - Gold Coast Transgender Support Group	
Last night I picked up someone...and something		Brisbane Gender Clinic	
Men's Sexual Health Line		Australian Transgender Support Association of Queensland Inc (Brochure)	
Safe Sex is Respect		Supporting Transgender and Sistergirl Clients	
When your hot, you're hot.		Enjoy Life. Take Control. Stop HIV/AIDS	
Stop AIDS		Speak Freely Here	
Taking a look...HIV prevention for gay men today.		Useful Information About Writing your Will.	
Understanding the choices we make.		LGBT Fact Sheets	
Up Ya Bum!		Out & About Social Group	
Enjoy Life. Take Control. Stop HIV/AIDS		QAHC: Getting Involved	
Rip and Roll (Posters)		Rainbow Service	
Rip and Roll (3D postcards)		Join the Q-List	
Myth Campaign (A4 posters)		Queensland Association for Healthy Communities Inc	
Have you had a sexual health check-up recently?		What is QAHC doing?	
Real Time: Had Unsafe Sex (Booklet)		QAHC Workshops	
Real Time: Had Unsafe Sex (Posters)		Open Doors Youth Service	
Raw! (Sexually Explicit - Over 18 years only)		Gay & Lesbian Welfare Association	
Stop AIDS		PFLAG	
Dirty Truth: STI's and HIV Positive Men (Sexually Explicit - Over 18 years only)		QAHC 2 Spirits Program	
Who Can I Go To?		Protect Our Future	
Men in the Middle		Holding Our Own	
Out Late		Condoman Comic Book	
Young and Gay		Condoman Poster	
Relationships Workshop		Condoman Condom Pack	
QAHC Sexual Health Promotion Calendar 2010		Condoman Key Ring	
Cruising Men Workshop			
Art of Sex Workshop			
PEP - Do you think you've just been exposed to HIV?			

Name: _____

Organisation: _____

Postal Address: _____

Phone: _____ Fax: _____ Email: _____

Please complete and post or fax this order form to the following address and allow 5 working days for delivery.

Tim Klazema
Queensland Association for Healthy Communities
PO Box 1372, Eagle Farm BC Qld 4009

Other Contacts

For other organisations providing HIV, HCV and sexual health resources contact:

Queensland Positive People (QPP) – 07 3013 5555

QPP provides health, treatment and support resources for people with HIV.

The Queensland Injectors Health Network (QuIHN) – 07 3620 8111

QuIHN is government funded to provide information and services on illicit drug use within a harm reduction philosophy.

Ethnic Communities Council of Queensland (ECCQ) – 07 3844 9166

ECCQ represents the interests of the many people from culturally and linguistically diverse backgrounds (CALD). ECCQ also works with gay men and men who sleep with men from CALD backgrounds around HIV prevention.

Hepatitis Council of Queensland – 07 3236 0610

HC is a Queensland organisation representing and catering to the needs of people with any type of hepatitis, their carers, partners, family and friends.

Open Doors – 07 3257 7660

Open Doors is a service for young people between 12 -18 years of age who are exploring, questioning or identifying as lesbian, gay, bisexual and/or transgender.

Family Planning Queensland – 07 3250 0240

Family Planning Queensland provides sexual and reproductive health services to the wider population of Queensland. FPQ can be contacted for resources and information relating to heterosexual sex.

Changeling Aspects - 0417 738 491

Our aim **is** to help where we can, with information and advice to enable the reader, whether they be Transsexual or just wanting to understand someone they know who is Transsexual, to make the next step along the way. www.changelingaspects.com

Transbridge - Townsville - 0412 168 299

A support group for transgenders in the Townsville area. We have connections with sexual health, mental health, AISA counselling and others by association.

ATSAQ - Australian Transgender Support Association Queensland - 07 3843 5024 (8am - 6pm)

The Australian Transgender Support Association of QLD (ATSAQ) was formed in 1990, to help, advise and assist the transgender community in Queensland. It is run by transgenders for transgenders and provides emotional/moral support for people with Gender identity Disorder (formally known as Gender Dysphoria) their families and friends. www.atsaq.com

