



## WHICH DO YOU FIND MORE ATTRACTIVE? IF YOU'RE NOT CERTAIN, READ ON.

For some people it's not always clear cut which sex they are attracted to.

If that sounds like you, you may have felt unsure for as long as you can remember. Or maybe your uncertain feelings are a relatively new thing. You might even be in a heterosexual relationship when such feelings begin.

Whatever the case, it can seem very confusing, and

discovering your sexuality may take time.

To help you sort out your feelings, it's quite likely you could have a sexual encounter or two with a member of your own sex.

Of course, this should still involve safer sex. Sex, that is, where there is little or no risk of HIV transmission through exchange of blood, semen, or vaginal fluid. This could include

massage, body rubbing, or mutual masturbation.

Penetrative sex can be more risky. But it is unprotected anal sex that's the riskiest of all. For either partner.

So if you do try it, you should always use stronger condoms, such as, Durex Extra Strong, Mates Super Strong, or HT Special.

For more information about safer sex call one of the

numbers at the bottom of this page. You'll also be able to talk openly to someone about your worries.

You may still feel unsure as to who you're attracted to, but one thing is certain, if you practise safer sex, you know you're doing everything you can to protect yourself and your partner.

Whatever sex they may be.

FOR HELP AND ADVICE CALL THE NATIONAL AIDS HELPLINE FREE ON 0800 567 123. THE TERRENCE HIGGINS TRUST ON 071 242 1010 OR LONDON LESBIAN AND GAY SWITCHBOARD ON 071 837 7324.

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