



Tips for safer hook-ups whether you're new
or been around the block a few times.



If you're sexually active: your sexual health matters. This includes condoms and lube, PrEP, U=U, check-ups, and STI self-test kits.



If a hook-up doesn't feel right: don't think with your cock! Think twice before agreeing to meet up.



Let someone know where you're going. Keep your phone charged, and keep the location GPS on.



Have an exit plan home—keeping money or cards in a safe place.



Sex should be consensual. That's both of you, not just one of you, and you can change your mind anytime.



If you use drugs: know what and how much you're taking. Pace yourself, and take breaks.



Be aware that some drugs are odourless and tasteless, and have been used to spike drinks and lube.

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When calling the emergency services for an ambulance, be aware the police may also attend.



Know where to get professional help and support should you need it. If in doubt, phone a helpline or ask a friend.



Know your rights and where to get legal help in the event you are questioned and/ or arrested by the police.



All hate crime matters so report it to the police or through a third party.



When hook-ups don't go to plan, we often don't talk about them when they go wrong. Chatting it through with a friend can help.

Hooking-up is about connection, intimacy, affirmation, and fun. For most of us it is but — when things go wrong — it's only afterwards we think about making better choices.

We should learn from these experiences — and learn from each other — because some hook-ups have resulted in tragic consequences.

Scan the QR code to the gay men's health and wellbeing website [MENRUS.CO.UK](https://www.menrus.co.uk) where you will find information and support you may need. QR reader apps are free from Google Play and the App Store.



