

HOOK-UP SAFER





12 tips for  
safer hook-ups whether  
you're new to hooking-up 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: 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 card in a safe place.



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



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 lubricant.



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 when it goes wrong. Chatting it through with a friend can help.

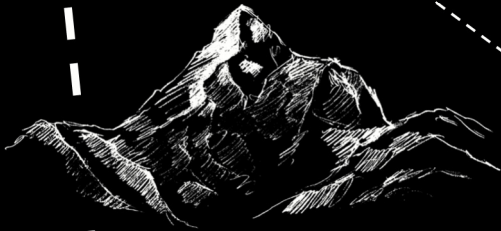
Hooking-up is about connection, intimacy, affirmation, and fun. For most of us it is but — when things go wrong — it's only afterwards we tend to think about making better choices.

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://MENRUS.CO.UK) where you will find information and support you may need.

Many smartphones will read QR codes or, to get the best out of this booklet, get a QR code reader app.





HOOK-UP SAFER | 5TH EDITION | MAY 2023 | GMHC.CO.UK