

#4 in a series. Look for others...

HI!
MY NAME IS

Tina

TINA and SEX

Studies of gay and bisexual men have produced some pretty strong proof that guys use crystal to connect to other guys socially and sexually. Many guys using crystal say they use condoms less, explore more edgy or “hardcore” sex (like fisting or BDSM), have more anonymous sex with guys, or groups of guys whose HIV status they don’t know (and sometimes don’t care to know).

If you are going to use Tina in conjunction with sex then the following tips may minimize some of the risks:

What goes up must come down.

Before doing Tina, it’s worth really thinking about how we’re going to feel afterwards, as well as when we’re high. Both are part of the experience.

Know your own mind.

What works for others may not work for us. If you suffer from anxiety, Tina may make that worse. If you feel depressed now, you’ll feel even worse coming down.

Take a body check.

A careful inspection of your dick, ass, hands, and mouth before using and having sex can simplify your life later. Any cuts or sores that could let in HIV, other STIs, or just plain old bacteria, will be harder to notice or feel once you’re high.

Avoid mixing.

Mixing drugs (recreational and prescription) can be dangerous, with lots of complicated cross-reactions and unknowns. When on prescription medications, the best advice is to check with a doctor before using Tina.

Avoid or limit injecting.

Different methods have different risks. In general, swallowing is the safest way to take Tina and injecting it in your veins (slamming) is the riskiest.

Lube, lube and lube.

Use more lube than you think you need when it comes to Tina sex. We're talking sloppy! The dryer the action, the greater the risk for abrasion and potential for infection.

Use condoms.

It *is* possible to play safer and use condoms even when we are high. Experiment. Protection now can make your life a lot less complicated later.

Take care of ourselves and others.

When we are high together we have an additional responsibility to care for one another. Think about how we act toward others or how we let others treat us when we're high. Do we know?

Consider another way.

How do you hope to feel on the drug? Are there any other times or ways you can get that feeling without getting high?

Stay flexible.

Leave yourself the option of staying home, or doing the party without Tina if it doesn't feel right. Real friends will understand.

Missing something?

If you're on HIV meds, you're not likely to stay on schedule if you're tripping for 8 hours or more. Missing doses can allow the HIV virus a window of time to begin replicating. Try having solid food like a meal replacement bar available and a timer to remind you.

Don't be afraid to ask for help.

Ask your friends or your family doctor if you need help. There's a lot of information available online where you can get questions answered about combining Tina with other drugs and sex.

RESOURCES

For more information about Tina and sex, please visit www.himynameistina.com