



BOTTOMS

Whether yours
is badass, sassy
or if you like to
keep it classy,
**always protect
your asset!**

Enough of bottom shaming and booty stigma! Here are some bottom-friendly facts you may not know:

- The bottom is **at most risk of HIV** infection, especially during bareback (condomless) sex because the sensitive lining of the anus is more susceptible to cuts and abrasions.
- Use **lots of water-based lube** when having anal sex. Lube makes it more enjoyable, safer and helps prevent condoms from tearing.
- Using **condoms and water-based lube** is still your best defence against HIV **and** other STIs (sexually transmitted infections).
- If you are HIV negative, you should also **consider using PrEP**, the daily HIV prevention pill (get it free from Engage Men's Health).
- If you are sexually active, **get screened for STIs and HIV** every six months.
- For more advice and hot tips for bottoms, visit **www.engagemenshealth.org.za**.

*For free PrEP & sexual health services
call / WhatsApp: 082 607 1686*

engage
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