



Tips for making hook-ups safer whether you've
been around the block a few times,
or are new to hooking-up.



Tell someone where you're going,
and keep your phone and GPS on.



Have an exit plan home (keeping
money or a card in a safe place).



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



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



Some drugs are odourless and tasteless so don't drink anything you've not prepared yourself, or know what it contains.



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



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



If a hook-up doesn't feel or look right: trust your gut and think twice before agreeing to meet.



Not all hook-ups go to plan, and we often don't talk about them when they go wrong. We should so we can learn from each other.

Hooking-up should be about connection, intimacy, affirmation, and fun as it is about being safer. For many of us it is but not all hook-ups go to plan and it's only afterwards we think about making different (better) choices. These are experiences from which we should learn because hook-ups have resulted in tragic consequences for some gay men.

Scan the QR code to the gay men's health and wellbeing website MENRUS.CO.UK where you should find the guidance, information and support you may need. QR reader apps are Free, and from Google Play and App Store.



