1. Handies: Perhaps the most important skill you will master as a gay or bi man is the timeless classic, the hand job. The good news is, you can practice on yourself. The bad news is, each guy has become very used to his own way of getting himself off. Learning how to find a partner's personal style can take ages, but it can be very rewarding when you do.

Something they don't teach you in school is that, in order to be able to cum at all, you or your partner may need to finish off with a handie. A lot of people find it hard to cum through other types of sex. This is fine, and certainly not something you have to apologize for.

A GOOD HANDIE is all about the wrist action. Rub the head of his cock back and forth with your hand. Try different speeds and pressures until he responds positively.

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Finally, my misunderstanding about rubbing two peens together wasn't far off the mark—rubbing them together in one hand feels awesome—MEGA COMBOHANDIE (trademark pending).

TIP: If your partner is circumcised ("cut") you will want to try a drop of lube—remember he hasn't got as much skin to move around as uncut guys.

2. Blowies: Oral sex is popping another dude's peen in your mouth or, indeed, popping yours in his. There is only one hard and fast rule when it comes to blow jobs—WATCH THE TEETH. Lips and tongue, yes; teeth, NO.

As with hand jobs and breakfast eggs, all men like their blow jobs served in different ways. The term "blow job" is massively misleading, as you won't actually be blowing on his penis—it's more about sucking (although I stress you're not trying to suck his kidneys out through his urethra). It's more about sliding your mouth up and down the shaft of his cock.

Letting a guy cum in your mouth is a safe sex no-no. Get away from the volcano before it erupts. In fact, be aware that many sexually transmitted infections (STIs) are often spread through oral sex.

3. Bumming: It is a universal truth that many men like sticking their willies inside things. I suspect it must be biological. Well, in the absence of a vagina, gay and bi men make excellent use of the back door. Wanna know a secret? Straight people have anal sex all the time too. Another one? Straight men like stuff up their bums just as much as gay ones. Why? As mentioned before, the prostate gland (located just up your bum) feels amazing when massaged. Lots of men, gay or straight, like how this feels.

Anal sex ISN'T a "gay thing."

Still, unlike vaginal sex, a little more thought has to go into anal sex, and here's why:

**Pre-care:** As pleasant as bumming can be, we must hold in mind that the primary function of the back passage is to do poos. Poo is not sexy. Therefore, those of you planning to have anal sex will need to dedicate a portion of time to ensuring poo doesn't creep into sexyfuntime.

The best, healthiest method is to make sure you've been to the bathroom before attempting butt sex and have had a jolly good clean afterward. Poo is not held in the rectum, so there shouldn't be an issue. Some people choose to douche. You can buy a douche online or from an adult shop. Basically, this involves squirting a little bit of water into your back passage to clean the area out. It's a DIY colonic irrigation!

Roles: This is where dude-dude pairings can get tricky. At the end of the day, if you want to have anal sex, one of you is going to have to go "top" (the one who puts his willy in) and the other "bottom" (the one who gets the willy up his bum). Gay men seem to spend a lot of time talking about this. It's actually not a massive deal, as most guys are "versatile" and will happily switch roles depending on mood, although there are guys who prefer to be strictly top or bottom.

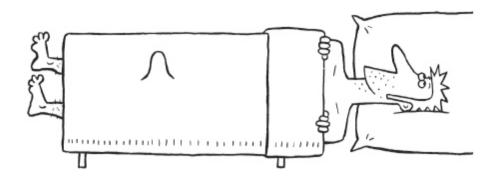
Is the top "the man" and the bottom "the woman"?

NO. The whole point of being gay is that it's two guys. Being a bottom makes a dude no less manly than his top partner. Look at it this way: He's literally "taking it like a man."

How do you know if you're a top or bottom? It's easy—if the thought of having a big hard thing poked up your tush is arousing, you are probably a bottom. See? Easy.

Some guys are quite up-front about their preference, as this saves time further down the line and the potential awkwardness of winding up in bed with two confirmed tops desperately trying to convince each other why they might like to think otherwise. That said, most of the time, this can be figured out as you go along and, as mentioned above, there's no rule that says you have to have anal sex every time you have sex. Far from it.

**Lube:** Unlike the vagina, the anus does NOT lubricate itself. You NEED lube if you're going to attempt anal. This is for two reasons. One, anal sex hurts. The anus does not have the capacity to stretch in the same way a vagina does. This means it's a tight hole (which feels nice for the top), but it also means it can be **very** uncomfortable for the bottom. This is why lots of men don't like being bottom. With the right **water-based** lube, however, it can be hugely enjoyable—a good kind of pain like a deep tissue massage.



Two, lube makes it less likely your condom will split. The anus is a pretty fragile membrane, which means it's easier to get STIs through anal sex than vaginal. You really do **need** to wear a condom for anal sex.

P.S. A bit of spit, *Brokeback Mountain*—style, is NOT a substitute for a proper water-based lubricant, which you can get free with condoms from gay bars, doctors and clinics, or buy pretty much anywhere. Vaseline and baby oil are oil-based and actually decay condoms. Don't use these as lube.

Finally, it's worth noting that some gay and bi men don't like anal sex at all. It could be that it kinda hurts, or it could be the fact that it's the hole poo comes out of, but some guys (and girls) just don't go there, and that's fine. NOT having bum fun doesn't mean you can't identify as a gay man, OBVIOUSLY.

## Biological differences between gay and straight

- Gay men and straight women have equally proportioned brain hemispheres. Gay women and straight men have slightly larger right hemispheres.
- Gay men have slightly longer and thicker winkies. Excellent.
- The amygdala of gay men is more responsive to porn than those of straight men.
   So we have bigger dicks and we're hornier. Jus' sayin'.
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## Doing the Sex

Two women can pleasure each other in a variety of fun ways.

- 1. Fingers: Far more effective than a penis in many ways, a hand can do the job of five penises. When gay women refer to having sex, this is usually what they mean. Lesbians can stimulate the clitoris and vagina and bring their partner to orgasm with their fingers; sometimes both partners can do this simultaneously.
- 2. Oral: That clitoris really does like being licked and kissed. Again, girls can take it in turns to perform oral sex or, if feeling adventurous, they can perform it at the same time.

3. **Toys and strap-ons:** Some women like these; some don't. Much has been written about why gay women would seek to play with a replacement penis, but I say who the heck cares—if it feels nice, go for it! Moreover, a man is more than a penis—just because a woman wants something a bit penis-

shaped doesn't mean she fancies broad-shouldered, beardy, no-boobed men.

Toys, dildos, vibrators, and strap-ons all fulfill the same purpose—a prosthesis to insert into the vagina. As with gay men, one woman isn't the "man." Two women having same-sex sex are both (yup) women!

### DON'T TAKE IT FROM ME

Clearly, I am not a gay woman and, as such, why would you possibly come to me for tips on girl-girl sex? Well, quite. So I've called in an expert—gay writer, Fi Locke:

Let's talk about dildos: I think a lot of people assume that where there is no penis, a desperate sexual void is created, out of which something dick shaped must ultimately slot in order to satisfy a vagina.

Basically, there's holes everywhere, but you DON'T HAVE TO FILL THEM ALL! Not necessarily even with your tongue (personally, I don't think that feels nice) and not with something penis shaped either.

I think most good orgasms revolve around the clit—well, for me and mine anyway! If you then want to get a bit fancy, there's nothing wrong with a few fingers inside (or a hand, depending on, well...y'know) during or proceeding on from some clitoral stimulation.

But that's orgasms. And as great as they are, it's not always all about them.

I've only ever slept with two women who enjoyed using dildos. I hate wearing a strap-on. I've only ever done it once and NEVER AGAIN! But then I'm more of a receiving kind of person anyway. (Also, strap-ons are really hard work! You need to be FIT to really shag with one of them! And don't ever expect to cum when you're wearing it.)

The whole "butch dykes love strap-ons" thing is rubbish. I've heard differing opinions from friends and lovers about this, which vary from agreement with the above statement to actually feeling quite emasculated by a "pretend dick." It's totally personal. Some people love them, some people don't.

# Some sex app tips

- Include a picture of yourself. Don't steal other people's. That's weird and shady.
- If you don't include a face pic, expect the first message anyone EVER sends you to be "PIC?"
- On the same subject, if you think your key selling point is your bare chest, we're in bother. Don't be a prawn—"great body, but I wouldn't eat the head."

If you don't give your age, weight, and height, people will assume you're old, fat,

- As regards all "sexting," sharing pictures of your bits is not a great idea. Things do
- get shared around. Use common sense.

   If you're THAT HORNY that you want to do a "sex meet," meet the "trick" in a

public place for a drink first. That way you can assess if you fancy them in the

flesh/they are not a twitchy-eyed freakazoid before letting them into your house.

This is much, MUCH safer, obviously.
 You can ALWAYS say NO. If someone from a sex app turns up and you don't like the look of them, don't be scared to turn them away at the door (of the safe, public

venue you chose to meet at). Awkward, yes, but better than awkward sex.

- This one goes without saying, but ALWAYS WEAR A CONDOM.
- If you are on Grindr, under the age of eighteen (it happens), be aware that swapping "adult" pics is actually illegal—you are distributing child pornography, even if it's of yourself.

### Saunas and Sex Parties

As this is a guide to ALL things gay, it would be wrong of me not to mention the things most brochures would gloss over. In big cities all around the world, there are places that cater to gay men's seeming obsession with sex.

Saunas, or "bath houses," are dotted all over the country, and they are perfectly legal. People (many saunas run lesbian nights) pay some money to enter and then have a bit of a sauna and some random sex.

Again, this is fine as long as you're safe.

That said, NEVER ONCE did I hear ANYONE say, "This is my husband, Derek. We met at Chariots in Vauxhall and it was TRUE LOVE." Saunas are regarded as a little sleazy, and people often visit these places in secret. It is also true that sexual health clinics often have to treat people who have been to saunas and come away with a little more than healthy, glowing skin...

The advent of the sex app has also removed the need to pay an entry fee. In big cities, people often use the apps to invite a load of people round for a "party" or a "chill out." These are code words for an orgy, simple as that. Very often, there are drugs involved (which is silly because nothing makes a cock go floppy like many drugs—therefore, guys also have to take a load of Viagra. How EXHAUSTING). SOME sources suggest such parties are partly to blame for the sharp rise in HIV, syphilis, and hepatitis on the gay scene. Geez, remember when "parties" were about ice cream and hot dogs?

## THE GREAT SEX-APP DEBATE

## Pro sex app

"I have used Grindr—the advantages are you can get what you want quickly. The downside is that its the same people repeatedly, so can get boring very quickly, and there is an awful lot of 'Hi, how are you?', which people could do without. I prefer to be more forward in those scenarios."

Jonny, London, UK

"The benefits are obvious: quick, easy, and uncomplicated sex. On the downside, you always find the same people online whenever you're at home, and it matches you with people solely on the basis of proximity—so the chances of meeting someone with whom you have more than a physical connection is very slim."

Luke, 28, London, UK

"I've met a variety of interesting people through [sex apps]. They are predominantly used for sex though. They're sold to us as 'social networking' apps, but we all know what they're really for. It's a bit like selling a dildo under the pretext that it's sole use is a draft excluder. I don't have a problem with that aspect of it—if people

All of these theories seem to have us programmed to be GAY or STRAIGHT from before we were born. I find this very exclusive of bi, curious, and queer people.

Clearly, biology is playing into our sexual preference—but not our lifestyle choices. No gene is going to help you come out, nor is it going to determine what kind of family situation you're born into. Therefore, environmental factors must play a huge role that shouldn't be overlooked.

I imagine a child born into a liberal, accepting family in the U.S. is far more likely to IDENTIFY as gay or lesbian than a child born into a strict Muslim family in Yemen. You get me?

Also, I doubt there's a gene for "bored and horny" or "feeling a bit experimental." I worry that scientists don't take into account the fluidity or playfulness of sex and sexuality. My advice is to be interested and go "Mmmm" when reading the theories in this chapter but to simply accept that when it comes to sexuality, IT IS HOW IT IS. And that's fine. Enjoy!



#### IF THEY COME AT YOU WITH "IT'S IN THE BIBLE!"

Let's talk about translation. The Bible has been translated and interpreted many, many times. We can't be one hundred percent certain what the original even said, so it's insane to take it literally. This is true of any translated or interpreted text. Even the various modern versions of the Bible are different, so how can one possibly take it all literally?

Point out that the text was written thousands of years ago. Times have changed. The messages are still somewhat applicable, but we have to adapt them for modern living. Also point out that ALL of the above extracts are out of context, and at the end of the day, they are stories, not laws (even the Apostle Paul decreed this).

Contexts change. The Bible repeatedly refers to going after taxmen—who at the time were crooked. You don't hear about Christians chasing after the IRS with flaming torches, do you?

Also, lady lovers, as the problem all stems from "sodomy," lesbians are automatically off the hook anyway! Whoop!

Finally, in the New Testament, based on the teachings of Jesus, Jesus said precisely NOTHING on the subject. As we know, Jesus taught nothing but love and tolerance. Personally, I think Jesus, had he lived today, would be at every Pride march.

## Here's a twist you might not have seen coming:

There's some fairly convincing evidence of gay love IN THE BIBLE almost three thousand years prior to *Queer as Folk*. That's right. In the book of Second Samuel, besties David and Jonathan may have been a little more than friends! Check it out:

"I AM DISTRESSED FOR THEE, MY BROTHER JONATHAN: VERY PLEASANT HAST THOU BEEN UNTO ME: THY LOVE TO ME WAS WONDERFUL, PASSING THE LOVE OF WOMEN." 2 Samuel 1:26 (You go, gurlz!)

And the gals were getting on board the sexy Bible love train too. The story of Ruth and Naomi reads like an episode of *Desperate Housewives* on crack—there's a LOT of husband swapping—but some scholars read their journey as same-sex love.

Finally, there are various bits of the Bible that are conveniently missing—see the Gospel of Mary—so, as ever, we mustn't wholly trust such ancient sources of information.

#### 3. Islam

A little like the Bible, there's not an awful lot in the Quran to explicitly forbid homosexual behavior, although it also refers to the people of Sodom and Gomorrah, this time with a more explicit focus on rape, not homosexuality. Well, we already know how to respond to that story, don't we?

#### HOW TO ARGUE WITH SODOM AND GOMORRAH

Firstly, the phrase "to know" (from the Hebrew) very rarely means "to have sex." In this case, it most likely means "interrogate." Secondly, it is thought the "strange flesh" refers to that of the angels or possibly bestiality. In either case, most Biblical scholars agree that the towns were struck down primarily for their greed and uncharitable nature. There is no CLEAR reference to homosexuality.

#### HOW TO ARGUE WITH LEVITICUS

OK, I grant you this one is a little more clear cut, BUT—there's a big BUT (teehee). Basically, Leviticus is meant to be a list of instructions from Moses to the Levites and, yes, the one above was one of the rules. But, luckily for us, the rest of the list was CRAY. So anyone throwing a bit of Leviticus your way should also be prepared to:

Sell their daughter into slavery.

Never make any physical contact with a woman on her period.

Burn bulls.

Never eat shellfish (also an abomination, so BEWARE THE PRAWN).

Never trim the hair around their head. This is forbidden.

So, as you can see, you'd have to be a pretty massive hypocrite to use this one as an argument against homosexuality.

The larger problem comes from the Hadith, or teachings of Muhammad. These are...erm...less ambiguous.

"WHOEVER YOU FIND COMMITTING THE SIN OF THE PEOPLE OF LUT (LOT), KILL THEM, BOTH THE ONE WHO DOES IT AND THE ONE TO WHOM IT IS DONE." Sunan al-Tirmidhi

Well, at least it doesn't discriminate between the bottom and top.

## HOW TO ARGUE WITH MUSLIMS

The good news is that the Quran is on your side. NOWHERE in there does Allah state a punishment for homosexual behavior. What's more, the Quran actively encourages diversity, as Allah created that too:

"O MANKIND! WE CREATED YOU FROM A SINGLE (PAIR) OF A MALE AND A FEMALE AND MADE YOU INTO NATIONS AND TRIBES THAT YE MAY KNOW EACH OTHER (NOT THAT YE MAY DESPISE EACH OTHER). VERILY THE MOST HONORED OF YOU IN THE SIGHT OF ALLAH IS (HE WHO IS) THE MOST RIGHTEOUS OF YOU. AND ALLAH HAS FULL KNOWLEDGE AND IS WELL ACQUAINTED (WITH ALL THINGS)." Yusuf Ali Quran 49:13

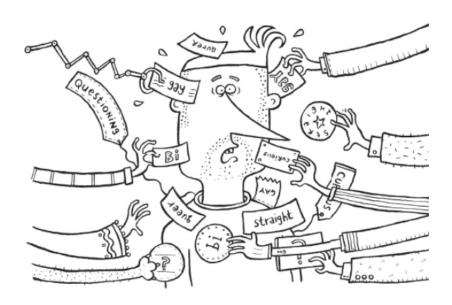
Regarding the Hadith, as with Leviticus, there are various rules that very few people would follow today—seduction by women is on a par with homosexual acts, so, it would seem, is drinking wine. I'm sure we wouldn't kill people for these things. Moreover, the sharia law sets no specific punishment for homosexual behavior—recommending the death penalty only be used for adultery, renouncing the faith and murder. Most Muslim countries don't enforce these punishments (side eye at those who do).

#### 4. Judaism

Not being funny, but these guys kinda started it. The parts of the Bible that deal with homosexuality came from the bits based on the Torah (the Pentateuch), so it's pretty much the same story—the general negative feeling toward homosexuality comes from Sodom and Gomorrah and Leviticus, in this case called Vayigra.

#### **CHAPTER 2:**

# THE NAME GAME



So, you may have SEXTHOUGHTS about people of the same gender as you, OR you may have questions regarding your own gender. Loads of people—even people who end up identifying as straight and cis—have these thoughts and questions. I think it's far odder to have NEVER thought about it. I'm a gay man, but I've considered having sexyfuntime with women plenty of times. Funnily enough, it's yet to "turn me."

This is all fine. The fact that you've identified your sexthoughts is probably the hardest part, so reward yourself with a delicious piece of cake.

BUT now we get to the bit where you actually have to make a choice.

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- You can choose to do nothing. You can sit on these feelings and hope they go away.
- You can acknowledge them and act on them—have the sex you wanna have or wear the clothes you wanna wear—but choose not to define yourself.
- 3. You can act on them AND adopt an identity to define yourself. This is the bit where you'd get the membership card and become part of a community.

Wowsers, this whole gay thing is a lot more complicated than Glee led us to believe.

People with same-sex sexthoughts or uncertainty about their gender sometimes stop at option one, but I think these people are probably very sad and angry. (I also think a lot of crazy homophobes are lingering perilously close to option one, and this is what makes them so hateful. Freud called it "transference." This basically means that you hate in others what you hate about yourself.)

More people choose option two—you can **totally** have sex with people who are the same gender as you and not be "gay" or "lesbian" or "bi." This is why a lot of forms (especially medical ones) you fill in may refer to "men who have sex with men," etc.

You have very little choice about your sexual preference or gender, but you can decide whether to make it a lifestyle. This is option three: You get to be out and proud and open about your relationships or gender. Living with stress and secrets is stressful.

It's human nature to label things, and if you're having some confusing thoughts, giving a name to the situation may make you feel better because you can be part of something—a bigger support network—the International Haus of Gay, if you will. I present the identity machine. Start at the top and see where it takes you!

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### **Evolutionary studies**

Clearly, there are some issues with the idea of a "gay gene." Gay men and lesbians who had babies would produce gay babies, right? Wrong. Why are there so many gay people coming from straight parents?

From a Darwinian perspective, homosexuality makes no sense—if we were all gay, the human race would die out. Gay people (being less likely to now reproduce) remove themselves from the gene pool.

There have been several theories about this. One is that perhaps the gene predisposing people to homosexuality actually poses a benefit in heterosexual people (only sometimes making the person LGB\*), and this is why the trait continues to be passed down through generations. Another theory is that gay uncles and aunts tend to dote more on their nieces or nephews, helping to ensure the youngsters' survival and in that way propagating their own genetic code.

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**Bum:** Up your bum you have a prostate gland which feels nice when massaged. The anus is also sensitive and responds to being played with.

### Doing the Sex

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