


# safer cruising

Terrence  
HIGGINS  
TRUST



Terrence Higgins Trust Scotland

# Plan ahead! Be prepared!

## Before you go out:

- \* Remember, it's a public place so be discreet.
- \* Avoid going cruising when drunk or on drugs that may affect your judgement. If you are, avoid remote or isolated areas.
- \* Carry minimal cash and leave jewellery, watches and credit cards at home.

- \* Don't carry anything with your address on it in case your keys are taken.
- \* Carry plenty of condoms and lube with you.
- \* If possible, tell a friend where you are going.
- \* Take your mobile phone in case you need it.



## When you're out



- \* Protect yourself by using condoms and lube.
- \* Be vigilant and stay aware - trust your instincts and leave if your gut feelings tell you to.
- \* Know where your nearest exits are.
- \* Don't be forced into sex that makes you feel uneasy, uncomfortable or unsafe.
- \* Keep your wallet / valuables in a pocket with a zip if you have one.
- \* Put your used condoms and packets in a bin or take them away with you.

## Condoms and lubricant

Using a condom for sex is the best way to help protect you and your partners from HIV and other sexually transmitted infections. The condom will only do its job if you use it properly.

- \* Always use a condom that fits properly.
- \* Carefully open the wrapper so as not to damage the condom - don't use your teeth.
- \* Put the condom on properly - hold the teat to get the air out and roll it down the cock.



- \* Use lots of water-based or silicone-based lube on the outside of the condom and in your arse if you're being shagged.
- \* Don't put lube inside the condom to increase sensitivity - that's a myth, and it makes it slip off.
- \* Don't get oil-based products (baby oil, hair gel, skin cream, moisturiser, sun cream etc) on a latex condom as this makes the condom rot.

- \* Check, occasionally, that your condom is still on and intact and don't use the same one for more than 45 minutes. Apply more lube if needed.
- \* When withdrawing, hold the condom at the base so that no cum leaks out.
- \* Don't use spit for lube as it doesn't work well.
- \* If you're having sex (or sharing the same sex toys) with more than one guy, use different condoms with each one.



## Where you can get free condoms and lube from!

- Terrence Higgins Trust Scotland outreach workers
- Terrence Higgins Trust Scotland offices
- Get Rubbered postal scheme [www.getrubbered.com](http://www.getrubbered.com)
- Gay bars, clubs and saunas in Glasgow and Aberdeen
- Local NHS C-card schemes and GUM clinics

## Crime reporting

If you are a victim of or witness to crime in a cruising area you can call us to report it. The service makes it easier to report homophobic crimes against gay, lesbian, bisexual and transgender people. If you're straight you can also use it. It's confidential and callers need not identify themselves.

Callers can decide if they want the police to act on the information or just use it to increase awareness of the number of hate crimes taking place.



**Terrence Higgins Trust Scotland**

Glasgow: 0141 332 3838 Grampian: 0845 241 2151

Highland: 01463 711 585

**Glasgow LGBT Centre** 0141 552 4958

**Strathclyde Lesbian and Gay Switchboard**

0141 847 0647 (7-10pm daily)

**Steve Retson Project** 0141 211 8628

**Victim Support** 0141 553 2415

You can also talk to Terrence Higgins Trust Scotland outreach workers in cruising areas.

## If you experience an attack

- \* Try to get away.
- \* Attract attention by shouting or activating a personal alarm.
- \* If you are badly injured, dial 999 or go to Accident and Emergency.
- \* You can report the incident to the police as a

homophobic hate crime. (An attack can be physical or verbal.) If you don't wish to contact the police, you can report the incident in confidence via Terrence Higgins Trust Scotland or any of the other organisations listed.

**If you see or hear someone in trouble, try to raise the alarm – please don't ignore it.**

## Cruising and the law

- \* It is an offence in Scotland to procure or have sex in a public place.
- \* It is not illegal for you to carry condoms, lube or health leaflets in a cruising area.
- \* If you are met by police officers in a cruising area they will usually ask what you are doing there and then ask you to move on.
- \* If asked, you must give your correct name and address.



- \* You do not have to turn out your pockets, but if you refuse you could be detained in order to complete a search. This may happen if it is believed you have controlled drugs, concealed weapons or stolen goods on you.
- \* If you are found having sex by police officers you may be arrested.

### If you are detained by the police:

- \* You should be told immediately why you have been detained.

- \* You can be held for up to six hours and be questioned without charge.
- \* You have the right to inform a solicitor and one other person, but not to have a solicitor present when being questioned.
- \* You cannot be taken to court without the opportunity to see a solicitor.

- \* You may be photographed and have prints taken. Bodily samples may be taken without your consent and used for DNA matching if a serious crime is suspected.
- \* If you are HIV positive and taking combination therapy, you will be entitled to your medication, but you do not have to disclose your status to a police officer, just the police doctor.

## Terrence Higgins Trust Scotland

### National office

Rothsay House 134 Douglas St Glasgow G2 4HF  
0141 332 3838 info.scotland@tth.org.uk

### Grampian office

11 Waverley Place Aberdeen AB10 1XH  
0845 241 2151 info.aberdeen@tth.org.uk

### Highland office

34 Waterloo Place Inverness IV1 1NB  
01463 711 585 info.highland@tth.org.uk

For details of local services, information, advice  
and support, contact us:

**THT DIRECT**  **0845 12 21 200**

[www.tth.org.uk](http://www.tth.org.uk)

Available in large print –  
please call 0141 332 3838

Please dispose of your litter carefully!



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## The HIV and sexual health charity for life

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