

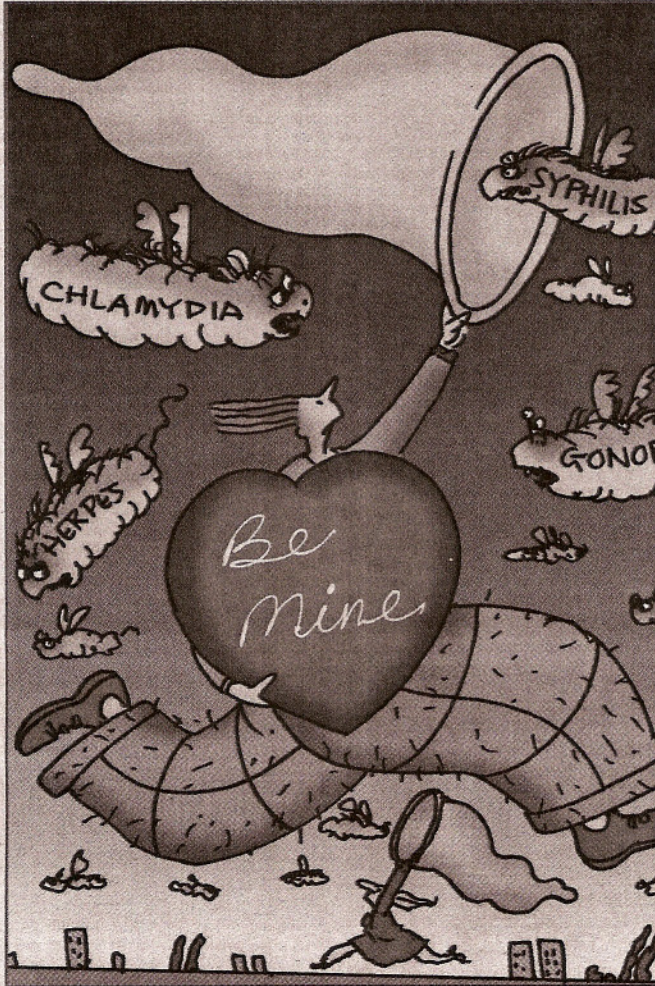
# Be fit to flirt this February

**FOCUS HEALTHY VALENTINES**

The biggest night of the year for lurve is nearly upon us. But if you want to wake up with a glow in your heart rather than something nasty in your nether regions, you need to be sex savvy. Do our test to see what you're heading for – pestilence, pregnancy or pure perfect passion. By JANE YETTRAM

Tick one answer to each question

- 1** **Condoms should be stored:**  
 a In your shirt pocket with one corner sticking out  
 b In the dark  
 c On your windowsill with the XL logo visible to passing pedestrians
- 2** **You get your condoms from:**  
 a The barber when he offers you: 'Something for the weekend, sir?'  
 b From a GUM clinic  
 c The loo in the Red Lion just before kicking out time
- 3** **If you haven't got a condom you should:**  
 a Have oral sex  
 b Slap on some cling film  
 c Abstain
- 4** **Your first stop after a night of unprotected passion is:**  
 a Home for a much-needed kip  
 b A café for a romantic breakfast  
 c The GP, contraceptive clinic or pharmacist to get emergency contraception
- 5** **You're worried you've picked up something unpleasant. What do you do?**  
 a Visit your GP  
 b Take a paracetamol  
 c Pretend nothing's wrong, put your head in the sand – and your genitals into any willing volunteer
- 6** **What could you get after a fling with a stranger?**  
 a A phone number  
 b A wedding ring  
 c Chlamydia
- 7** **Girls, you've met a great guy but he has green goo on the end of his penis. He tells you the reason. Which is correct?**  
 a It's a new tattoo technique  
 b He slipped over when painting the garden fence in the nude and dipped his wick in the paint pot  
 c He has gonorrhoea
- 8** **Which of the following can you use to help avoid an unwanted pregnancy?**  
 a An IUD  
 b A DVD  
 c A Phd
- 9** **Which of these is a barrier method of contraception?**  
 a A chastity belt  
 b A condom  
 c A six-foot wall topped with razor wire
- 10** **You're a macho hetero and you're not worried about HIV because:**  
 a You always use a condom  
 b Only nancy boys get Aids  
 c You never have sex until you really know someone – at least a week after the first date



**What a cock-up!**

MHZ readers share their Valentine disasters:

'I thought I knew how to be safe. I'd bought flavoured condoms and was giving my new boyfriend oral sex. But I hadn't accounted for my tongue stud. My tongue got snagged on the rubber and I was completely tangled up!' Jacqui, 22

'We'd been flirting outrageously and finally ended up at her place in bed. The sex was great – and safe. But I wish I'd worn a nappy as well as a condom. In the middle of the night, with a full bladder, I dreamed I went to the loo. So I wet myself – all over her Egyptian cotton sheets and duckdown duvet.' Tom, 28

'After a session with some massage oil we decided to have a deep foamy bath together. But the oil plus the water turned the bath into a skating rink. I skidded and fell, breaking my arm. We ended up in casualty.' Garry, 30

'I was having a raunchy e-mail affair with Dave from sales. I sent him a message saying I'd taken my knickers off and would be waiting for him in the stationary cupboard. A minute later I was explaining to Dave from accounts that I'd made a mistake and he wasn't my type. I'd e-mailed the wrong Dave.' Jo, 26

'I'd done the works. Cooked her a romantic dinner. Flowers. Open fire. We were smooching on the sofa when I suddenly smelt burning. Her long blonde hair was crackling and flaming, ignited by a candle. Once I'd tipped the red wine over her to douse the flames, the moment for love had passed us by.' Ben, 25



**Answers**

Score 1 for each correct answer.

- 1b:** Don't keep condoms in sunlight as the rubber will deteriorate. Put them in a cool, dry, dark place instead, such as under your pillow or in a handbag. But don't tuck them into that secret pocket in your designer undies, as it'll get a bit too, ahem, warm down there.
- 2b:** Sexual health clinics, family planning clinics and some GPs offer condoms that will have been correctly stored and, best of all, are free.
- 3c:** It's the only safe way, as some STIs can be transmitted through oral sex. Girls, don't fall for guys' excuses. Even if he says 'I can't come with a rubber welly on my todger', stick

- to the mantra: 'I never have sex without a condom.'
- 4c:** It won't protect you against sexually transmitted infections but, if you've had unprotected sex and don't want a baby, the morning-after pill can help – ask your GP, family planning clinic or chemist (some provide it free, others charge). It's most effective if taken within 24 hours but you can take it up to 78 hours after having intercourse.
- 5a:** Get it sorted. Lots of STIs (chlamydia, trichomonas vaginalis, non-specific urethritis, gonorrhoea, even syphilis) can be treated with antibiotics – if you catch them early. See your family doctor or go to a GUM clinic. They've seen it all before and get more than 1million visits a year (hopefully not from the same guy).

- 6c:** Chlamydia is the most common STI, so that's what you may well pick up. Often called 'the silent disease', because most women affected have no symptoms, it can be treated with antibiotics.
- 7c:** Yes – it's gonorrhoea. And you can catch it through oral as well as vaginal or anal sex – so don't suck it and see, even if he tells you it's lime-flavoured. Pack him off to the GP instead.
- 8a:** An intra-uterine device (IUD), or coil, is one of several long-term contraceptive methods – others are implants, patches, contraceptive injections and the newer IUS (intra-uterine system). None, though, protect against STIs, so use a condom and speak to your local community contraceptive clinic or GP for more information about

- the method that would best suit you.
- 9b:** Condoms, caps and diaphragms can all prevent pregnancy by acting as a barrier to sperm. Condoms are the recommended protection against STIs (NB: diaphragms, caps and female condoms all provide some protection against STIs – these are not popular methods but it is misleading to say they offer no protection at all). Chastity belts and razor wire have nothing to do with sex. (Well, maybe for some.)
- 10a:** Apart from abstinence, the only safe sex is with a condom – whether you're gay or straight.
- YOUR SCORE**  
 0-4 Sexual insanity  
 5-8 Sexual so-so  
 9-10 Sexual climax

**MHZ ALERT... OVER A THIRD OF HIV SUFFERERS IN THE UK REMAIN UNDIAGNOSED...**