



THE M FACTOR'S GUIDE

TO

# Online Cruising

for gay, bi, and bi-curious guys

brought to you by



THE M FACTOR  
EL PASO, TX

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Let's face it, the internet provides a fast, fun, and easy way to meet guys with the same interests as you. Whether you're looking for friends or sex buddies, online cruising is faster and more convenient than going to clubs, bars, or porn shops.

And while many guys find what they're looking for right away, some guys may find the online community confusing or misleading.

This guide is to help you be better informed of what's out there and help you make smarter and healthier decisions before you hook up.

**Warning:** This booklet contains HIV and STI prevention information targeting gay and bisexual men. Because HIV and STIs are spread primarily through sexual contact or by sharing needles, prevention messages in this guide may address these topics in a frank nature that may not be appropriate for minors.

# Frequently Used Terms



The online community has its own language. It is a good idea to get familiar with these terms.

**420:** This stands for marijuana (pot). If you see 420 (sometimes 4:20) on a profile, it means the other guy (or guys) want to get high before, during, or after sex and will either have pot available or will want you to bring some.

**BB:** BB stands for bareback (sometimes the word Raw is used instead). Barebacking is when you don't use condoms for anal sex. Keep in mind that barebacking is the easiest way to transmit STIs and HIV.

**Breeding:** (sometimes the word "seeding" is used) This is when you bareback and ejaculate inside a

guy's anus. Like barebacking, breeding is an easy way to transmit HIV and other STIs.

**DDF:** Guys may use DDF or Drug and Disease Free to indicate that they don't use drugs or have any STI's (Sexually Transmitted Infections) including HIV. This may not always be the case so use caution if you see this.

**Host:** The Host is the guy offering his place to have sex.

**NSA:** NSA stands for No Strings Attached. These are strictly sexual encounters that do not want a long term relationship.

**Platonic:** A platonic relationship is based purely on friendship and not sex.

**PNP:** PNP stands for Party and Play. This means that you or the other guy will want to get high first (usually with meth or coke) and then have sex.

**Travel:** If you are traveling, you are going to someone's place for sex.

# LOL

## What's Good About Online Cruising?

1. Its anonymous.
2. Guys 24/7!
3. Meet guys wherever you are.
4. Browse before you try.



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## What's Not So Good?

# FML

1. Boys lie!
2. You don't always know with whom you're talking.
3. HIV/STDs are out there: Remember 25% of those infected with HIV don't know they have it.

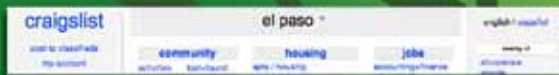
# A Few Words About Condom Negotiation

Before you post or reply to a profile or ad, decide what risks you are willing to take. Remember, things like barebacking and breeding can put you at a much higher risk of contracting HIV and other STIs (Sexually Transmitted Infections).

If you choose not to take those risks, find creative ways of keeping things hot and sexy between you and your partner or partners. Kissing, petting, massaging, hand jobs, rim jobs, oral sex, and playing with sex toys are all safer alternatives to barebacking. Some guys will flat out say “No condom, no way.” These guys are not trying to be jerks, they are just standing their ground and that’s okay too.

Make sure to make it clear that you’re going to play safe when you post or reply and stick to your guns!

XOXO



# Sites & Apps

## Cruising sites:

***adam4adam.com***, ***gay.com***, and ***manhunt.net*** are examples of cruising sites. Users can create a profile and browse other profiles, trade pics, and chat with other users right from the site. These sites are free but some may offer “premium” content for a monthly fee. **adam4adam.com** also has a mobile version called **radar** that can be accessed through your mobile phone’s browser without downloading an app (**radar.adam4adam.com**).

## Classified sites:

***craigslist.com*** is an example of a free classified site. A valid email address is required to post and reply to ads. Users can also post photos but phone numbers are not allowed. Cruising ads are found in the “personals” section of Craigslist.

## Smartphone apps:

The ***Grindr*** app for iPhone and ***Party n Play*** app for Android are free apps you can download on your smartphone. Besides browsing profiles, pics, and instant messaging, they can use your phone’s GPS to find other guys near you that are using the same app.

# Online Etiquette

One of the coolest things about being online is that it can be a totally anonymous experience. Chatting and webcam conversations can sometimes feel like real face to face conversations even if the guy is in another country. But just because you're not in the same place doesn't mean there are no rules. Here are a few tips to keep you from looking like an online jerk.

1. **Its OK to say NO.** If someone is messaging you and you're not interested or you find someone who is into stuff that you're not into, find a clever way to tell them you're "not interested," or "no thank you."

2. **Don't be a tease, be realistic.** Are you really versatile? Is your penis really 9 inches? These are things guys will eventually find out when you meet up with them. And there's no bigger turnoff than when guys say they're one thing and end up being something completely different. So be as truthful as you can about your stats and appearance.





**3. To disclose or not to disclose.** HIV is a reality in the gay community. Keep in mind that if a guy you're interested in says he's HIV positive, it doesn't mean he wants to infect you. He wants to have a good time just like you. Remember that mutual respect goes a long way and having safer sex is the best way to protect yourself from catching HIV and other STDs. see the next section.

**4. Ask questions but don't be a pest.** If you don't find what you're looking for in someone's profile, just ask them. A simple "hi" is usually all it takes to get their attention. They might respond right away or they might not. If they don't respond when you want them to, they're probably not interested or not available. If that's the case, try again later or just move on.

**5. NSA means NSA.** Be clear about what kind of relationship you are looking for. Whether you're looking for Mr. Right or Mr. Right Now, look for guys that want the same type of relationship.



# Safer Sex

The most effective way to lower your risk of getting (or passing) HIV is by using a new condom every time you have anal or oral sex. You want to avoid contact with blood and semen during oral and anal sex. Here are some things to keep in mind before you get it on.

## Anal Sex

Always have your safer sex supplies like condoms, lube, dental dams, and latex gloves ready and available with you. If you can't afford these supplies or don't like to buy them, you can find list of local agencies that offer free supplies on page 20.

Latex and polyurethane condoms come in a variety of sizes to fit your manly needs. Lambskin condoms are meant to prevent pregnancy, not HIV transmission so DON'T use lambskin condoms.

Use water-based or silicone-based lube. Don't use oil based lubes like Vaseline or baby lotion because the oils will break down the condom causing it to break. If you're going to use silicone sex toys, water-based lube is the best match for them.

## Oral Sex

Yes you can use condoms when giving or getting oral sex! Some guys prefer to use non lubricated condoms and flavored lube for a better tasting experience. This is a great way to avoid passing HIV and other STDs through your mouth.

If you are not going to use condoms for oral sex, make sure you and your partner and/or partners don't have cuts or open sores on your mouths or penises.

If you're giving oral sex, don't let your partner ejaculate in your mouth. If he does, spit or swallow and then rinse with water but don't keep it in your mouth.





# Safety Tips

**Keep your encounters fun, exciting, and satisfying! These tips should help you keep things going smoothly before, during and after.**

1. If you're traveling, take extra condoms and lube with you. If you're hosting, keep condoms and lube nearby like on your nightstand for easy access.
2. Don't share sex toys. Use your own and clean them with soap and warm water after each use.
3. Be aware of your surroundings, especially if you're traveling.
4. No means No! If a guy or a group of guys want you to do something you don't want to, just say no.
5. Keep a list of screen names for future reference.
6. Keep valuables like wallets, phones, and keys in a safe place.
7. Get tested regularly. Check out page 20 for a list of agencies that offer free HIV testing.



# Resources

## HIV Testing

**These organizations provide free confidential and anonymous HIV testing throughout El Paso. Call or visit their websites for more information.**

### **Aliviane, Inc.**

915.782.4000

[www.aliviane.org](http://www.aliviane.org)

### **City of El Paso Department of Public Health**

5115 El Paso Dr. Suite B

915.771.5888

Tuesday 8-11am & 1-4pm

or

### **Tillman Health Center**

222 South Campbell St.

Wednesday & Friday 8-11am & 1-4pm

[www.elpasotexas.gov/health](http://www.elpasotexas.gov/health)

\*Free Condoms and Lube available

### **International AIDS Empowerment**

800 Montana Ave.

915.590.2118

[www.internationalaids.org](http://www.internationalaids.org)

\*Free Condoms available

### **La Fe CARE Center**

1505 Mescalero Dr.

915.772.3366

[www.lafe-ep.org](http://www.lafe-ep.org)

## Drug & Alcohol Counseling

These organizations provide counseling and treatment for alcohol and drug addiction. Call or visit their websites for more information.

Alcoholics Anonymous  
3318 Douglas Ave.  
915.562.4081  
[www.aaelpaso.org](http://www.aaelpaso.org)

Aliviane, Inc.  
915.782.4000  
[www.aliviane.org](http://www.aliviane.org)

Casa Vida de Salud  
6000 Welch Ave. #7  
915.775.0505

MHMR  
1600 Montana Ave.  
915.779.1800 or 915.543.6363

# ABOUT THE M FACTOR

The M Factor is a social organization for young gay and bi guys in El Paso. It provides a safe and comfortable environment for guys to express themselves, support each other, and take charge of important issues. The M Factor is composed of a 10-12 member decision body called the Core Group and provides formal and informal outreach, safer sex talk meetings called “Lets Talk About Sex,” and other forms of community involvement.

The M Factor is housed at The Factory located at 1505 East Missouri Ave. Drop-in hours are Tuesdays and Thursdays from 2:00pm to 7:00pm and every 2nd and 4th Saturday from 1:00pm to 5:00pm.

For more information on how you can get involved with El Paso’s favorite gay organization, please call 915.351.0969 or visit [www.themfactor.org](http://www.themfactor.org) Search “The M Factor” on  and MFactorEP on 



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