



Safer booty bumping for guys who party and play

Here are some tips for booty bumping more safely. Not only can they help you protect your bum, they can also help prevent sexually transmitted and blood-borne infections (STBBIs) like hepatitis C, HIV and syphilis.



Tips for safer booty bumping:

- Wash hands with soap and water before and after booty bumping.
- Use a new needleless syringe, cup, mixing tool, sterile water and personal lube for each party or wash these supplies with soap and water between parties. Don't share with others. This prevents STBBI transmission and other infections.



- Ensure sterile water is at room temperature to prevent stomach cramps.
- Use a drug that can dissolve in water and use plenty of lube when booty bumping to prevent friction, burning and other damage to the inside of the bum, which can lead to STBBI transmission and other infections. Protect your booty!

Start low, go slow — use a small amount of drug first and wait to see how it affects you before using more. The bum absorbs drugs quickly, which can increase the risk of overdose. For trans guys who use a front hole for booty bumping, it takes longer for the drugs to absorb than for your bum. Taking more too soon can increase the risk of an overdose.



Tips for safer sex after booty bumping

- Use plenty of lube to protect your bum or front hole from damage. Any damage to the bum or front hole can lead to STBBI transmission and other infections.



- Wait as long as possible between booty bumping and bottoming to prevent irritation and damage to the bum or front hole.



- Watch for blood and signs of tearing, as some drugs can numb pain, making it harder to notice damage.
- Use a new condom or glove for each hole and each sex toy and avoid double dipping a glove in a tub of lube to help prevent STBBIs.



- Take care of your sexual health before and after by talking to a healthcare provider about:



- HIV pre-exposure prophylaxis (PrEP) and HIV post-exposure prophylaxis (PEP)
- vaccines for hepatitis A and B, mpox and human papillomavirus (HPV)
- doxy-PEP and doxy-PrEP, an antibiotic that can help prevent syphilis, chlamydia and gonorrhea
- regular STBBI testing



Take breaks, eat something and stay hydrated. Know when the party is over; there will be others!

