

#### PrEP

Stands for Pre-Exposure Prophylaxis. It is a drug that is used to prevent HIV negative people from contracting HIV.

#### PEP

Stands for Post-Exposure Prophylaxis. It is a drug that is used to prevent an individual from contracting HIV up to 72 hours after being in contact with a HIV positive person.

# G

Is the name for the drug GHB (gamma hydroxybutyrate) also known as G, Gina, Liquid E and Liquid ecstasy. produces a high with small doses, but causes sedation with only slightly higher doses.

#### Tina

Is a nickname for crystal methamphetamine and is a stimulant drug. Crystal Meth gives an intense, powerful 'high' followed by a very severe 'comedown'. Effects include feeling very up, exhilarated, alert and awake.

#### Scat

Sexual practices involving faeses.

## **Taking Loads/ Being Loaded**

To shoot one's load / blow-one's-load , to ejaculate.

## Pig Sex/ Play/ Culture

Pig refers to a man who wants as much sex as he can get with as many different men as possible, often in the form of group sex that includes barebacking, water sports, fisting, and SM

## Undetectable

A person with a sustained, undetectable level of HIV viral load in their blood is unable to transmit HIV to their sexual partners.

## Poppers

Is the nickname given broadly to drugs called alkyl nitrites that are inhaled. When inhaled the drug creates a short rush or high. They can also create a relaxation effect on the smooth muscles in the body.

## Grindr

Grindr is a location-based online dating app for gay, bi, trans, and queer people, as well as men who have sex with men.

## Ket

Is a nickname for the drug Ketamine which is most commonly snorted in its powder form. Ketamine is an anaesthetic creating detached, dream-like sensations but can also cause confusion. Taking a larger amount of Ket can result in a 'k-hole' - a state where the mind and body feel separate and there's nothing you can do to get out.

#### Mandy

Is a nickname for the drug MDMA. It can come in powder or crystal form and is also the active ingredient expected to be found in ecstasy pills. Mandy has the effect of elevated happiness or 'loved up feelings.' Mandy is a party drug as it often causes music to feel more intense.

#### **Chem Sex**

Chemsex is a term commonly used to describe the sexualised use of recreational drugs and the involvement of drugs in your sex life.

## ESTJ

ESTJs are hardworking traditionalists, eager to take charge in organizing projects and people. Orderly, rule-abiding, and conscientious, ESTJs like to get things done, and tend to go about projects in a systematic, methodical way. ESTJs are the consummate organizers, and want to bring structure to their surroundings.

Sources: www.talktofrank.com; www.NHSinform.scot; www.grindr.com; www.letstalkaboutit.nhs.uk; www.hps.scot.nhs.uk, Meyer Briggs, "Bareback Porn, Porous Masculinties, Queer Futures: The Ethics of Becoming Pig" by Jose Florèncio.