

For more copies of this leaflet contact:
Lesbian & Gay Foundation, Unity House,
15 Pritchard Street, Manchester, M1 7DA
Tel: 0161 235 8035 www.lgf.org.uk

MPF 2004
MANCHESTER PROSTITUTION FORUM

manchesterlads.com

Manchester **NHS**
North, Central and South
Primary Care Trusts

Manchester Public Health Development Service



Registered Charity
No. 1070904

THE GOOD ESCORT GUIDE

A GUIDEBOOK FOR MALE ESCORTS WHO SELL
SEX IN THE MANCHESTER AREA

Manchester **NHS**
North, Central and South
Primary Care Trusts

Manchester Public Health Development Service



Reg. Charity No.1070904

CONTENTS

1 Preparation	3-7
2 Personal Safety	8-9
3 Drugs & Alcohol	10-12
4 Sex Work & The Law	13-15
5 The Sex Bit	16-20
6 Directory	21-23

Written by The Lesbian and Gay Foundation and Manchester Public Health Development Service

With Grateful thanks to Manchester City Council.
manchesterlads.com
Greater Manchester Police
Manchester Prostitution Forum

INTRODUCTION

This guidebook has been put together from a wide range of sources to give male escorts clear and precise information on how to stay healthy and sane in the sex industry and where to go if help is needed. It is also intended to help professionals who work in support services to understand the needs and concerns of male escorts. For the purposes of this guide a male escort is defined as someone who sells sexual services through the Internet, printed media, an agency or any means other than the street.

We understand that guys become escorts for many reasons therefore we do not wish to make any judgements about sex work, but hope this guide will help male escorts to stay safe and healthy.

1. THE PREPARATION

Before meeting a client, things you can do to keep safe and healthy

BE BODY CONSCIOUS

By keeping your body well maintained, practising good personal hygiene, going for regular Sexual Health screenings and generally looking after yourself you can keep any physical problems down to a minimum. If you are stressed or run down this will affect you physically. Going to the gym keeps your body looking good and improves fitness but it's not enough, you need to eat well and on a regular basis to stay healthy.

WHAT TO WEAR

There are certain things you can wear that will make your life easier when you're working. Jewellery should be kept to a minimum, clasps and sharp edges can tear condoms or be used to hurt you, they can also be stolen from you if they attract attention. Piercings similarly can be pulled and ripped out. Wear simple clothes that are easy to put on (and take off) in a hurry. Never carry a weapon, it can be easily used against you.



SHOWERTIME

Ask your clients to have a shower before you meet them or take one with them before you have sex. This gives you a chance to get to know your client and check him out for any signs of cuts, sores or infections. If you're having a busy day, showering between clients will help you feel (and smell) fresh and invigorated.

KEEP IT NEAT

By keeping pubic hair trimmed it makes it easier to check for little mites (pubic lice, crabs) and other S.T.I.'s. Some guys think it looks better too and there's nothing to get pulled either!

CUTS AND SORES

Be careful where you put your fingers. If you bite your nails or the skin around them they may bleed. If you have any cuts or open sores cover them with a dressing or plaster as an open wound may get infected. Check your cock and arse for any tiny scrapes or cuts regularly.



DRINK WATER

And lots of it. One of the easiest ways to get infections in the mouth is by not looking after your oral health (mouth, throat, gums, teeth, lips) Never brush your teeth immediately before or after a client, as this will irritate your gums which may make them bleed, making you more open to infection. Try using flavoured condoms for oral sex. It's important to have plenty of saliva in your mouth as it has bacteria killing agents in it. Drinking water and chewing gum will help stimulate saliva. Try to avoid using alcohol based mouthwash as this can kill the bacteria that helps fight off infections.

CLEAR OUT YOUR SYSTEM

Drinking lots of water will make you want to piss, which helps flush out bacteria and germs you may have picked up. Remember, certain drugs may make you feel like you don't need to go for a piss, but you should try to anyway. As a rule the clearer the colour of your piss the more you've flushed out your system.

DOUCHING

Try to keep it to a minimum. You may feel a lot cleaner but too much clearing out of your arse (apart from when you need to go



to the toilet) strips the mucus from the lining of your arse which it needs to fight infections. If you must douche, do it well in advance of seeing a client so your body has chance to build up more resistance.

MIND OVER MATTER

It is important to remember that there are often times when personal problems affect our moods and behaviour. We need to be able to understand why we may be feeling down and not dismiss it. Make time to relax and rest between work, clients and partying. At the back of this guide are many useful numbers, take time to look at the variety of services that are available, many of them are free of charge and there is always someone at the end of a phone who can help you.

EATING DISORDERS

Because of the pressures to always look good, eating disorders like Anorexia Nervosa (excessive slimming and under eating) and Bulimia Nervosa (binge eating and vomiting) are very common. These conditions can



be very serious and if you think you or someone you know is affected by a condition like this seek help from a doctor or a specialist or encourage them to do the same.

DEPRESSION

One in five people are affected by depression at some point in their lives. Depression affects self-confidence, appetite, sex drive and can lead to sleeplessness, lack of energy and lack of concentration. A combination of approaches is often needed to tackle this. It is important not to rely on alcohol or drugs to try to take these feelings away, often they will make them worse.

Talking to a trained counsellor can help a lot, as counsellors provide support by listening, not judging and have an ability to talk in a way that can help you see things from a different perspective. There is no limit to the benefits of having a good counsellor and sessions with them are always confidential. Some people find it helps to talk to them about the following:

- Relationship issues
- Low self esteem
- Phobias
- Emotional, physical or sexual abuse



2. PERSONAL SAFETY

At Home and Away

LOVE THY NEIGHBOUR

If you work from home it's important to keep friendly with your neighbours, respect their right to be free from noise and disturbance. It's a good idea to meet a new client first to check him out before allowing him into your home and never take two clients at once. When welcoming strangers into your home you need to be safety conscious. Remember you can always say NO to anything that a customer asks you to do that is not part of your normal service (many escorts limit their services to wanking, sucking and fucking)

WORKING AWAY FROM HOME

If you are working from a public place (like a hotel) **You need to be discreet.** Attracting any kind of attention will arouse suspicions and the police have to act if they get complaints. Try to work within the law as much as possible. (see Sex Work & The Law)

If you're working away from your base prepare a little kit that you can easily carry in a sports bag and always keep it close by. Essentials are condoms, lube (water based) Towel or wet wipes,



change of underwear/clothes. Always carry your mobile (fully charged and with credit) in case of an emergency. Hotels are usually safer than other people's houses. Always tell a friend where you will be. If a client attacks you always report it to the police. Many guys have had problems when working away from home here are a few pointers:

- Try not to take food, drink or drugs if a client offers them to you
- Try not to get high before a session as you may not be in control of everything that is happening around you
- You need to state what you will and won't do with him clearly
- Trust your instincts and if you aren't comfortable don't hang around

IF YOU ARE ASSAULTED

- Call the police as soon as possible - call 999 and tell them you have been assaulted
- Seek medical help if you think you need it
- If you have been the victim of a physical or sexual assault, don't shower or try to clean your clothes before any police arrive, you may be destroying vital evidence which could convict your attacker
- Try to note on paper the details of your attacker (height, eye/hair colour, accent etc) and the sequence of events while it's still fresh in your mind
- Have any police officer you speak with provide you with his/her name, shoulder number and a crime reference number
- You can ask a friend to be with you



3 DRUGS & ALCOHOL

Many people from time to time use drugs to enhance sexual performance and some working guys may feel the need to use something extra to get them through a session.

If you do take drugs when you work here's a breakdown of a few negative side effects. Remember the police generally are more interested in illegal drug use than any sexual services being sold. For help and information on Drugs and Alcohol see the listings at the back of this resource.

ALCOHOL - Can give you a false picture of what's really happening. Under the influence of drink you may agree to do some things you may regret later, it might be hard to remember events afterwards.

AMPHETAMINES (Speed, Whizz, Billy) - You may feel very tense, paranoid, tired and depressed. Long-term use can lead to mental illness and put a strain on the heart.



CANNABIS (Weed, Grass, Smoke) - Can make you feel paranoid and upset. Loss of concentration could make you vulnerable. Can also affect your respiratory system and cause cancer.

COCAINE/CRACK (Charlie, Snow, Sniff, C, Rock) - Very addictive, expensive, can cause convulsions and heart problems.

ECSTASY (E, Pills) - Avoid mixing with other drugs or alcohol. Dehydration is a big problem and some people say it leads to brain damage and depression later in life.

HEROINE (Smack, Brown) - Very addictive. If injected risk of infections include Hepatitis B & C and HIV/AIDS.

LSD (Acid, Trips, Dots) - Having a bad trip can lead to severe mental health problems and be very scary.

MUSHROOMS (Magic Mushrooms, Shrooms) - Eating the wrong type of mushroom can make you very ill or even kill you.

POPPERS (Amyl Nitrate, Room Odorises, Boot Cleaners) - Can be deadly if swallowed. Irritate the skin and cause rashes. They can also damage the nose and lungs. They



increase sensation and decrease inhibition. They also make the muscles in your arse relax and although this is tempting they are more likely to burst tiny blood vessels. Never mix with Viagra. Heart problems and low blood pressure can be brought on with this combination.

KETAMINE (Special K, K) - Extremely dangerous when mixed with alcohol or GHB. K can be snorted, injected or taken in tablet form. High doses should be avoided. They aren't called horse tranquillisers for nothing.

GHB (G, Liquid Ecstasy) - Large doses can cause dizziness, vomiting, spasms and loss of consciousness.

ROHYPNOL - Probably the most common drug used to 'Spike' drinks. Causes memory loss and disorientation, which is why it is called 'the date rape drug'.

VIAGRA (V) - Can put a strain on the heart. Mixing Viagra with ecstasy can cause a painful erection that could damage your cock. Never mix with poppers.



4 SEX WORK & THE LAW

In **most** circumstances Sex Work isn't illegal, however there are ways of getting into trouble with the police if you're not careful.

The law around sexual offences has recently changed and prostitution laws are being reviewed. It is important to be up to date with what is and is not legal. It is NOT illegal to be a Sex Worker who works alone, in private, or to advertise your services on the internet.

Indoor work is harder to police than street work. Police involvement is more likely where there are under-age or illegal immigrant workers, drug dealing, money laundering, violence or exotic services (S&M, bondage etc). However it is important to remember that there are some situations where selling sex is still illegal

- It is an offence to have sex in public toilets
- **Soliciting** - It is illegal to 'loiter or solicit in a street or public place for the purposes of prostitution'. The police have to warn you three times before they can arrest you for this



- It is NOT illegal to work for an Escort Agency. The agency commits the offence of 'controlling prostitution for gain' (all corrections in MAGENTA by SW5, website: sw5.info)
- Once two or more people work in the same place, it's classed as a 'brothel'. It's NOT illegal to work in a brothel, but the owners and managers are liable to up to 7 years in jail
- It is illegal to pay a 16 or 17 year old for what would otherwise be legal sex, but it's not illegal for U18s to sell sex
- It is illegal to control someone else's sex work if they're U18 or if you gain from it (or you know someone else does). Gain alone is fine
- It is an offence for a landlord or occupier/tenant to let any part of his/her premises knowing that it may be used as a 'brothel'
- Forced oral or anal sex is illegal. This is classified as rape
- 'Assault by penetration' covers forced insertion of anything other than a penis (dildo etc)
- It is NOT illegal to advertise sexual services (except near public phones) provided adverts are not obscene, or to publish ads
- Group sex is no longer illegal
- Buggery (anal sex) is not illegal
- Gross indecency applied to male-on-male sexual acts no longer applies



POLICE RAIDS

Police will usually have a warrant to search your premises, but they can search without one in many situations, for example if you give your consent, or if they want to arrest someone or have the occupier in custody.

IF YOU ARE ARRESTED

- You have the right to know why you are being arrested and what the allegations against you are
- You have the right to remain silent
- You have the right to consult privately with a solicitor free of charge
- Always ask for a lawyer. There is no such thing as an off the record chat with a police officer
- You can be kept in custody for a maximum of 36 hours before being charged or released

SOCIAL SECURITY FRAUD

If you are claiming benefit at the same time as working, and have not declared it to the DSS, you may be guilty of fraud. If you have problems seek legal advice. Remember though that the police are there to help and protect you like anyone else and if you need them feel free to call them at any time.



5 THE SEX BIT

It's important to be informed as much as possible about your sexual health and the potential risks involved in different sexual practices. Nothing is completely safe but there are many things you can do to reduce the chance of getting and passing on serious infections and becoming ill (and putting you out of business for a while).

SEXUALLY TRANSMITTED INFECTIONS

If anything seems out of the ordinary with your skin or private parts you should go to see your doctor or visit a sexual health clinic as soon as possible. Even if you have no symptoms sexually active guys should go for a sexual health M.O.T at least every six months. Make sure you go for regular check ups and get to know where your local clinic is (details at the back).

You do not have to tell the doctor or nurse,

- Your Name
- Any personal details
- Who you have slept with

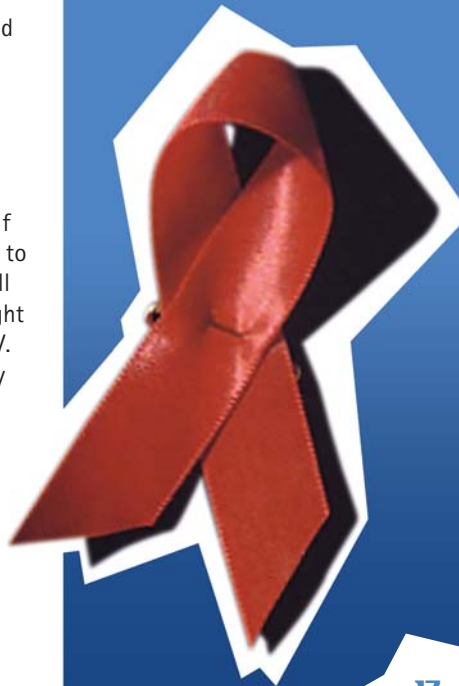
However it is useful for them to know so they can stop the infection being passed on to others, they are not there to



judge you. Some infections like Hepatitis B can be prevented by being immunised against it. Others like syphilis and gonorrhoea need to be tested for and then treated. There are special sexual health clinics for male sex workers and gay & bisexual men. See listings for telephone numbers.

HIV/AIDS

HIV is still infecting a large number of people every year. If you think you have been at risk of catching HIV, it is wise to get tested regularly. Many people have become seriously ill from opportunistic infections and illnesses they have caught as a result of their immune system being destroyed by HIV. Often these illnesses are irreversible, if HIV is treated early enough it need not have a serious affect on your health. You may however have to think about the effects medication will have on your lifestyle if you decide on treatment. Talk to your doctor or someone at the Sexual Health Clinic. There are also many specialists in our area who can advise you on what to do if you are worried about HIV see the directory at the back.



BLOWJOBS

The risk of HIV is small, however many Sexually Transmitted Infections are very easy to catch and pass on when giving or receiving oral sex. Condoms are the best barrier here. Avoid getting cum in your mouth but if you do either spit it out or swallow it immediately.

FUCKING

If a client doesn't want to wear a condom you should inform him of the risks and that you are not willing to take them. Always try to be in control of what your punter is doing. If you are doing the fucking put the condom on yourself and inspect his arse for any cuts or sores. Try to avoid getting any body fluids at all on your hands or near your mouth. Always try to take a piss after fucking to maximise the chance of clearing out any infection that may have been passed on.

BAREBACKING (fucking without a condom)

Is a high-risk activity for HIV and STI's. There are things you can do to reduce risks but none as reliable as using a condom. Always pull out before cumming.



Use plenty of lube. Drink lots of water and go to the loo often to flush out infections in your urethra (the tubes inside your cock that carry spunk and piss). Constantly check for signs of discharge, warts, sores or other signs of infection. If you regularly have unprotected sex with different guys it is only a matter of time before you catch something.

RIMMING/ARSE PLAY

Even on the cleanest arse there is a high risk of infections like Hepatitis A and B. This is something you should get vaccinated against every 5 years. Details in the listings section. You can use a dental dam or cut open a condom to act as a barrier between the tongue and the arse to prevent infection. If fingering or fist fucking use surgical gloves or condoms. If using toys never share them and use a different condom everytime you use them.

Other problems with your bum could be the cause of poor diet. Spicy foods, junk foods, caffeine and alcohol can irritate the digestive system. Try to eat more fruit



Eating Disorders

EDA Helpline 0845 634 1414
Youth helpline 0845 634 7650

General Health

NHS Direct 0845 4647

Health Clubs

Bannatynes 0161 236 6864
Manchester Aquatics Centre
0161 275 9450
Virgin Active 0845 130 2888
Living Well 0161 832 3227

Hairdressers

Funky Crop Shop 0161 237 1032
Tyler Frazer 0161 236 5554

Hate Crime/Homophobic Crime

Action on Hate Crime 0161 236 7600
Community Police 0161 856 3229

Hepatitis B

Free clinics available from the LGF
0161 235 8035

HIV/AIDS Help

Black HIV and AIDS Helpline
0161 226 9145
Body Positive North West
0161 873 8100
George House Trust 0161 839 4340
Terence Higgins Trust helpline
0207 242 1010

Homelessness

Albert Kennedy Trust (for young,
vulnerable gay and bisexual people)
0161 228 3308
Lifeshare (also condoms and needle
exchange) 0161 953 4069
Safe in the city (young people)
0161 275 9083
Men's Direct Access (24hours)
0161 273 7306 Emergency
accommodation (2 forms of ID
needed and printed National
Insurance number)

Male Grooming

Recapture 0161 236 39666

Mental Health Helplines

MIND 0161 953 4234
SANE (2-12pm) 0345 678000
Samaritans 0345 909090 (24hrs)

Police

Greater Manchester Police
0161 872 5050

Rape and Sexual Assault

Manchester Rape Crisis
0161 273 4500
St Mary's Centre (and Domestic
Violence) 0161 276 6515

Sexual Health Clinics

The Hospitals have specialist sexual
health clinics or G.U.M clinics.
Manchester Royal Infirmary
0161 276 5212/5200
Jarman Clinic 0161 611 4939
North Manchester General Hospital
0161 720 2681
Trafford General Hospital
0161 746 2621

Stepping Hill Hospital (Stockport)

0161 419 5371/5370
Hope Hospital (Salford)
0161 787 4464

Bury General Hospital
0161 778 2800

Royal Bolton Hospital
01204 39077/2

Royal Oldham Hospital
0161 627 8398

Baille Street Health Centre
(Rochdale) 01706 517655

Tameside General Hospital
0161 339 2222

The Clinic, Full STI/HIV Screening for
LGB's every Thursday 7pm-10pm
at the LGF 0161 235 8035

Venus and Mars Clinic
For Male Sex Workers every Monday
7.30pm-10.30pm at MRI
0161 276 5212/5200

Solicitors (Gay Friendly)

Glaisyers Solicitors
0161 832 4666 / 832 7046

Otten Penna & Co 0161 224 4602
Gorvins (Stockport) 0161 930 5151

Smoking

Manchester Smoking Cessation
Service 0161 205 5998

Sports Groups (Gay)

Northern Wave Swimming Club
0161 872 1990

Five Sails Water Polo
07789 27 6715

Basketball Group 07789 276 715
Football (Village F.C.)

0161 225 2946
Rugby (Village Spartans)
07931 335775

Taxis (Gay Friendly)

Village Cars 0161 237 3383
Rainbow Taxis 0161 236 0909
Radio Cars 0161 236 8033
Street Cars 0161 228 7878
Yellow Cars 0161 228 3355

Young People's Services

Albert Kennedy Trust
0161 228 3308/9
Peer Support Project
0161 274 4664
42nd Street (14-25) 0161 832 0170
City Centre Project (16-25)
0161 228 7654
Lesbian & Gay Youth Manchester
0161 274 4664
No Attitude (Trafford) 0161 912 2453
Queer Youth Manchester
07902 031086
Lifeshare - Male Sex Workers
Outreach Project 0161 953 4069

For these and any other enquiries
please call the Lesbian and Gay
Foundation Helpline 6-10pm every
night of the week 0161 235 8000

If you would like to comment on
this resource please contact
0161 235 8035 or
e-mail info@lgf.org.uk