



LUST FOR RIGHTS

Sexual health and rights in Sweden
for gay and bisexual men

RFSL

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Design and layout: Pushing Buttons Kommunikation AB

Cover photo: Mizuno Kozuki, Pexels.

ISBN: 978-91-519-5749-4

Hi!

This brochure is for you, a man who has sex with men, regardless of what words you use to describe your sexuality or gender identity. We want you to be aware of your rights regarding sexual health in Sweden. We also want to give you the tools you need to take care of yourself and your sexual health. At the end of this brochure, you'll find a glossary of some of the terms used.

RFSL is the Swedish federation for lesbian, gay, bisexual, transgender, queer and intersex rights. Since 1950, RFSL has worked toward a world where human rights are respected and no one is left behind. RFSL is not a government agency, it is a member-based organization. RFSL works to strengthen the rights of LGBTQI people and reduce their vulnerability, both in Sweden and internationally.

RFSL has local branches across the country. Asylum seekers and undocumented migrants who become members only pay 10 SEK. If you are under 30 years old, you can become a member of Queer Youth, our youth organization. Membership in RFSL and Queer Youth is free for anyone under 25 years old. Become a member and learn more about RFSL at: rfsf.se/blimedlem

RFSL Newcomers is a network for you who are an asylum seeker, undocumented, or new to Sweden. Several RFSL branches have Newcomers groups that meet regularly.

Photo: Kool Shooters, Pexels.



RFSL can offer you:

- » A chance to meet other LGBTQI people and take part in social activities.
- » Legal advice from an asylum lawyer: www.rfsl.se/verksamhet/asyl-och-migration/raadgivning/
- » Free and anonymous rapid testing for HIV and syphilis. RFSL offers testing at various locations in the country. Learn more here: www.rfsl.se/rfsltestning
- » At several RFSL branches, you can get free condoms and lubricants. You can also order condoms and lubricants for free from Sexperterna (the Sexperts): www.sexperterna.org
- » RFSL Support Service is for you who have experienced harassment, threats, conversion attempts, sexual or honor-based violence. Sometimes this means that you've been the victim of a crime, but not always. If you want to talk to a counselor, you can [email stod@rfsl.se](mailto:email.stod@rfsl.se) or call [020-341 316](tel:020-341316). It's free and you can remain anonymous.
- » Want to know more about the support that RFSL and Queer Youth offer?
Visit: www.rfsl.se/stod

Unfortunately, RFSL cannot help you with:

- » Food, housing, health care or financial support

There are organizations that may assist you with these and other needs. You can contact Doctors of the World (Läkare i världen), No One is Illegal (Ingen människa är illegal), The Church of Sweden (Svenska kyrkan), or The Red Cross (Röda korset).

This guide was written in 2025, and some procedures and laws may be subject to change. We aim to update it as needed. The information on our website is updated regularly. www.rfsl.se

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EMERGENCY CARE

If you are seriously injured or have a medical emergency and need urgent care, call **112** for help. If it is not an emergency, contact your health center (“vårdcentral”).

Right to Healthcare

Everyone in Sweden has the right to emergency healthcare and certain care that cannot wait—meaning care where there is a risk of serious or life threatening harm or illness if you do not receive treatment quickly.

There are rules about who pays the full cost of healthcare and who may pay a reduced fee. Some healthcare services are only available to people who are registered residents in Sweden. This chapter aims to clarify which healthcare services you are entitled to as an asylum seeker or undocumented person. In some cases, healthcare staff will determine what care you can receive,

based on their interpretation of what qualifies as “care that cannot wait.”

As an asylum seeker or undocumented person, you have the right to:

- » Emergency medical care, for example if you are seriously injured or ill and need immediate healthcare.
- » Emergency dental care
- » Care that prevents serious physical harm, illness, or the need for complicated treatments

Healthcare Information

You can read about symptoms and illnesses and find information about your nearest health clinics and hospital at www.1177.se.

At the bottom of the page, you can select your preferred language. You can also call 1177 for healthcare advice and to find out where to seek care. Calling 1177 is free of charge, and you can ask for an interpreter if you need one.

Youth Clinics

Youth clinics are available for people aged 13 to around 20–25. There you can get free condoms, prescriptions for birth control, testing and treatment for STIs, or talk to someone about your sexual health, gender identity or sexual orientation. Find your nearest clinic at www.umo.se. Visits to youth clinics are free of charge.

- » Treatment for certain sexually transmitted infections (STIs), HIV, and hepatitis
- » Certain medications
- » Care during pregnancy and childbirth, and care related to birth control or abortion
- » Assistive devices for disabilities (such as wheelchairs, crutches, or other aids)
- » Medical transportation for people with disabilities (travel to and from healthcare facilities)

Children (under 18 years old) who are asylum seekers or undocumented are entitled to the same healthcare and dental care as all other children in Sweden. In some cases, long treatments may be denied if the child risks having to leave the country and would be negatively affected by not being able to complete the treatment. Healthcare for children is free of charge.

Right to an Interpreter

When you contact healthcare services, you always have the right to an interpreter if you need one. This service is free of charge. For planned visits, request an interpreter as soon as possible before the time of your visit.

Confidentiality in Healthcare

Everyone working in healthcare is bound by confidentiality. This

also applies to interpreters. That means they are not allowed to share information about your health or anything you've talked about with anyone else. What you say during a healthcare visit will not affect your asylum process. This applies to all healthcare staff, even if it is someone you know personally. When you seek care, healthcare staff will write a medical record. This record is confidential, meaning only the staff involved in your care are allowed to open and read it—no one else.

Asylum Seekers

When you apply for asylum in Sweden, or if you are a refugee from Ukraine, you are offered a health screening. You will receive a letter with the time and location for the screening. The health screening is free of charge and voluntary to attend.

During the screening, you will be asked questions about your health, and a doctor may examine your body. The purpose is to see what kind of healthcare you may need in Sweden. You will be offered testing for HIV and hepatitis B. You have the right to decline parts of, or the entire examination. This will not affect your chances of being allowed to stay in Sweden. You cannot be deported simply because you are living with HIV or any other illness. At the screening, you will receive an individual number (a temporary identifica-

tion number, called reservnummer). Bring this number with you whenever you seek healthcare. It helps healthcare staff keep medical records and track the care you receive. When you apply for asylum, you will receive an LMA card. Bring this card with you when you seek healthcare, it ensures you pay lower fees:

- » A visit to a health center or public dental clinic costs 50 SEK.
- » A visit to a nurse or counselor at a health center costs 25 SEK.
- » Most medications cost no more than 50 SEK.

If you have paid more than 400 SEK for healthcare and medication within a six-month period, the Swedish Migration Agency may help pay the amount above 400 SEK. Keep all receipts for all care and medication if you wish to apply for cost relief.

Undocumented Individuals

If you are undocumented, you need to say so when seeking healthcare in order not to be charged full price. A visit to a health center costs 50 SEK. Other types of care, including emergency care, can cost more, and the rules differ between regions. If you want to know what applies in your region, call 1177. As an undocumented person, you also have the right to an initial health screening. Unlike asylum seekers, you will not

receive a letter. You must contact your nearest health center and ask for a health screening yourself. The first time you seek healthcare, you will receive a temporary ID number (reservnummer) so that healthcare staff can start your medical records. Ask them to write down the number for you so you can keep it. This ensures safe care, as staff can access information about your previous treatments and care.

Duty to Report Undocumented Immigrants / "Informant Law" (Angiverilagen)

The "Informant Law" is sometimes called an information obligation. This law requires certain authorities to report if they suspect someone is undocumented. Healthcare services are not included in this law, and healthcare workers are not allowed to report someone for being undocumented. This means that you can feel safe seeking healthcare without the risk of being reported or deported.

The authorities required to report undocumented people are the Swedish Tax Agency (Skatteverket), the Enforcement Authority (Kronofogden), the Public Employment Service (Arbetsförmedlingen), the Social Insurance Agency (Försäkringskassan), the Prison and Probation Service (Kriminalvården) and the Pensions Agency (Pensionsmyndigheten)



Sexual Rights in Sweden

Being who you are and expressing yourself freely is important for your well-being. In Sweden, it is legal to have sex with, be in a relationship with, live with, and marry someone of the same gender. You have the right to be open with your relationship and not be discriminated against if you and your partner hold hands or kiss in public.

Many people come to Sweden for the opportunity to live openly without persecution, threats, hate, or harassment.

In some cultures, sexuality is rarely discussed, and the language might

lack terms for people who fall in love with or have sex with someone of the same gender. This can make the asylum process difficult, as you need to explain why you left your country and now seek asylum. Coming from a culture that does not accept homosexuality may also make it hard to live openly. It can be overwhelming to arrive in a country that is very different from what you're used to. Give yourself time to settle and adjust to life in Sweden.

Sexual health is important. It's good to know what healthcare you're entitled to and how to protect yourself and others from HIV and STIs (sexually transmitted infections).

What is sexual health?

“a state of physical, emotional, mental, and social well-being in relation to sexuality.”

– WHO (World Health Organization)

Sexual health is not only about the absence of disease, but also about having a positive and respectful view of sexuality and sexual relationships, and having the possibility of experiencing safer and pleasurable sex without coercion, discrimination, or violence.

Consent

In Sweden, there is a law that says everyone must give consent in a sexual situation. Consent means saying yes to sex. You can say it with words or show it with your body. Not consenting can be shown by saying no, turning away, or pushing someone away. Having sex with someone who has not given consent is illegal. This means you must always be sure that the people you have sex with agree to it. Even if you have said yes, you can always change your mind at any time. It is also illegal for an adult to have sex with someone under 15 years old.

Anyone, regardless of gender or sexual orientation, can be a victim of sexual violence.

Sexual violence includes:

- » Someone touching you when you don't want it
- » Pressuring or nagging you into sex
- » Refusing to use a condom

Rape is when someone has sex with you against your will. This is also considered sexual violence. Having sex with someone who is very drunk, under the influence of drugs, or unconscious is also considered rape. You do not need to have been hit or physically restrained for it to count as rape.

If you felt forced to do something sexual that you did not want to do, that is enough. Rape and sexual violence are crimes.

If you have been a victim of sexual violence or rape, you can call the police and go to the emergency room at a hospital. At the hospital, you can get medical help, mental support or leave evidence if there is any on your body. Evidence can include visible injuries, bruises, hair, skin, or semen from the person who did the assault. The evidence is preserved. You will be offered testing for sexually transmitted infections (STIs) and HIV. Sometimes a follow-up appointment is scheduled for further testing. Healthcare staff can help you contact the police. Even if you do not want to speak to the police then and there, it is still good to undergo the examination in case you change your mind later.

The Communicable Diseases Act (Smittskyddslagen)

This law gives you the right to free testing and treatment for HIV and certain STIs (chlamydia, gonorrhea, syphilis, mpox, and hepatitis). If you have an STI or live with HIV you will have to tell the healthcare staff who you've had sex with lately so that they can be offered testing and treatment. The people you have had sex with will not be told



Photo: Mizuno Kozuki, Pexels.



Photo: Polina Tanklevitch, Pexels.

it was you who named them – you remain anonymous. If you have an STI, you must follow certain rules to reduce the risk of transmitting it to others. These rules will be explained by healthcare staff. For example, you may be advised not to have sex until your treatment is completed.

STIs

You cannot see if someone has an STI. Often there are no symptoms, and many people do not know they have an STI. You cannot get an STI or HIV through hugging, insect bites, using a toilet, swimming in a pool, or sharing glasses or cutlery.

STIs can be transmitted through various forms of sex, including anal and oral sex involving the penis. Some STIs remain where the infection entered the body – in the anus, penis/vagina, or throat. Tell the healthcare staff what kind of sex you've had so they can test in the correct areas and not miss anything.

Chlamydia and Gonorrhea

Chlamydia and gonorrhea are the most common STIs in Sweden. Gonorrhea is especially common among men who have sex with men.

If you've had unprotected sex and notice any of these symptoms, it's good to get tested:

- » A burning or stinging sensation when peeing
- » Discharge (fluid) from the penis or vagina
- » Sore throat (after oral sex)
- » Anal itching, discharge, or bloody stool
- » Red, itchy eyes (if semen got in the eyes)

Not everyone experiences symptoms, so it's a good idea to get tested regularly. Testing is done with a urine sample and/or swabs from the anus, genitals, or throat. Both infections are treated with antibiotics. If left untreated, genital chlamydia or gonorrhea can make it difficult to become pregnant or cause someone else to become pregnant.

Hepatitis

Hepatitis B and C can be transmitted through condomless sex. hepatitis A is mainly transmitted through food or drinks but can also be spread through sex including licking in or around the anus (rimming). A hepatitis infection can often heal by itself, but sometimes it becomes serious and needs hospital treatment. hepatitis is diagnosed through a blood test.

Men who have sex with men are recommended to get vaccinated against hepatitis B. If you want the vaccine, talk to the staff at your STI clinic. Ask whether the vaccine is free of charge or if you need to pay.

Syphilis

Syphilis is a less common STI, but is found mainly among men who have sex with men. It is easily transmitted during the first few years of infection if no condom is used.

Syphilis is diagnosed through a blood test and treated with antibiotics. In serious cases (if left untreated for a long time), hospital care may be required. Some people get sores where the bacteria entered the body (mouth, anus, vagina, or penis). Others may experience fever, fatigue, or hair loss.

Herpes

Herpes often appears as blisters. It is common and usually not dangerous, but the blisters can be painful. The virus can be passed through oral, anal, and vaginal sex, as well as kissing or non-sexual skin contact. The risk of getting herpes is higher when there are visible blisters or open sores. There is no guaranteed way to fully protect against herpes and most people will get herpes at some point in their lives.

Once you have herpes, it stays in your body. You might only have one outbreak, or you may get blisters multiple times. If outbreaks occur frequently, medication can help relieve symptoms.



Photo: Ketut Subiyanto, Pexels.

HPV (Human Papillomavirus)

HPV is a common virus that is easily transmitted through sex. It usually causes no symptoms, and most people will get HPV at some point. It usually clears on its own, but you can get it more than once. Some types of HPV cause warts on the penis or around/in the anus. If the warts bother you, they can be treated.

Certain HPV types can lead to cancer in the throat, penis, anus, and cervix. Men who have sex with men, trans people and people living with HIV are at higher risk of these types of cancer. Therefore, HPV vaccination is recommended for these groups up to age 45. Depending on where you live and how old you are, the vaccine is free of charge, otherwise you'll have to pay for it yourself. If you want a vaccine, you can talk to the healthcare staff where you get tested for STIs. If you are legally male but have a uterus, you need to contact healthcare services yourself to schedule a cervical cancer screening.

Mpox (formerly Monkeypox)

Mpox is a virus mainly spread through skin-to-skin contact and sex – especially if the person has blisters. Symptoms include a rash with blisters and sores on the penis, anus, face, around the mouth, or other parts of the body. Other symptoms include fever, headache, muscle pain, and swollen lymph nodes. The time from infection until you experience symptoms is usually 1-2 weeks.

Men who have sex with men are recommended to get vaccinated against mpox. If you haven't been vaccinated, talk to your STI clinic. Four weeks after your first dose, a second dose is recommended. The vaccine doesn't offer full protection against mpox, but in case of an infection you'll experience milder symptoms.

- » Pay attention to symptoms even if you are vaccinated.
- » If you have symptoms, contact 1177 or your regular STI clinic.
- » Avoid sex until you've been tested and have received the test results.
- » Avoid close contact with people who have the virus.

HIV

HIV is a virus that attacks the immune system. Most people living with HIV today receive treatment and can live long and healthy lives. HIV often has no symptoms, but some people experience a primary infection 2–4 weeks after contracting the virus. Symptoms include high fever, rash, swollen lymph nodes and sore throat. HIV is tested through a blood sample, either from a finger prick or a vein in your arm.

HIV is not the same as AIDS. Untreated HIV can eventually lead to AIDS after many years. AIDS includes illnesses that occur when the immune system is very weak. Without treatment, these illnesses can be life-threatening. If someone with AIDS receives treatment, the immune system recovers, and they can live with HIV without AIDS.

Living with HIV

Your HIV status does not affect your asylum application. In Sweden, everyone living with HIV is entitled to free medical care and treatment, including doctor visits, tests, and medications, regardless of your legal status. The risk of transmitting HIV to others depends on the amount of virus in your body and whether you are on medication. The risk is highest shortly after getting HIV, when the viral levels are very high.

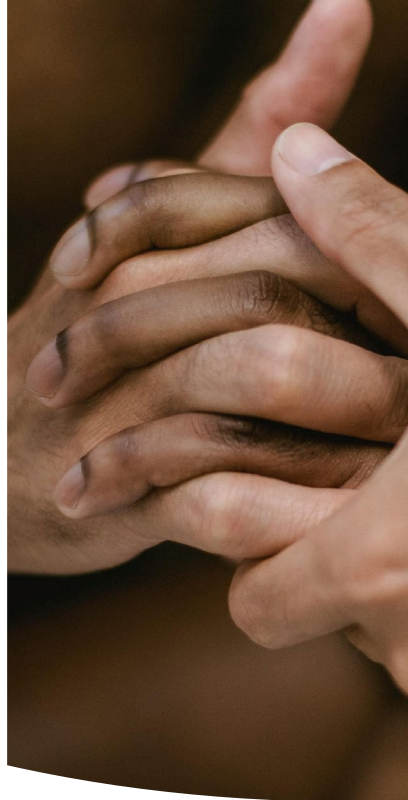


Photo: Ketut Subiyanto, Pexels.

Connecting with others who are also living with HIV can be valuable. In Sweden, organizations such as Noaks Ark (noaksark.org) and Posithiva Gruppen (posithivagruppen.se) offer meeting places and events for individuals living with HIV, including people with migrant experiences.

HIV is not transmitted:

- If you or your partner have treated HIV
- If you or your partner are on PrEP
- Through kissing, hugging, touching, or body rubbing
- During anal and vaginal sex with a condom
- If you receive a blow job

HIV can be transmitted:

- During anal and vaginal sex without a condom
- If you give someone a blow job (although the risk is very low)
- By sharing needles for drug or hormone injections
- During pregnancy, childbirth, and breastfeeding

By taking medication as prescribed, your viral levels will go down within a few months.

When the virus is undetectable, you cannot transmit HIV to others, no matter what type of sex you have and even if condoms aren't being used. According to the Communicable Diseases Act, individuals living with HIV are required to inform their partners of their HIV status before having sex. However, if you are on treatment and your virus level is undetectable, your doctor can take away this requirement.

Safer Sex

Having consensual and enjoyable sex increases the chance of having safer sex, and thereby reduces the risk of transmitting HIV or STIs. By practicing safer sex and getting tested regularly, you are taking care of your own and others' sexual health. If you are sexually active, it's recommended to get tested every 6 to 12 months, or if you experience symptoms.

Condoms and Lubricants

- » Condoms are effective in protecting against HIV and STIs. Using condoms during oral, anal, and vaginal sex is to have safer sex.
- » Lubricants reduce friction, making sex more comfortable and decreasing the risk of wounds and injuries, especially during anal sex.
- » Using condoms with lubricants lowers the risk of the condom breaking. Avoid using oils, other types of fats, or soaps with condoms, as they can cause the condom to break; instead, use water-based or silicone-based lubricants.

- » Practice putting on a condom at home and masturbate with it to get used to the feeling of having sex with a condom.
- » Have condoms and lubricants nearby where you usually have sex

Condoms come in different shapes and forms, and what condom feels best depends on your penis and your personal preferences. There are condoms for longer, shorter, thicker or thinner penises. Try different condoms to find out which ones you prefer. If you are allergic to latex, non-latex condoms are available.

PrEP (Pre-exposure Prophylaxis)

PrEP is medication that an HIV-negative person can take to avoid getting HIV. If you find that condoms don't always work for you, PrEP can be an alternative. The Public Health Agency of Sweden recommends offering PrEP to individuals with a higher risk of getting HIV, for example sexually active gay and bisexual men.

Access to PrEP in Sweden may vary depending on your legal status. If you're an asylum seeker or undocumented individual, getting PrEP can be difficult due to health care staff's interpretation of the law regarding "care that cannot wait". However, some people have successfully accessed PrEP. If you are struggling to get PrEP, you can share your experiences by emailing prep@rfsf.se.

To find out where PrEP is available in your region, visit www.rfsf.se/rep. There may be a waiting time before you can consult with a doctor about PrEP.

- » **You need to be HIV-negative to start PrEP.**
- » **The protection is high, but not 100%.**
- » **If you don't take the medication as prescribed, the protection is lower.**
- » **PrEP protects only against HIV, not STIs.**
- » **Regular medical check-ups are necessary to test for HIV, STIs, and to ensure your body tolerates the medication.**



Photo: Slaytina, Pexels.



If your life or
someone else's life is
in danger – always call

112!

112. If you are afraid you might seriously harm yourself or others, call 112 or go to a psychiatric emergency clinic.

If you sometimes struggle with your mental health, it's a good idea to have the number to the psychiatric emergency clinic or 112 written on a note that you keep somewhere accessible or saved in your phone, so you can call if needed.

Mental Health

Your mental well-being can affect your sexual health. Experiencing violence, threats, or hate, or living under intense stress while leaving your country and your family, can impact your mental health. Some people find it helpful to talk to a counselor or psychologist about what they have gone through. Some RFSL branches offer counseling support, or can help you find someone to talk to. If you want to speak to someone through the healthcare system, you should contact your health center. They usually have in-house counselors or can help you find the right care.

Depression

Feeling sad or down sometimes is part of life, especially after difficult experiences such as a breakup, problems at work, or conflicts in relationships. Being an asylum seeker or undocumented can come with added stress, such as having to share a room with strangers in an asylum center or feeling hunted, controlled, or monitored. Usually, the sadness passes after a short while, but sometimes it becomes a vicious cycle. You might start avoiding others, overthinking, and lose interest in things that usually bring joy or meaning to your life.

Common signs of depression include feeling sad for a long time, low energy, low sex drive, problems sleeping, and hopelessness. Some people have trouble concentrating, feel worthless, or frequently think about death. For LGBTQI people, the constant need to adapt, hide parts of yourself, or always being on guard can be especially stressful and contribute to developing depression.

PTSD (Post-Traumatic Stress Disorder)

It is common to be affected mentally after going through traumatic or scary events like threats, violence, abuse, or accidents. For some people, the feelings pass, but if the symptoms stay with you and start to affect your daily life, it could be PTSD. You can relive memories of the event as flashbacks or nightmares. Many people avoid situations that remind them of what happened and may feel tense, anxious, irritable, or down. Concentration, sleep, and control of one's feelings can be affected. PTSD can develop after a single traumatic event or after prolonged distress such as war, fleeing, bullying, or domestic abuse. It's important to know that help is available. Contact your health clinic or 1177 to find out where to get help.

Honor-Related Violence and Oppression

Honor can be something that must be protected for a family or group to maintain a good reputation. Sometimes, this concept of honor leads to LGBTQI people being subjected to violence or

abuse. It can come in different shapes, from verbal abuse to the risk of deadly violence. When the violence is honor-related, it often involves multiple people acting together.



Experiencing honor-related oppression can mean:

- » Being supervised or controlled
- » Not being allowed to have relationships or sex with whomever you want
- » Being punished, for example, with restrictions on leaving the home
- » Being forced into marriage against your will
- » Being exposed to conversion attempts by psychologists, doctors, or religious leaders (in efforts to change your sexual orientation or gender identity/expression)
- » Being excluded from your family or community
- » Being forced to live a double life
- » Being subjected to physical violence

Selling Sex

It is legal to sell sex in Sweden, but it is illegal to pay for sexual services. It is also illegal to help others sell sex. If someone sells sex from their home, they can lose their housing. Even though sex work is legal, it can by some authorities be considered a “dishonest means of support” and can lead to deportation from Sweden.

Being Forced to Sell Sex

It is illegal to force someone to have sex with others. It is also illegal to help someone come to Sweden and then force them to have sex with others.

If you are being forced to have sex with others, you can contact the police, a MIKA clinic, or social services for help and support. However, if you are undocumented, contacting an authority might result in deportation. In that case, you can instead reach out to a non-profit organization such as:

- » No One is Illegal (Ingen människa är illegal)
- » Doctors Without Borders (Läkare utan gränser)
- » RFSL Support Services (RFSL Stödmottagning)

If you have experience of sex work and want support:

- » Visit sexwork.sexperterna.org for health information for sex workers.
- » RFSL Stockholm has a counseling center for people over 18 who have experience of or are considering selling sex.
- » MIKA Clinics are counseling centers for people who do sex work or have been victims of trafficking. MIKA clinics exist in various cities across Sweden. You can contact MIKA to discuss your situation and get support. Some clinics also offer HIV and STI testing and medical advice.
- » Red Umbrella Sweden (RUS) is an organization by and for people with experience of selling sex.

Final Words

We hope this brochure has been helpful and that you feel empowered by knowing your rights in Sweden regarding your sexual, physical, and mental health.

It is a human right to define your own sexuality. For some, it may take time to discover and feel comfortable living openly as who

they are. The journey can be overwhelming, especially in a world full of uncertainty. Never forget that help and support is available. RFSL is here for you and is happy to help you find the support you need on your path to becoming who you are or want to be. **You are worth it.**

Links

RFSL and RFSL Youth's services:

- » www.rfsl.se
- » www.rfslungdom.se
- » www.sexperterna.org
- » www.rfsl.se/medlem/asyl/
- » www.rfsl.se/verksamhet/stod/

Other organizations:

- » www.lakareivarlden.se
- » www.posithivagruppern.se
- » www.noaksark.org
- » www.rainbowrefugees.se

Glossary

Anal sex – Can mean different things, but in this brochure, it refers to sex with a penis in the anus.

Bisexual – A person who falls in love with and/or is attracted to people regardless of gender, or to more than one gender.

Blister – A blister is like a small “balloon” of fluid on the skin. Herpes can cause blisters.

Consent (to sex) – Saying yes to sex. You can give consent by saying it or showing it with your body.

Homosexual – A person who falls in love with and/or is attracted to someone of the same gender.

Intersex – Intersex means that one’s body from birth doesn’t follow the usual expectations. Sex chromosomes, testes, ovaries, or genital development differ from the norm. Someone with an intersex variation may identify as an intersex person.

Oral sex – Sex with the mouth and penis or mouth and vagina, involving licking or sucking.

Prescription – If you see a doctor and need medication, you’ll receive a prescription, which is required to collect the medicine at a pharmacy.

Queer – Means breaking norms around gender, sexuality, and/or relationships. This can include being trans, having a non-mogamous relationship, or having children with a friend instead of a romantic partner. It can also mean not wanting to define one’s gender or sexual orientation.

STIs (Sexually Transmitted Infections) – Infections that can be transmitted through sex. Chlamydia, gonorrhea, syphilis, HPV, and herpes are examples of STIs.

Swab – A swab (cotton stick) is used to test for STIs. It’s used to wipe the area where you had sex, typically the throat, anus, vagina, or urethra.

Trans – Trans is when a person’s gender identity and/or gender expression doesn’t match the legal gender assigned at birth. Some people experience distress because of this – a feeling known as gender dysphoria. Some need gender-affirming care to feel like themselves, often involving hormone treatment or surgery.

Vaccination – Vaccination means getting an injection (usually in the arm) so that the body can build protection against a specific disease. This can include vaccines for hepatitis B, mpox, or COVID.

Vaginal sex – Can mean different things, but in this brochure, it refers to sex with a penis in the vagina.

**This brochure is for you,
a man who has sex with men.**

Learn more about:

- » Sexual health and rights in Sweden
- » The right to healthcare and how to access it
- » HIV and sexually transmitted infections
- » Testing
- » Condoms and PrEP

RFSL