


ONE MAN'S IDEA OF SEXY



(Meet Luke...)

Originally from Queensland, Luke is a 36-year-old, gay man living in Sydney. A self-confessed 'gay-male slut,' Luke is outspoken and sassy but has a sweet and vulnerable side.

Asking Luke what his idea of sexy was, he said, 'Sexy is someone who is unapologetically themselves. He said, 'Sexy is, feeling wanted and to be lusted after, when someone wants your body.'

When asked to describe his ideal type of guy, Luke says, 'the Clark Kent-type - glasses and intelligence.' He thinks intellect is sexy. But he isn't opposed to the jock type either. He tells me he prefers guys with a bit of brains, and he says jokingly, 'Who wants to hook up with a dude who needs to take his clothes off to count to twenty-one?' (Meaning a guy needs to use his ten fingers, ten toes and willy to count to twenty-one).

Luke likes taking drugs. He said throughout his life he has struggled with self-esteem issues and has experienced bulimia, and one of the ways he got into drugs - was a desire to look good and lose weight. Luke explained light-heartedly that during Mardi Gras one year he, 'lived on meth and enthusiasm.' Luke said he used drugs as a weight loss tool and although he looked amazing, he knew it wasn't sustainable plus he said during this time he was an absolute bitch & was constantly hungry.

Luke says despite his struggles with bouts of bulimia, his relationship with food these days is much healthier.

Luke talks about PnP (party and play- otherwise known as chemsex). He says, 'For many gay men, sex and drugs go hand in hand; and PnP is basically using drugs to enhance sexual activities - to the extreme.'

Luke explains, 'as a gay man who combines illicit drugs with sex, PnP is a way of getting to know yourself, your boundaries, and a good way to know where you're at sexually. For many gay men, PnP is kind of like a handshake.' He says...

'PnP enhances EVERYTHING. For a man, having a shot of gear and indulging in GHB results in a rush of hormones and an instant boner.'



PnP is part of every sexual experience Luke has. He finds sober sex and that kind of intimacy confronting and A LOT of pressure. He laughs and says without PnP, 'it's all over way too quickly and then you're just left having to change the sheets.'

Luke is also HIV positive. His viral load is low to non-existent due to the ARTs (antiretroviral therapy) he takes. Luke talks about having HIV and how it has affected his sex life. He says, despite his HIV viral levels being undetectable, he has deep reservations when it comes to sleeping with men who are not HIV positive and has made a conscious choice to only have sex with other men who are also positive.

He doesn't completely rule out guys who aren't positive, but he finds it too much of a burden - he said he doesn't want the responsibility on his conscience of infecting someone accidentally. When meeting potential partners, it is a question that he asks - He classes this as 'finding and knowing his tribe.'

He says he feels a bit jealous of those who find intimacy easy and can hook up without PnP. But he also knows this sort of thing in life can take time - and he admits there are different levels of intimacy- 'PnP can make you feel very close to someone - being present when someone shoots up is incredibly intimate.'

Luke explains, PnP lowers inhibitions and allows him to enjoy the foibles of being a young, gay man. He said, 'It makes connecting with someone so much easier, when you speak to someone who indulges like you do- it just makes things easier because you're on the same level.'

Luke tells me he is well aware that PnP is a false sense of intimacy but says there is a, 'Feeling of implicit trust between you and the other people you are doing it with. PnP takes away inhibitions, barriers and shame, bringing you closer to someone and making you feel part of something.'