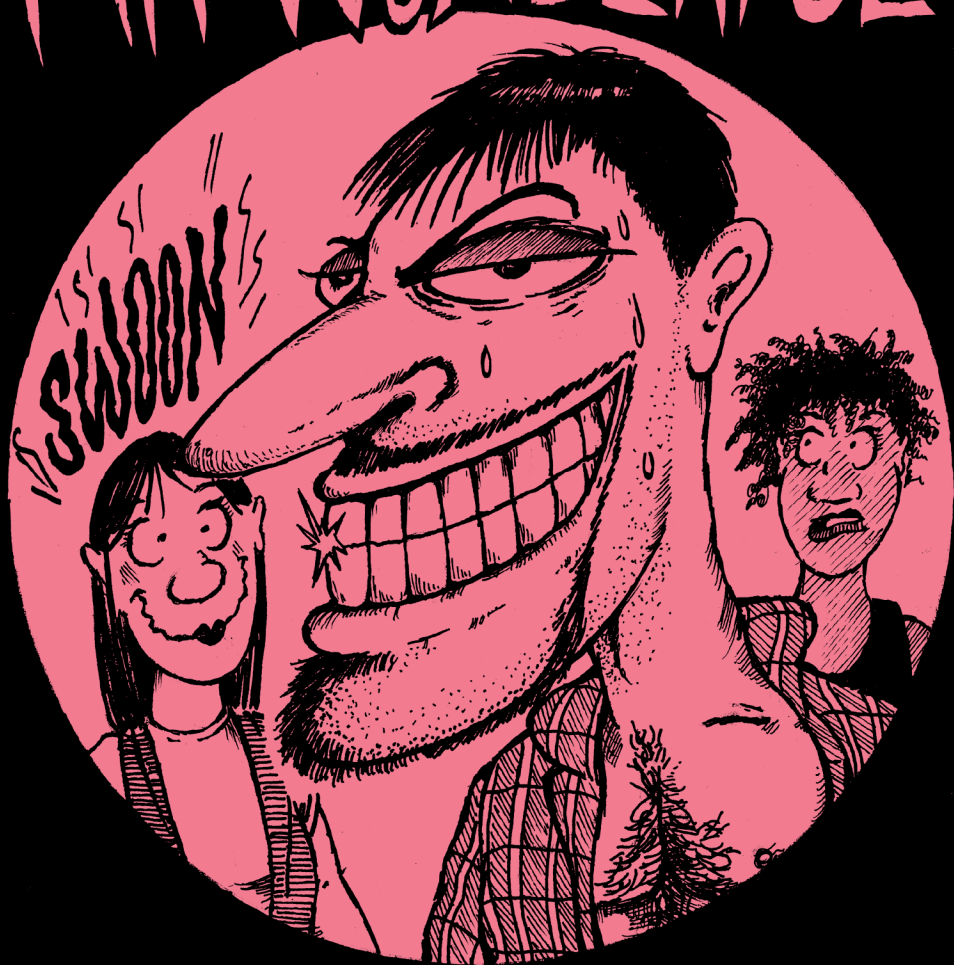


LIFELINE PUBLICATIONS PRESENT

CLAIRE AND JOSE IN MR WONDERFUL



FRIDAY NIGHT, CLAIRE AND JOSE ARE 'E'ING AT THE CLUB







CLAIRE AND JOSE

MR. WONDERFUL

You've spent all night getting ready and are looking forward to going out and having a good time. You walk into the club and spot the man of your dreams. Suddenly, he's the only thing on your mind.

He may look like **Mr. Wonderful**, but remember, whilst under the influence of drugs, people may seem more interesting and appealing. It's important to consider the fact that when the drugs have worn off, the attraction to them may have worn off too.

Taking drugs may also lead to loss of inhibitions. You may act more confidently than usual and find yourself in situations which wouldn't normally arise (i.e. snogging somebody passionately on the dancefloor in a club full of people when you're usually quite a shy person!) When you've taken drugs, try to think about your actions. Basically, try not to do anything tonight that you'll regret or be embarrassed by tomorrow!

At the end of a night's dancing, a lift home may seem like heaven, but would you normally get into a car with a stranger? If you don't know the person, don't risk it! If you really want to go with them, try to take a friend along with you. At least that way, if things don't turn out well, you won't be alone.

Some people say that taking drugs heightens the pleasurable feelings of touching and kissing. Some say that using drugs makes them feel more like having sex.

If you do have sex, remember that whatever method of contraception you're using, it's vital to also use condoms. Be prepared, don't assume your partner will provide them. Even if you're not planning on having sex, you never know what might happen at the end of the night! Used correctly, condoms can help to protect you against HIV (the virus that can lead to AIDS) and other sexually transmitted diseases. They can also help to prevent unplanned pregnancies.

You can make sex safer by using a water based lubricant such as K-Y Jelly with your condom. This will help to reduce friction, especially if you don't become naturally lubricated easily. Do not use an oil based lubricant like baby oil or Vaseline as these can damage condoms. You should use stronger condoms for anal sex.