

CONDOMS CONDOMS

Condoms are effective at preventing pregnancy and sexually transmitted diseases (STDS).

THE FACTS

Condoms come in lots of colors, textures, and sizes. You should always use condoms that are made of latex or polyurethane. Both of these materials effectively prevent pregnancy and sexually transmitted diseases (STDS), including HIV. Although male condoms are more popular, female condoms are a good choice too. Like male condoms, they can be used by both men and women during vaginal and anal sex.

PUTTING ON THE CONDOM CORRECTLY

1. The rolled condom should be placed over the head of the penis when it is hard.
2. Then pinch the tip enough to leave about a half-inch space for the semen to collect.
3. Holding the tip, unroll the condom all the way down to the base of the penis.

The condom should be snug but not tight so it does not break during sex.

If you put a condom on the wrong way, throw it away and use a new one. You'll know it's inside out because it will not roll down the length of the penis easily.

REMOVING A CONDOM

Right after ejaculation, hold the base of the condom (so it stays in place and semen cannot spill out), and slowly withdraw the penis while it is still hard. The condom should be wrapped in tissue and thrown away.

Wash your hands with soap and water before touching your partner's genitals.

WHAT IF THE CONDOM BREAKS?

If you feel the condom break while having sex, stop immediately, withdraw the penis, remove the broken condom, wash your hands with soap and water, and put on a new condom.

Condoms can break, slip off, or leak if not put on or taken off correctly. If this happens while you are having penis-vagina sex, emergency contraception (EC) can be used to prevent pregnancy. EC can be started five days after having unprotected sex, but the sooner it's started, the better it works.

BUYING CONDOMS

Places like the grocery stores, gas stations, and dispensers in bathrooms all sell condoms. You can get free condoms at some clinics and testing centers.

It is normal to feel nervous about going to the store to buy condoms or grabbing them from a free basket at the clinic. Remember, lots of people use condoms and all it says about you is that you are being responsible for you and your partner's sexual health.

TIPS FOR USING CONDOMS

Tip 1: You can prevent rips by using a pre-lubricated condom or by putting a small amount of water-based lubricant (lube) inside and outside the condom.

Tip 2: You should never use oil-based lubricants with a condom. Petroleum jelly, body lotion, or vegetable oil-based lubricants can all reduce the effectiveness of condoms by breaking down latex.

Tip 3: Store your condoms in a cool, dry place, not in your car or in your wallet. Be sure to always check the expiration date on your condoms.

FOR MORE INFORMATION

For additional information about condoms visit:

- www.itsyoursexlife.com/gyt/know
- www.plannedparenthood.org
- www.weRnative.org
- www.gbtchb.org

