

CONDOMS

CONDOMS ARE EFFECTIVE AT PREVENTING SEXUALLY TRANSMITTED DISEASES (STDs) AND PREGNANCY.

THE FACTS

Condoms come in lots of colors, textures, and sizes. The most important thing to consider is that the condom be made of latex or polyurethane. Both of these are effective at preventing pregnancy and sexually transmitted diseases (STDs), including HIV. Also while 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.

The most common mistake is not using condoms...



from the start (of sexual contact)

to finish (after ejaculation)

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

1 in 2 sexually active young people

will get an STD

... before the age of 25.



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



PUTTING A CONDOM ON 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 fit snugly – but not too tight- so that it won't break during sex.

Condoms continued...



FOR WEEKLY HEALTH TIPS

CONTESTS AND LIFE ADVICE...

TEXT 'NATIVE' TO 24587

Condoms can break, slip off, or leak if they are not put on or taken off properly. If this happens while you are having penis-vagina sex, emergency contraception (EC) can be used to prevent pregnancy. EC can be started 5 days after having unprotected sex, but the sooner it's started the better it works.

BUYING CONDOMS

You can buy condoms in lots of places like grocery stores, gas stations, and dispensers in bathrooms. Testing centers and clinics also may have free condoms available.

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

THREE TIPS FOR USING CONDOMS

Tip 1: Using a pre-lubricated condom or putting a small amount of water-based lubricant (lube) inside and outside the condom can help prevent rips. This is especially important during anal sex, because unlike the mouth or vagina, the rectum has no natural lubricant.

Tip 2: Never use oil-based lubricant with a condom (like petroleum jelly, body lotion, or vegetable oil), because they can cause the latex to break down, reducing the condoms effectiveness.

Tip 3: Condoms should be kept in cool, dry places (not wallets or in the car!), and always check the expiration date to make sure the condom has not expired.

FOR MORE INFORMATION

For additional information about condoms visit:

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

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