



# WRAP IT UP

## CONDOM BASICS: AN INFORMED USER'S GUIDE TO SAFER SEX

### USE IT PROPERLY. EVERY TIME.

#### CONDOMS PREVENT UNWANTED PREGNANCY.

As a birth control method, condoms allow both partners to share responsibility, and are an effective backup when using other methods.

#### CONDOMS PREVENT SEXUALLY TRANSMITTED INFECTIONS (STIs).

No matter what both partners genders are, condoms can protect against STIs in sex involving a penis or a toy.

#### PROPER USE ALLOWS BOTH PARTNERS TO FEEL AS GOOD AS POSSIBLE.

One or both partners can put the condom on when the time is right, so it's good for everyone to know how to do so properly.

**98%**  
EFFECTIVE WHEN USED  
CORRECTLY

### HOW TO USE A CONDOM CONSISTENTLY AND CORRECTLY

Use a new, good quality condom. Every condom has an expiration date on the package-- check it. Don't use a condom that's been kept where it could get worn or too warm or cold (like in your car, wallet or pocket).

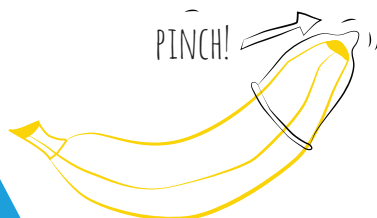
Using a condom consistently and correctly provides maximum protection! When condoms don't work, it's usually due to inconsistent or incorrect use, rather than product failure. Incorrect use can cause breakage, slippage, or leakage; the most common mistake is failure to use condoms from the start of sexual contact to the finish.



CAREFULLY  
OPEN CONDOM

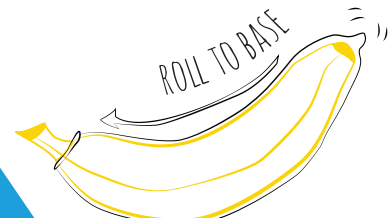
After opening it, and before any genital contact, unroll the condom slightly, so the rolled-up edge is on the outside, facing up-- if it's not, the condom won't roll down correctly.

Put a few drops of water-based lube inside the tip of the condom: to help put it on and make it more comfortable to use. Don't use oil-based lubricants (e.g., massage oils, body lotions, cooking oil, etc.) because they can weaken latex, causing the condom to break.



PINCH!

Put the condom on the tip of the erect penis or toy with the rolled side out. If the condom does not have a reservoir tip, pinch the tip enough to leave a half-inch space for semen to collect.



ROLL TO BASE

Holding the tip, unroll the condom all the way to the base of the penis. Once down to the base, run fingers from tip to base to press out air bubbles and help avoid breakage.

When finished having sex, before the penis gets soft, hold the rolled-up base of the condom with your hand and carefully withdraw.

Then, pull the condom off, using one hand on the base of the condom and the other hand to hold the tip. Pulling it off by the tip alone could cause what you just worked so hard to keep contained to spill.

Tie a knot near the base of the condom, wrap the condom in a tissue and throw it in the trash, where others won't handle it.

#### NEVER REUSE A CONDOM

Use a new condom for every act of vaginal, anal and oral sex, and use one throughout the entire sex act (from start to finish).

#### IF IT BREAKS, STOP!

If the condom breaks at any point during sexual activity, stop immediately, withdraw, remove the broken condom, and put on a new condom.

#### NEVER USE TWO CONDOMS AT ONCE

Never put two condoms on at once to try and be "extra safe". Both of them will likely break due to extra friction, and it may cause discomfort for the wearer.

#### ALLERGIC TO LATEX? USE A NONLATEX CONDOM!

A latex allergy or sensitivity does NOT mean you can't use condoms. The female condom is nonlatex, as are a couple brands of male condoms (like Avanti or SKYN). Just know that "lambskin" condoms don't protect against STIs, so those aren't the best choice.

### IMPORTANT THINGS TO REMEMBER

# DENTAL DAMS

## PRACTICING SAFE SEX WITH DENTAL DAMS

### WHAT IS A DENTAL DAM

Dental dams are small, thin, square pieces of latex. They get their name from their original purpose for use in dental procedures. They come in a variety of sizes and flavors. Like condoms, dental dams must be used correctly and consistently in order to be effective.



### WHY SHOULD I USE A DENTAL DAM?

Many STIs, including herpes, HPV and HIV, can be transmitted through oral sex. Dental dams are used for oral-vaginal or oral-anal sex, and act as a barrier to vaginal and anal secretions that contain bacteria and viruses.

### HOW TO USE DENTAL DAMS

#### 1 CHECK THE DAM FOR HOLES

Before using the dam rinse off any powder that's on the dam and make sure there are no holes or perforations.

#### 2 CORRECTLY POSITION THE DAM

The partner performing oral sex will hold the dam against the vulva or anus of the receiving partner. Be sure to only use one side. Turning the dam over would transfer the fluids the dam is protecting against.

#### 3 USE A WATER BASED LUBE

Many people believe that using a dam will reduce the enjoyment of oral sex, but applying a lubricant on the vulva or anus before using the dam can offer a new and pleasurable type of stimulation. Use a water-based lubricant; oil-based lubricants and lotions will degrade the latex and decrease effectiveness.

#### 4 ALWAYS USE A NEW DAM

Use a new dental dam for every act of oral sex. Also, do not re-use a dam on another body part (from anus to vulva or vice-versa) this can transfer germs from one body area to another.

### MAKE YOUR OWN

IF YOU DON'T HAVE A DENTAL DAM YOU CAN MAKE ONE OUT OF A MALE CONDOM, INTERNAL CONDOM, LATEX GLOVE, OR SARAN WRAP.

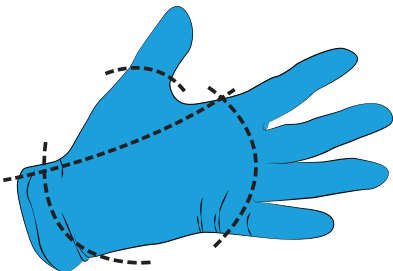
#### FROM A CONDOM

1. Find a non-lubricated or flavored lubricated condom (the taste of unflavored lube can be pretty unpleasant).
2. If it isn't a good male condom, it won't make a good dental dam! Check the expiration date and check the air bubble in the condom packet to make sure there aren't any holes in the condom.
3. Open and completely unroll the condom.
4. Cut off the tip and rim, and cut down the length of the condom on one side.



#### FROM A LATEX GLOVE

Cut off the finger and the base, and cut down one side.



#### SOURCES



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