SAFER SEX

Safer Sex:
- means making sure you don’t get anyone else’s blood, semen, or vaginal fluids in your body - and protecting your partners too!
- Condoms and dental dams are the only way to protect yourself and your partner from sexually transmitted infections, but they are not foolproof. You have to use them correctly, each and every time you have sex.

Practicing safer sex doesn’t mean not having sex.

It does mean:
- being smart and staying healthy
- showing love, concern, and respect for partners and self
- enjoying sex without getting or giving Sexually Transmitted Infections (STI’s)

Male Condoms - to maximize protection and minimize chances of breakage:
- Latex condoms are best for vaginal or anal intercourse (polyurethane is available for those with latex allergies).
- Place condom on erect penis before ANY genital or anal contact. Hold the tip of the condom between two fingers and roll it onto the penis. Leave a space at the tip (without air in it) to collect semen.
- Withdraw the penis while still erect after ejaculation. Grasp the base of the condom and hold it before and during withdrawal to make sure the condom doesn’t come off.

Dental Dams - to maximize protection during oral sex:
- Hold the latex square over the vaginal or anal area prior to and during the time of oral contact with that area.
- Use each dental dam only once.
- Polyurethane dental dams are available for those with latex allergies.
- If you do not have a dental dam, you can use a non-microwaveable plastic wrap.

Female Condoms :
- Insert the condom into the vagina 8 hours or less before intercourse.
- Use each female condom only once (do not use with a male condom).
- Squeeze the inner ring and insert the closed end of the condom into the vagina as far as it will go. Using the index finger, check that the inner ring is just past the pubic bone.
- Leave the outer ring and about 1 inch of the sheath lying against the labia, outside the vagina.
- Be sure that the penis is inserted inside the sheath (not under or beside the sheath)
- Be sure that the outer ring is not pushed inside during intercourse.
- Squeeze and twist the outer ring to keep semen inside the sheath during removal, then discard.

For condoms and dental dams:
- Use water-based lubricant (like KY Jelly, Astroglide, etc).
- Oil breaks down latex so don’t use Vaseline, hand creams or lotion.
- Use each condom only once; do not use two condoms at once.
- Store condoms in a cool dry place out of direct sunlight.
- Do not use any condom that is in a damaged or obviously aged package (brittle, sticky or discolored).
- Check expiration date! If it’s expired, throw it away and use a different one.

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