

## Pleasure and Protection

Condoms come in a variety of colors, textures, sizes, and styles. This is for your sexual pleasure and STI and pregnancy protection. Some have ribs that increase sensation. Others have lube to keep things slick. Another nifty feature is that condoms reduce the risk of pregnancy and STIs.

## How They Prevent STIs

Condoms prevent skin-to-skin contact. They also prevent partners from sharing fluids, like semen (cum). Since STIs are spread through skin-to-skin contact and/or fluids, condoms help prevent STIs.

## Effectiveness

Condoms work. If you use them every time you have sex, they are 99% effective at preventing pregnancy. Condoms are highly effective at preventing STIs.

## Words of Wisdom

Condoms are less effective against certain STIs, like syphilis and herpes. Why? These STIs are passed through skin-to-skin contact. And condoms don't cover all your skin during sex. That's why it's important to get tested for STIs regularly, even if you feel healthy and totally normal.

## Material Matters

The most important thing is that the condom be made of latex or plastic (like polyurethane, nitrile, or polyisoprene). Both latex and plastic are effective at preventing pregnancy and STIs, including HIV.

## Non-Latex (polyisoprene) Condoms

If allergic to latex or bothered by its rubbery feel, try SKYN or polyisoprene condoms. They can be combined with water or silicone based lubes.

## How Can I Prevent Getting an STI?

Anyone who is sexually active can get an STI through vaginal, anal, and/or oral sex. Some STIs are spread through semen (cum), pre-cum, vaginal fluids, and blood. Others spread through skin-to-skin contact. So, practicing safer sex is important – whether you are having oral, anal, or vaginal sex. You can also protect yourself by learning about the most common STIs and taking steps to protect yourself.

## Internal Condoms

Internal condoms are soft plastic pouches that go inside the vagina or anus. They stop partners from sharing fluids. Internal condoms protect against pregnancy and STIs. But like other condoms, they are not 100% perfect.

Check out this video on using internal condoms.

YouTube:  
<https://youtu.be/qt4J57SYrGg?si=Yw18vhZG6WE2uk24>

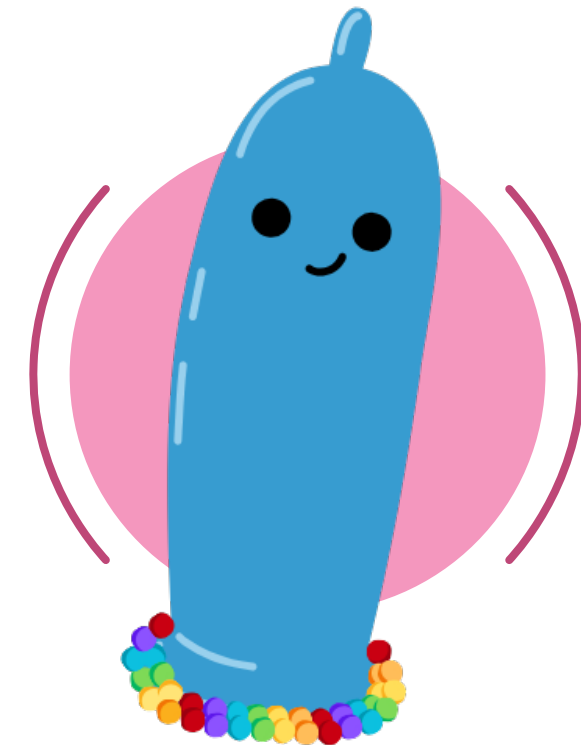


**Condoms are highly effective, easy to use, and easy to get. Protect yourself and others from STIs. Request free condoms here: <https://www.positiv eimpacthealthcenters.org/condoms/>**



# Condoms 101

Snag Safer. Get Tested. Use Condoms!



## Know Your Lube

Good lubes keep things slippery and sensual during sex. But did you know some lubes make it more likely your condom will break? Check out these lube tips.

Water-based or silicone-based lubes work great with both latex condoms and plastic condoms

Oil-based lubes (like Vaseline and lotion) damage latex condoms and cause them to break

Sometimes you can use oil-based lubes with plastic condoms. If you are unsure, check the directions on the condom package

## Condom Do's & Don'ts

### Do:

- Use a new condom every single time you have sex
- Wear a condom the whole time – from start to finish
- Wear the condom correctly

### Don't:

- Use an expired condom – always check the expiration date
- Wear two condoms at the same time – doubling up can increase the chances of tearing
- Reuse condoms

## Using Condoms Correctly

### Putting it On:

1. Check the expiration date. If the condom is expired, grab another one. Find the expiration date on the condom wrapper.
2. Gently squeeze the center of the condom wrapper. If it bulges with air, the condom hasn't been opened and is good to use.
3. Open the condom wrapper carefully. To avoid tearing the condom, don't use your teeth or scissors.
4. Make sure the condom is oriented so that the rim is on the outside of the penis, and the condom looks like a little hat (see the picture below).
5. Pinch the tip of the condom to leave space for semen (cum) to collect and place it on the head of the fully erect penis. If the penis is uncircumcised, pull the foreskin back before placing the condom on the head of the penis.
6. While holding the tip of the condom between your thumb and pointer fingers, use the other hand to unroll the condom down to the base of the penis. If you try to roll the condom down and you realize that you accidentally put the condom inside out, do NOT flip it right side out and use it. Grab a new one.

### Taking it Off:

1. After ejaculation (cumming), hold the base of the condom. Gently and carefully pull out while the penis is still erect.
2. Holding the tip of the condom between your thumb and pointer finger, use the other hand to roll off the condom halfway. Then, gently pull it off the penis.
3. It's helpful to tie a knot at the base of the condom to make sure that semen doesn't spill out.
4. Take the used condom and wrap it in a tissue.
5. Throw the tissue with the used condom in the trash.
6. Wash your hands with soap and water.

Check out this video on using condoms.

YouTube:  
<https://youtu.be/oaLdNErJ-Fk?si=LlxoSRarvPWu1ydF>



## What if the Condom Breaks?

### If you feel the condom break at any point during sex:

1. Stop immediately
2. Withdraw the penis
3. Remove the broken condom
4. Wash your hands with soap and water
5. Put on a new condom

If the condom breaks and you are concerned about pregnancy – emergency contraception can be used. Emergency contraception can be started up to 5 days after unprotected sex, but the sooner it's started, the better it works. Emergency contraception does not protect against STIs, but it can lower the chance of pregnancy. If you are concerned about STIs you can start DoxyPEP within 72 hours. If you may have been exposed to HIV you can start HIV-PEP within 72 hours. Contact your doctor or local Tribal health facility for assistance.

## Getting Condoms

You can get condoms at your local IHS, Tribal facility, or clinic – for free. You can also find condoms at most stores, health centers, vending machines, and online.

## Contact Us

Two Spirit Support Boat

**Website:**  
[2s-support.org](https://2s-support.org)

The Raven Collective

**Website:**  
[theravencollective.org](https://theravencollective.org)



THE RAVEN COLLECTIVE

