

CONDOMS: GET THE FACTS



CONDOMS

When used consistently and correctly, latex condoms are highly effective in preventing the sexual transmission of HIV (during vaginal, oral, or anal intercourse). Latex condoms are also effective in preventing pregnancy and several STDS.

Condoms are most effective for pregnancy prevention when they are used in combination with another method of contraception, such as the pill.

GENERAL TIPS FOR THOSE WHO ARE SEXUALLY ACTIVE

- Use a water based lubricant such as Astroglide or KY Jelly to decrease the chance of the condom breaking.
- To decrease the chance of the condoms slipping down the insertive partner or falling off inside the receptive partner, pull out as soon as you're finished, especially if ejaculation occurs.
- Hold the rim of the condom onto the shaft of the penis during withdrawal.
- Never re-use a condom.

MYTH: We use the pill so we don't need to use a condom.

FACT: While the pill is 99% effective at preventing pregnancy, it does not protect from HIV/AIDS or other STDs. Make sure to use a condom for added protection.

MYTH: Wearing two condoms will provide extra protection.

FACT: Using more than one condom creates friction and can cause them to rip.

USEFUL RESOURCES

www.amplifyyourvoice.org

An online community dedicated to sexual health, reproductive justice and youth-led progressive activism.

www.not-2-late.com

Resources about emergency contraception and a directory of providers in your area.

www.hivtest.org

A Centers for Disease Control and Prevention (CDC) sponsored website that includes a searchable directory of HIV and STD testing centers across the US.

www.goaskalice.columbia.edu

A health question and answer Internet resource produced by the Health Services Division of Columbia University.

ecotc.tumblr.com/Resource

The place to celebrate and explore the new status of emergency contraception.

www.factsaboutcondoms.com

CONDOMOLOGY, a collection of fact-based information in simple, easy-to-understand language.



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