

CONDOMS

Consistency

- When having vaginal or anal intercourse, you should always protect yourself by wearing a condom
- 69% of MSU students used a condom the last time they had vaginal intercourse.
- Properly wearing a condom every time reduces your chances of contracting an STI and pregnancy



How to use a Condom Correctly

It's common to have misunderstandings about the proper way to put on a condom. Understand the benefits of protecting yourself and use the knowledge to your advantage

- STEP 1:** Check the date to make sure the condom is not expired. Carefully tear open package, being sure not to use teeth.
- STEP 2:** Pinch the reservoir tip and place over the erect penis.
- STEP 3:** With your other hand, unroll the condom down the length of the shaft, making sure that there are no air bubbles inside.
- STEP 4:** Always remove the penis from the condom while still erect. Make sure it doesn't turn inside out. Once removed, dispose it in trash and NEVER use a condom more than once.



Oral Sex & Condoms

- STIs can be transmitted during oral sex.
- STIs are transmitted through skin to skin contact and body fluids, like semen, vaginal secretions, and blood.
- If the person performing oral sex has a sore or open cut in or around their mouth, it is more likely they can acquire the STI

Ways to protect yourself during oral sex:

- Use a dental dam or a male condom cut length-wise and place the barrier over the vagina or anus.
- Use a male condom for oral sex performed on a penis.
- Do not use any oil based lubricants or food products like chocolate sauce, whipped cream or peanut butter.

DOS and DON'TS

- DO** wear a condom all the time.
- DON'T** be afraid to make putting on a condom fun...
- DO** remember to dispose of the condom properly. Wrap it up and throw in the trash, NOT the toilet
- DON'T** use oil based lubricant. It can destroy latex.
- DO** use water-based or silicon lubricants
- DON'T** let anyone try to negotiate with you on your stance on using condoms
- DO** educate to yourself about proper use and advantages of using condoms
- DON'T** forget to communicate with your partner
- DO** contact Olin Health Center with any questions or concerns regarding your health



If you still have any questions or concerns

Regarding Condoms, STIs, or General Health. Please

feel free to contact

Olin Health Center

olin@msu.edu

517-353-1314

Sexually Transmitted Infections

One of the best ways to reduce transmission of STIs is condom use. By not using a condom you are putting yourself more at risk of getting an STI.

Knowing your status, communicating and protecting yourself will always increase your chances of staying healthy and keeping others healthy.



Negotiating Condom Use

There are many reasons why people try to negotiate the use and it doesn't matter the reasons, because you and your partner's health is more important than any excuse.

Common Excuses	Answers
Don't you trust me?	Just isn't the point, people can have infections without knowing it.
It doesn't feel as good with a condom.	It feel more relaxed. If I am more relaxed, I can make it feel better for you. We should take it a risk or women wear? Silicon lube on the inside of the condom.
I'm afraid to ask them about using a condom.	Better to be protected from infection or pregnancy than scared to bring it up.
I'm on the pill, you don't need a condom.	It's like to use it anyway. It will help to protect us from infections we may not know we have.
Putting it on interrupts everything.	Not if help put it on.
I will pull out in time.	Women can get pregnant and get STIs from pre-ejaculation.
Just this once.	Once is all it takes.

A Crayon is a Crayon, no matter what the brand

ALL Condoms are Class II medical devices and are held to the same safety standards as artificial heart valves and IV tubing. The FDA's responsibility is to ensure that *every condom brand is manufactured properly and follow quality system regulations* to ensure that their products do what they are intended to do:
Protect against pregnancy and sexually transmitted infections

HIS and HERS Condoms

No matter whether you are a male or female, there are definitely ways to protect you and your partner:

- There are male condoms and female condoms
- Experiment with different types and brands until you find one you like best.
- The more comfortable you are, the more comfortable your partner is, and the more fun you can have.



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- **DO** wear a condom all the time.
- ◊ **DON'T** be afraid to make putting on a condom fun...
- **DO** remember to dispose of the condom properly. Wrap it up and throw in the trash, NOT the toilet
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- **DO** use water-based or silicon lubricants
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Common Excuses

Answers

<i>Don't you trust me?</i>	<i>Trust isn't the point; people can have infections without knowing it.</i>
<i>It does not feel as good with a condom.</i>	<i>I'll feel more relaxed. If I am more relaxed, I can make it feel better for you. We could also try a dab of water-based/ silicon lube on the inside of the condom.</i>
<i>I'm afraid to ask them about using a condom.</i>	<i>Better to be protected from infection or pregnancy than scared to bring it up.</i>
<i>I'm on the pill, you don't need a condom.</i>	<i>I'd like to use it anyway. It will help to protect us from infections we may not know we have</i>
<i>Putting it on interrupts everything</i>	<i>Not if I help put it on.</i>
<i>I will pull out in time.</i>	<i>Women can get pregnant and get STIs from pre-ejaculate.</i>
<i>Just this once!</i>	<i>Once is all it takes.</i>

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