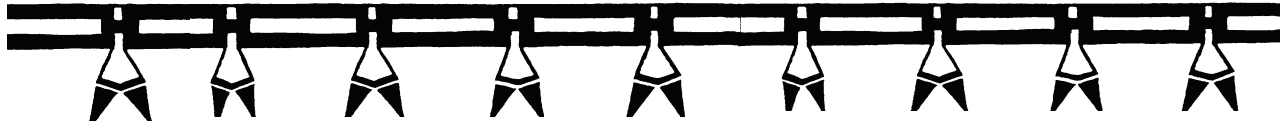


13: Condoms



What are we going to do today?

Today you will learn about condoms, so you can protect yourself from unwanted pregnancy and STDs by using condoms correctly and consistently every time you have sex.

What am I going to learn today?

By the end of today, you will be able to:

1. Identify at least two advantages of using condoms.
2. Identify the three main types of condoms on the market.
3. Describe the advantages and disadvantages of different types of condoms.
4. Identify the basic steps in using a male condom correctly.
5. Describe the availability and cost of condoms in several local stores.

Wishing cannot
bring autumn glory
nor cause winter
to cease.

Kiowa



How to Use a Male Condom¹

- Check the expiration date of the condom, which is on the package. The condom package should look like a small inflated pillow. Look at the corners of the package and notice how they are filled with air. A condom package with a broken seal will not do this. Open the package at the end so that you don't damage the condom. Many condom packages have a notch in the edge of the packaging as a place to begin tearing.



- Put on the condom as soon as the penis is hard. Be sure the roll-up ring is on the outside facing away from the penis. Hold the tip while you unroll the condom along the length of the penis to the hair. Because a condom rolls down the penis, it can only go on one way. If you ever try to put a condom on with the wrong side onto the penis, throw it away and start with a new, unopened condom. Never unroll the condom before putting it on the penis.



- While unrolling the condom, be sure to leave some space at the tip to hold the semen—about one-half to one inch at the tip of the condom. Some condoms have reservoir tips. (If there is not enough room at the tip, the semen could break the condom.) Squeeze the tip gently so that no air is trapped inside.
- When putting the condom on, avoid tearing it with fingernails, jewelry, or anything else sharp or metallic.
- A condom fits rather snugly on a penis, so rolling it down can be difficult. Be gentle, so as not to injure the penis or cause discomfort. It is important that the penis stay erect in order to apply the condom.
- Right after ejaculation the penis should be pulled out slowly while it is still hard. Hold the condom in place on the penis to avoid spilling semen. While holding the tip, roll the condom up only a portion of the way and then gently pull it off of the penis.
- You need to use a new condom every time you have sexual intercourse. Never use the same condom twice.



- Dispose of used condoms properly. If possible, wrap them in something like a paper towel or tissue and dispose of them in a trash container. Do not flush condoms as they can easily clog plumbing. Do not throw them away on the ground where they can present a hazard to children and a litter problem.
- Only use water-based lubricants—oil-based lubricants (such as Vaseline) can damage the condom.
- Condoms with spermicide (nonoxynol-9) can cause skin irritation. If this occurs, the risk for acquiring STDs and even HIV is increased. If you have an allergic reaction to nonoxynol-9, do not use products containing this chemical.

¹ <http://www.trojancondoms.org/index.php/how-to-put-on-trojan-condoms>

Shopping Information Form

1. Name of store: _____

2. What kinds of condoms are sold here? (List at least 3 kinds of condoms, indicate the details about the condoms you saw.)

Brand	# per box	Price per box	Latex (L) or Polyurethane (P)	Lubricant?	Spermicide?	Reservoir?
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N
			L P	Y N	Y N	Y N

3. Are condoms behind the counter or in a locked glass case? Or are they in an open and easily accessible aisle?

4. How comfortable would you be buying contraception here?

1
very
comfortable

2
fairly
comfortable

3
somewhat
uncomfortable

4
very
uncomfortable

5. What are the store's hours of business?

6. Would you recommend that a friend buy contraception here? Why or why not?



Condoms Dos & Don'ts²

DO:

- Talk with your partner about using condoms to prevent pregnancy and STDs before you get into it, not after you're already turned on.
- Practice stating your reason for using a condom so you'll feel comfortable stating it when the time comes. (For example: "It's not that I think you might have a disease. It's just that I think it's smart to ALWAYS use a condom, and I promised myself in Native STAND that I would always use one, regardless.")
- Practice opening and putting a condom on at home alone first (maybe in the dark).
- Use only latex or polyurethane (plastic) condoms.
- Keep condoms in a cool, dry place.
- Put the condom on an erect (hard) penis before there is any contact with a partner's genitals.
- Use water-based lubricant (like KY Jelly® or Astroglide®) with latex condoms. This reduces friction and helps prevent the condom from tearing.
- Squeeze the air out of the tip of the condom when rolling it over the erect penis. This allows room for the semen (cum).
- Hold the condom in place at the base of the penis before withdrawing (pulling out) after sex.
- Throw the condom away after it's been used.
- Be prepared: have a condom with you any time sex is a possibility.

DON'T:

- Use out of date condoms. Check the expiration date carefully. Old condoms can be dry, brittle or weakened and can break more easily.
- Unroll the condom before putting it on the erect penis.
- Leave condoms in hot places like your wallet or in your car.
- Use oil-based products, like baby or cooking oils, hand lotion or petroleum jelly (like Vaseline®) as lubricants with latex condoms. The oil quickly weakens latex and can cause condoms to break.
- Use your fingernails or teeth when opening a condom wrapper. It's very easy to tear the condom inside. If you do tear a condom while opening the wrapper, throw that condom away and get a new one.
- Reuse a condom. Always use a new condom for each kind of sex you have.
- Use lubricants with spermicide called nonoxynol-9 ("N-9") as they may cause skin irritation or tiny abrasions that make the genital skin more susceptible to STDs.



² http://www.ashastd.org/condom/condom_overview.cfm

NOTES



What was the most surprising thing you learned about condoms today?