



## A Healthy Hatter's Guide To Condom Use



**Avoid infection. Use protection!**

### 12 Steps of Condom Use

For healthy, safe, and respectable sexual activity, we advocate that all twelve steps be followed.

#### 1. Store Condom Properly.

Keep in a cool, dry place such as a drawer or cabinet. Do not keep in purse, refrigerator, or car because it must be temperature regulated and kept away from sharp objects. You can keep them in a wallet, or in an Altoid tin in a purse for up to 1 day (not long-term).

#### 2. Ask Partner about Sexually Transmitted Infections (STIs) and Birth Control.

Because not all STIs have visible symptoms it is important to talk with your partner about STIs: the last time they were tested and what their results were. Birth control methods such as the pill do not prevent against STIs but is a good back up method to prevent pregnancy if the condom breaks.

#### 3. Get Consent.

Consent is getting permission from all partners on what sexual acts they would like to engage in without coercion. Once someone has given consent they can take it away at ANY time. See outside panel for more information on consent.

#### 4. Check Condom Type and Expiration Date.

If a partner has a latex allergy it is important to check the type of condom, as irritation can increase the chances of contracting an STI. The material of the condom can breakdown over time making it less effective, so make sure the use occurs before the expiration date.

### STI and Pregnancy Prevention

- Condoms are 98% effective at preventing sexually transmitted infections (STIs) and pregnancy when used properly.

- STI transmission can be oral, anal, vaginal, or skin-to-skin contact, so it is important to use a condom for any sexual act.

- **One in two** sexually active people will contract an STI before age 25.

- Many STIs are symptomless but symptoms may include: discharge, genital bumps or itching, painful urination or intercourse, or unusual genital odor.

- Bacterial STIs (such as Chlamydia or Gonorrhea) and parasitic STIs (like Trichomoniasis) can be treated easily with antibiotics but if left untreated can lead to more serious effects such as infertility.

- Viral STIs (such as Herpes, HPV, and HIV) are not curable but can be managed with proper medication.

- **Testing for STIs is recommended annually and with each new partner.**

- Each STI has a *window period between exposure and infection*, so just because a person has been tested does not mean they do not have an STI.

- If the condom breaks during sex, you and your partner should both get tested and make a 'plan B'.

#### 5. Check for Air Bubble in Package.

An air bubble in the condom package means that the package and the condom have not been punctured and the condom is safe to use. To check for the air bubble fold the condom package in half and squeeze between thumb and forefinger lightly back and forth. If there is not an air bubble do not use that condom, throw it away.

#### 6. Open Condom Package Properly.

Do not use anything sharp to open the package, like scissors or *teeth*, because this could puncture the condom. Tear along the perforated edge on the side.

#### 7. Use Lubricant.

Add water-based or silicon-based lubricant to the inside and outside of the condom. This will increase pleasure and decrease friction (which could cause a condom to break). Do not use oil-based substances because they will breakdown the material of the condom making it easier to break.

#### 8. For Male Condom Use: Pinch Tip of Condom Leaving ¼ to ½ Inch.

Leave some room at the top to ensure a place for the ejaculate to go without breaking the condom or spilling over the sides.

#### For Female Condom Use: Relax and get into a comfortable position.

Inserting the condom is similar to inserting a tampon.



- Stetson University defines consent as “words or actions that show a knowing and voluntary agreement to engage in mutually agreed-upon sexual activity”.
- Consent cannot be gained by force and consent to one form of sexual activity can never imply consent to other forms of sexual activity.
- Consent can be withdrawn at any time.
- Consent is **not** the lack of resistance; there is no duty to fight off a sexual aggressor.
- A person shall not knowingly take advantage of another person who has an intellectual or physical disability, who is incapacitated by the use of drugs or alcohol, or who is not conscious or awake, and thus is not able to give consent as defined above. Visit [Stetson.edu/ReportIt](http://Stetson.edu/ReportIt) to report any campus violations

**9. For Male Condom Use:** Roll Condom Down Entire Length of Penis (or Sex Toy) and Squeeze all of the Air Out.

**For Female Condom Use:** Squeeze together the sides of the inner ring at the closed end of the condom. Slide the condom into the vagina/anus and push the inner ring as far in as it can go. Remove your finger and allow the condom to hang about an inch outside of the vagina/anus.

#### 10. ACTION.

Use your imagination!

**11. For Male Condom Use: Hold the Rim of the Condom and Withdraw from Partner while Penis is Still Erect.** This will help ensure the condom is still on when withdrawn and decrease spillage. If the penis becomes flaccid the chances of spillage and the condom falling off increases.

**For Female Condom Use:** Twist the outer ring to decrease spillage. Gently pull it out of the vagina or anus.

#### 12. Dispose of the Used Condom Properly.

The condom should be wrapped in a tissue before throwing it away. The condom should be disposed of in the trash, not flushed in the toilet.