

Questions or concerns about Condoms or STDs? Contact:

- ❖ **Your Tribal Clinic**
- ❖ **National STD Hotline - 1-800-227-8922**
- ❖ **National Indian AIDS Line - 1-800-283-2437**
- ❖ **Hepatitis Information - 1-800-223-0179**
- ❖ **National Herpes Hotline - 1-919-361-8488**
- ❖ **CDC National AIDS Hotline - 1-800-342-AIDS**
- ❖ **Alcohol, Drug & Pregnancy Hotline
1-800-638-BABY**
- ❖ **Boystown National Youth Hotline
1-800-448-3000**
- ❖ **National Gay & Lesbian Youth Hotline
1-800-676-TEEN**

Quick Quiz!

(answers below)

1. Condoms protect you from:
a. Most STDs
b. An unplanned pregnancy c. Both
2. True or False: Condoms expire after a certain amount of time.
3. True or False: A wallet is a good place to store a condom.
4. True or False: A female can get pregnant or get an STD before the male ejaculates.
5. What kind of lubricant should NOT be used with a latex condom?
a. Silicone-based b. Oil-based
c. Water-based
6. What is the only foolproof way to avoid pregnancy and STDs?

ANSWERS: 1: C 2: T 3: F 4: T 5: B 6: Abstinence



PROJECT RED TALON

Project Red Talon provides tribes in Idaho, Oregon, and Washington with education, training, and technical assistance for the prevention and treatment of STDs.

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Sexually Transmitted Diseases

Condoms



PROJECT RED TALON

“Respecting Our Bodies and Relationships”

**Northwest Portland Area
Indian Health Board**

Why Are Condoms Important?

Condoms serve two main purposes:

1. Condoms reduce your risk of getting Sexually Transmitted Diseases (STD).
2. Condoms are an effective, accessible, and inexpensive method of birth control.

How Do They Work?

Condoms are sheaths of thin latex or plastic worn over the penis during sexual contact. They collect semen before, during, and after a male ejaculates (has an orgasm, or “comes”), which keeps sperm from entering the vagina.

Tip - Keep condoms in their wrappers, in a cool, dry place - not in a wallet! Avoid exposure to direct sunlight, and don't keep them for long periods of time at temperatures above 100°F. Always check the expiration date on the packaging to make sure the condom has not expired.

Don't Let Embarrassment Threaten Your Health

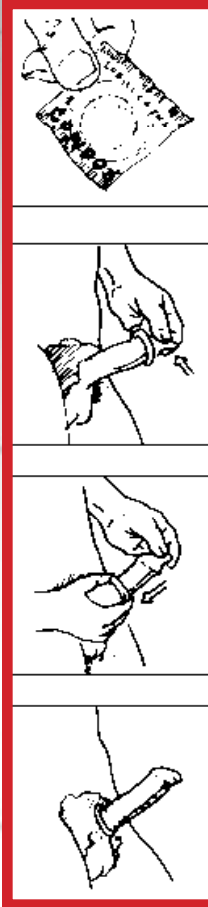
Condoms are commonly used during sex. Nearly as many women buy and carry condoms as men, and many people use them each and every time they have sex.

Don't be shy when talking about condoms, and don't wait till the heat of the moment—it can overwhelm your good intentions. If you're worried about talking to your partner, try practicing the conversation ahead of time. Or, it might be a sign that you're not quite ready for sex. Remember, abstinence is the only foolproof method of birth control and STD prevention.

Quick Fact:

Condoms have lots of different names, such as “rubbers,” “jimmies,” and “safes.”

How To Use A Condom



Before Sexual Contact

Use a new condom for each erection. Always handle condoms gently.

Put the condom on before foreplay and before the penis gets near any body openings, but after the penis gets erect (hard).

If the penis has foreskin, pull it back before putting on the condom.

Be sure the rolled-up ring is on the outside.

Leave air (free space) at the tip of the condom by pinching the tip gently with one hand while rolling it on. This space will hold semen.

Unroll the condom all the way down to the pubic hair.

If the condom won't unroll, it's on wrong. Throw it away and start over with a new one.

After Sexual Contact

- ❖ Hold the condom firmly at the base of the penis while pulling out, to keep it from slipping off.
- ❖ Pull out while the penis is still erect.
- ❖ Wrap the condom in a tissue and throw it away.
- ❖ Afterwards, wash your hands with soap and water or with a waterless hand washing product (like Purell®).
- ❖ Wash off the penis before embracing again.
- ❖ Never re-use a condom.

Important Facts -

“Pre-cum” (fluid released from a penis before ejaculation) can cause pregnancy or pass on a sexually transmitted disease. This is why you should put the condom on as soon as the penis gets hard.

Oil makes condoms deteriorate, so you should never let a latex condom touch oils (this includes petroleum jelly, baby oil, mineral oil, and even baby powder).

For safe lubrication, use a water-based or silicone lubricant on the outside of the condom.

What If It Breaks?

If a condom breaks during sex, pull out quickly and replace it. If semen leaks out, wash it away with soap and water. If semen leaks into the vagina during a woman's fertile period, talk to a medical professional about starting emergency contraception within 120 hours (the sooner the better!).

Men should be able to tell if a condom breaks. To learn what it feels like, you can break a condom on purpose while masturbating.

Where Can I Get Condoms?

Clinics (including tribal health clinics and family planning clinics), may give out free samples. Supermarkets, Drugstores, and vending machines also sell condoms. Free samples are available online at www.trojancondoms.com. Click the “Free Trojan Sample” link to have a sample shipped to your home.

How Much Do They Cost? Condoms cost about 50¢ each. Female condoms cost about \$2.50 each.