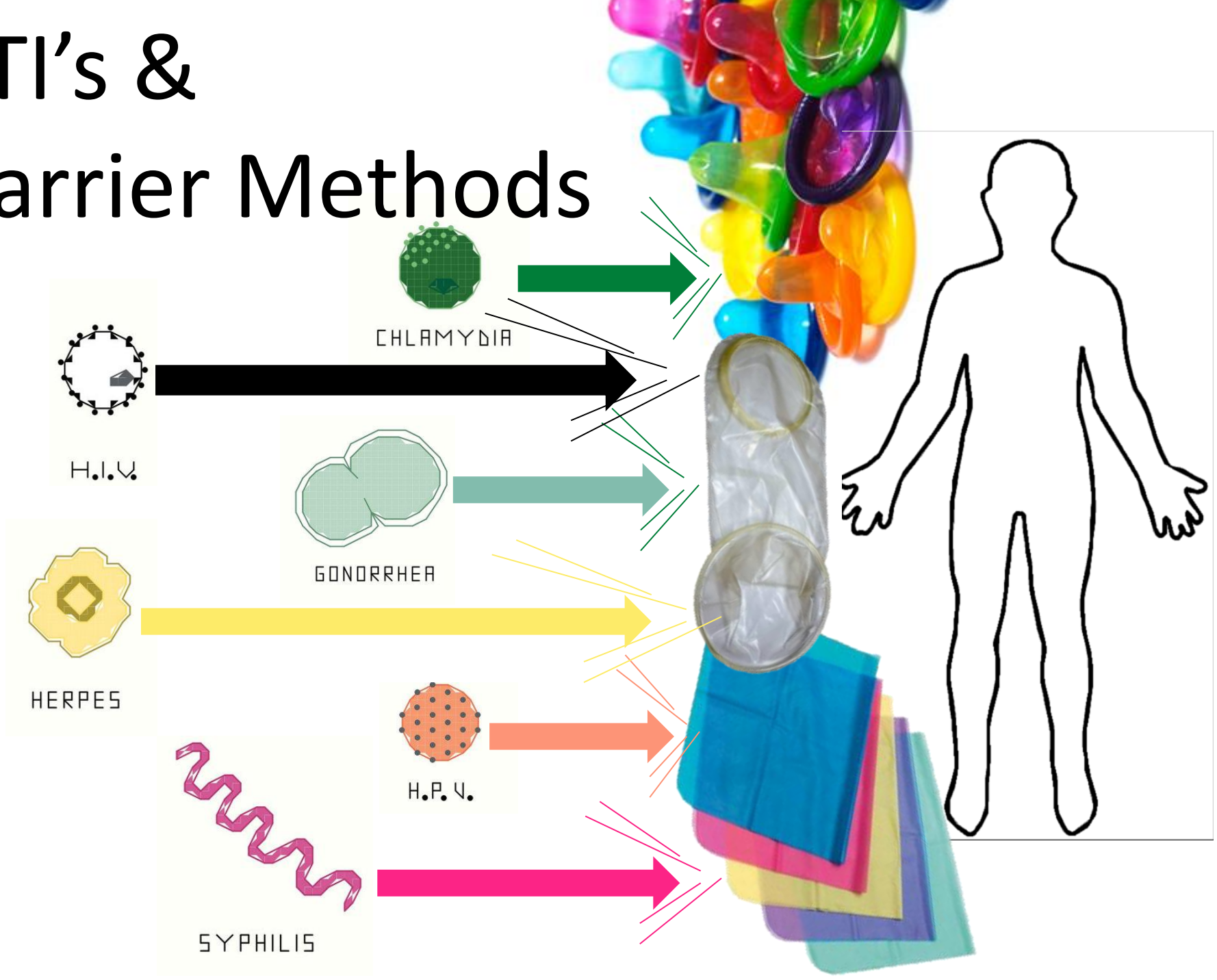







STI's & Barrier Methods



The History of the Condom

1,000 B.C.	100-200 A.D.	1500	1700	1844	1861	1873	1880's	Early 1900's	1942	1960's	1977	1980's	1990's	2000's
 <p>Egyptian images show men wearing condoms. It's not clear whether they were worn for protection, or for ritual. Regardless, they were likely made of linen.</p>	<p>Earliest evidence of condoms in Europe are scenes from cave paintings in Combarrelles, France, painted around 100-200 A.D.</p>	<p>Italian researcher, Gabrielle Fallopius, found linen sheaths were effective for prevention of infection and pregnancy.</p>	<p>Condoms were made from sheep, lamb and goat intestines, and even sometimes from fish skin.</p> <p>Legendary 19th century lover Casanova was a regular user of condoms, referring to them as 'redingote Anglaise' (English riding coat).</p>	 <p>Charles Goodyear obtained a patent for a crepe rubber condom.</p>	<p>First U.S. print advertisement for condoms in the NY Times.</p>	<p>Comstock Law passed that prohibited advertising any birth control and allowed the postal service to confiscate condoms.</p>	<p>First latex condoms produced.</p>	<p>Social hygienists promoted idea that those who risked getting "venereal diseases" deserved the consequences. U.S. troops were prohibited from having condoms, and as a result, 70% of U.S. soldiers had STD's. FDR, then Secretary of the Navy ordered distribution of condoms when his boss was away.</p>	 <p>Condoms issued to U.S. soldiers out of fear that they would bring STD's home to their wives. Government Training films urged "Don't forget to put it on before you put it in."</p>	<p>"Free love" meant a decline in condom usage.</p>	 <p>The Supreme Court ruled that no state could bar minors from purchasing condoms.</p>	<p>The Surgeon General stated that, other than abstinence, the most effective way to protect against HIV was using a latex condom every time.</p> <p>Insertable (female) condoms made of polyurethane introduced to the market place by Danish MD Lasse Hessel.</p> <p>Dental dams, which had been used by dentists to isolate teeth in the oral cavity since the late 1800's, were first used for sexual protection.</p>	 <p>Introduction of lots of different types of condoms: colored, ribbed, flavored, and the first polyurethane condoms.</p>	<p>Second generation insertable condoms made from synthetic nitrile, which reduced the noisiness of the product.</p>



Roll-On Condom Fun Facts

- About 5,000,000,000 condoms get used world-wide every year.
- The Danish word for condom is “svangerskabsforebyggemiddel.”
- An average condom can hold about 4 quarts of liquid.
- 40-70% of the world’s condom buyers are women.
- There are about 100 different brands of condoms on the market.
- The Ramses brand condom is named after the great pharaoh Ramses II who fathered over 160 children.
- Condoms can stretch 800%! That’s almost 3 feet!
- Giacomo Casanova may have been among the first to engage in informal “quality testing” of his condoms. Today, condoms are rigorously tested, and as long as you use them correctly and consistently, they are very effective in preventing pregnancy and the spread of STI’s.
- Condoms come in many colors, shapes, tastes and sizes.



Find the one that works for you!



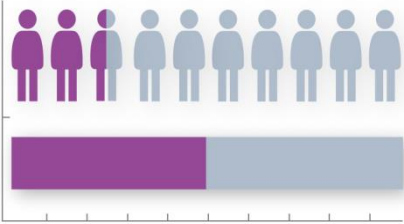
Insertable (Female) Condoms

- What is it? A thin, soft, loose-fitting sheath with a flexible ring at each end which is inserted into the vagina from hours to moments before intercourse.
- Effective at reducing STI transmission and pregnancy when used correctly.
- Can be noisy, but extra lube will often help reduce noise (and, since sex can be noisy anyway, embrace it and have fun!)
- Made of polyurethane or synthetic nitrile, so can be used by those who are allergic to latex.
- The external ring may enhance female pleasure.
- Stays in place whether a man maintains an erection or not.



Why Use a Condom?

Rates of STI's are on the rise. In 2016, Americans were infected with more than 2 million new cases of gonorrhea, syphilis and chlamydia.



- Americans ages 15-24 make up just 27% of the sexually active population, but account for 50% of the 20 million new STI's in the U.S. each year.

- Remember, many STI's take months to show up and there are not routine tests for all STI's. You may be passing on an STI that you didn't even know you had. So, it's a wise choice to use condoms for the first 6 months of any new relationship!

The World Health Organization states that “condoms are the only contraceptive method proven to reduce the risk of all sexually transmitted infections (STI's), including HIV.

- They can be used as a dual-purpose method, both for prevention of pregnancy and protection against STI's.”
- You can get a number of infections from unprotected oral sex (that's why there are flavored condoms and dental dams!).

They can make your experience more enjoyable!

- Knowing that you've done everything you can to reduce your risk of STI's and pregnancy means you can relax and enjoy the experience. The act of putting on a condom can also become part of fore-play. Involve your partner!
- Condoms help many men last longer.



Not All People are Equally Affected by HIV

Youth aged 13-24 bear a disproportionate burden of HIV

Youth make up only 17% of the population, but they account for 26% of new HIV infections

50% of Youth

with HIV don't know they have it.

Gay, bisexual, and other men who have sex with men (MSM) are most severely affected by HIV

MSM represent approximately 2% of the population, but account for 63% of new HIV infections

30% of those new cases were among youth aged 13-24

Transgender communities in the U.S. are

among the groups at highest risk for HIV infection

Black/African Americans account for a disproportionate burden of HIV and AIDS

Black people represent 12% of the population, but 44% of new HIV infections

Among black people, MSM, especially young men, are the most affected

Rates of HIV infection among those living in poverty are 2x as high as those living above the poverty line.

Stigma, homophobia and discrimination put many people at risk for physical and mental health problems, and create barriers to seeking high-quality health services.

Get the facts. Get tested. Get involved.



**The Wellness
Resource Center**

For more information about HIV:
<http://www.cdc.gov/hiv/basics/index.html>

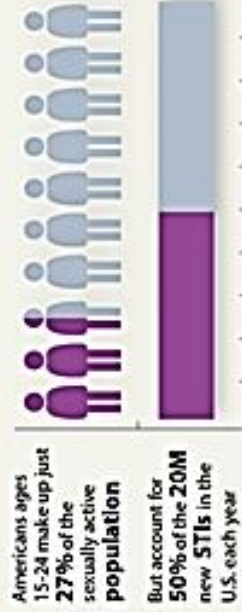
For more information about healthcare disparities:

<http://www.healthypeople.gov/2020/about/foundation-health-measures/Disparities>

For more information about STD's:
<http://www.itsyoursexlife.com/stds-testing-gvt>

SEXUALLY TRANSMITTED INFECTIONS AMONG YOUNG AMERICANS

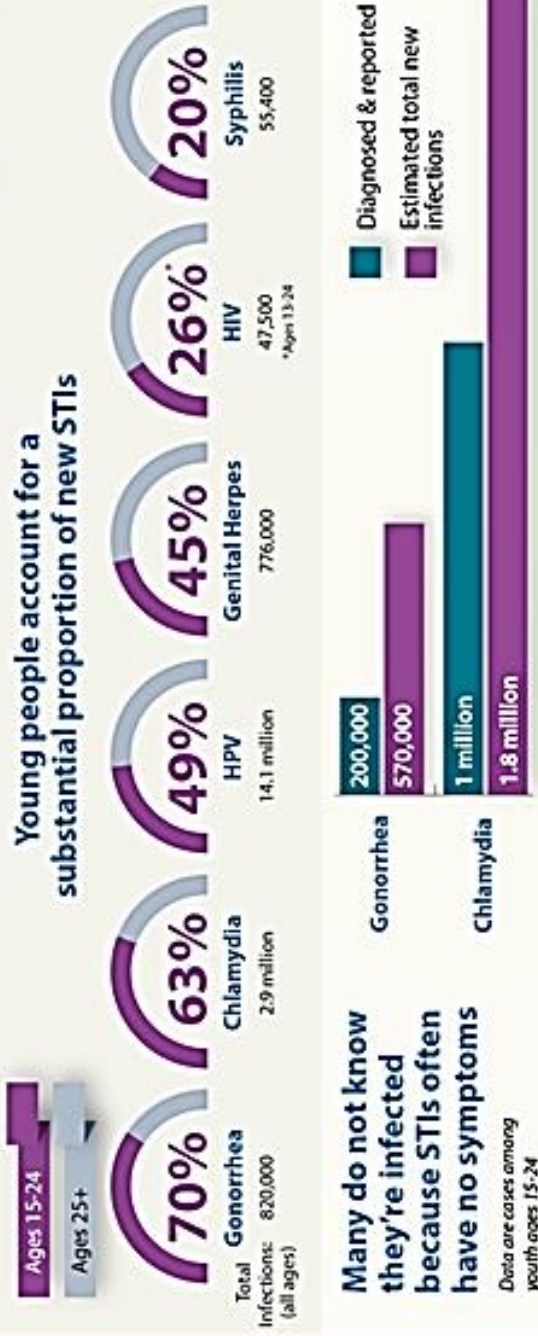
Youth bear disproportionate share of STIs



Consequences are particularly severe for young women



Young people account for a substantial proportion of new STIs



Many do not know they're infected because STIs often have no symptoms

Data are cases among youth ages 15-24

Unique factors place youth at risk



Insufficient Screening
Many young women don't receive the chlamydia screening CDC recommends



Confidentiality Concerns
Many are reluctant to disclose risk behaviors to doctors



Biology
Young women's bodies are biologically more susceptible to STIs



Lack of Access to Healthcare
Youth often lack insurance or transportation needed to access prevention services



Multiple Sex Partners
Many young people have multiple partners, which increases STI risk

GET TESTED

REDUCE RISK BEHAVIORS

GET VACCINATED AGAINST HPV

References

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- Bao G, et al. Self-reported chlamydia testing rates of annually active women aged 15-25 years in the United States, 2006-2008. Sex Transm Dis 2012; 91(8): pp. 665-667.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention

SEXUALLY TRANSMITTED INFECTIONS STIs

RISK METER FOR EACH SEXUAL PRACTICE

LOW RISK

HIGH RISK

KISSING



Low risk.

Make sure that there are no sores or injuries around and inside the mouth. Brush your teeth more than two hours before you kiss. Most dangerous STIs are not transmitted in the saliva so do not worry.

CUNNILINGUS

LICKING or EATING PUSSY or ORAL VAGINAL



Moderate risk.

Check for sores, skin changes (warts), or abnormal secretions and bad smells from the vagina or visible sores or injuries around and inside the mouth. Do not brush your teeth two hours before and after. Preferably use protection.

ANALINGUS

RIMMING



High Risk.

Protection highly recommended. For protection, use a latex sheet (if not available break a condom and spread it). Clean the anus with soap and water. You can also use an enema (optional). Do not brush your teeth two hours before and after rimming. Avoid other forms of oral sex right after rimming.

VAGINAL INTERCOURSE



Very High risk.

Protection is a must to prevent STIs and unwanted pregnancies. Urinate after intercourse to prevent infections. Douching is not advised. Check for sores, abnormal skin changes, bad smells and secretions from the genitals before intercourse.

FINGERING



Low risk.

Make sure you cut your fingernails well before you finger. Make sure you do not have any cuts on your finger. Check for sores, skin changes or the smell of the area around the hole. Clean your hands very well before and after. Do not finger different holes without cleaning first.

FELLATIO

BLOWJOB or ORAL-PENILE



Moderate risk.

Make sure there are no sores, skin changes or abnormal secretions from the penis or sores or injuries around and inside the mouth. Do not brush your teeth two hours before and after. Preferably use a condom.

SHARING SEX TOYS



High risk.

Clean toy with soap and water. Put a condom on the toy. Use plenty of water based lubricant. Change the condom each time the toy changes partners or moves from one area of the body to another.

ANAL INTERCOURSE



Very High risk.

Clean well and use an enema (optional). A condom is a must. Use plenty of water based lubricants or saliva. Change condom if intercourse lasts or in case of switching partners. Stop if there is severe pain. Try to be relaxed and it will go smoothly. Urinate after intercourse to prevent infections.



THE LOWDOWN ON HOW TO PREVENT SEXUALLY TRANSMITTED DISEASES

Every year, there are an estimated **20 MILLION** new STD infections in the United States. Anyone who is sexually active can get an STD.

Some groups are disproportionately affected by STDs

- Adolescents and Young Adults
- Gay, Bisexual, & other Men who have Sex with Men
- Some Racial and Ethnic Minority Men

The Good News

STDs **ARE** preventable. There are steps you can take to keep yourself and your partner(s) healthy.

Here's How You Can Avoid Giving or Getting an STD:

Practice Abstinence

The surest way to avoid STDs is to not have sex.



This means not having vaginal, oral, or anal sex.

Have Fewer Partners

Agree to only have sex with one person who agrees to only have sex with you.



Make sure you both get tested to know for sure that neither of you has an STD. This is one of the most reliable ways to avoid STDs.

Talk With Your Partner

Talk with your sex partner(s) about STDs and staying safe before having sex.

Why take a chance when we can know for sure?

Let's both get tested together!

It might be uncomfortable to start the conversation, but protecting your health is your responsibility.

Use Condoms

Using a condom correctly every time you have sex can help you avoid STDs.

Condoms lessen the risk of infection for all STDs. You still can get certain STDs, like herpes or HPV, from contact with your partner's skin even when using a condom.



Most people claimed they used a condom the first time they ever had sex, but when asked about the last 4 weeks, less than one quarter said they used a condom every time.

Get Vaccinated

The most common STD can be prevented by a vaccine.

The HPV vaccine is safe, effective, and can help you avoid HPV-related health problems like genital warts and some cancers.

Who should get the HPV vaccine?

Routine vaccination for boys & girls ages 11 to 12

Catch-up vaccination for:

- Young women from age 13 to age 26 and young men from age 13 to age 21
- Gay, Bisexual, & other Men who have sex with Men up to age 26
- Men with compromised immune systems up to age 26

Get Tested

Many STDs don't have symptoms, but they can still cause health problems.

- Talk with your health care provider
- Search for CDC recommended tests
- Find a location to get tested for STDs

The only way to know for sure if you have an STD is to get tested.

If You Test Positive...

Getting an STD is not the end!

Many STDs are curable and all are treatable.

If either you or your partner is infected with an STD that can be cured, both of you need to start treatment immediately to avoid getting re-infected.

View Infographic Online at: www.cdc.gov/std/prevention/lowdown/

Funny Condom Slogans

- If you're nude, tube your dude.
- Don't be silly, protect your willie.
- Don't forget to slip it on before you slip it in.
- Cover your hose then curl her toes.
- Cover your stump before you hump.
- Sex is cleaner with a packaged wiener.
- If you think it's funky, cover your monkey.
- Don't make a mistake, cover your snake.
- You can't go wrong if you shield your dong.
- When in doubt, shroud your spout.
- The right selection is to protect your erection.
- If you can't shield your rocket, leave it in your pocket.
- No glove, no love.
- Protection begins by using your head.
- If you're not going to sack it, go home and whack it.





Protect your valuables

with screening tests and condoms.

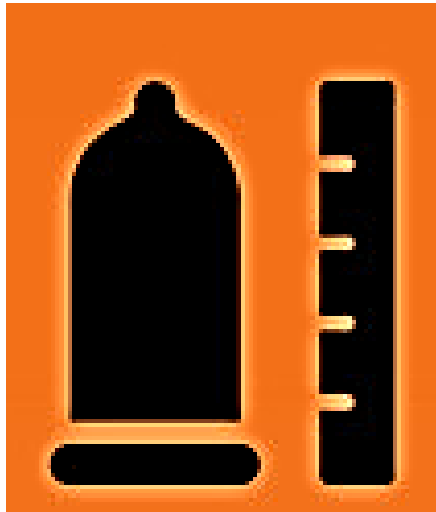
readyforaction.org COCQ-SIDA

Did you know?



It's all about the Lube:

- The **#1 reason why condoms break** is because not enough lubricant is used/created. Counter that by using a lubricant even on lubricated condoms.
- Lubricated condoms are lubricated enough to make application easier; not all are lubricated enough for intercourse.
- If you lubricate a condom on the outside and add a drop of lubricant to the “inside” of a condom, it creates the sensation of not wearing a condom and makes the condom stronger, thus safer.
- Use only water-based lubricants with latex condoms or dams!

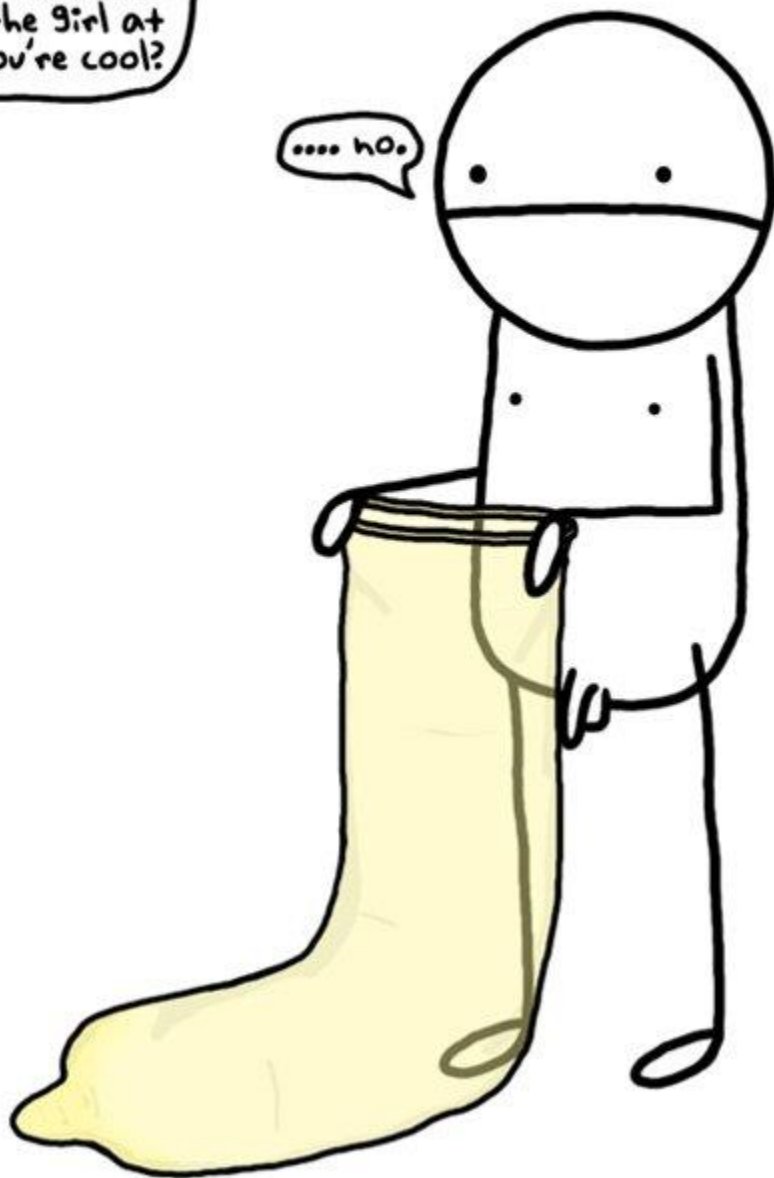


Does Size Really Matter?

- Extra large condoms are actually unnecessary due to the elasticity of **latex, which can stretch 800%**. People who use XL condoms are really just using them for comfort.
- If a condom is too large, however, it can slip during intercourse. So use a smaller size condom.

What is taking you so long in there? Did you buy the giant condoms again so the girl at CVS would think you're cool?

.... hOo



Care and Feeding of Your Condom



Store condoms in a cool, dry place.

- Heat, sunlight or age can weaken the latex.
- Never keep your condoms in a wallet or other location where they will be repeatedly compressed. This could damage the condom.

Check the Package

- Squeeze the package to make sure it is still sealed.
- Check the expiration date.
- Never open with your teeth or other sharp instrument, as this can cause microscopic tears in the condom.



Follow the Instructions for Use!

Approximately 2-5% of condoms tear during use. The majority of these failures are caused by human error.

- Air trapped inside a condom can cause it to break. So squeeze the closed end of the condom before placing it on the penis.
- Make sure you are unrolling the condom the correct direction.
- Be sure to roll the condom all the way on.



Condoms like lube.

Lack of lubrication is the #1 cause of breakage. Use only water-based or silicone-based lubricants. Oil-based lubricants like Vaseline, massage oil or body lotion can weaken the latex and cause the condom to break.





Dental Dams



- Dental dams are squares of thin latex that are held over the vaginal or anal area during oral sex.
- When used properly, they help protect against transmission of STI's, including genital warts and herpes that can be passed through skin-to-skin contact.
- Never use a dental dam for penetrating sexual activity.

How To Use A Dental Dam As A Barrier For Oral Sex

Dental dams are latex or polyurethane sheets used between the mouth and vagina or anus during oral sex. Ready-to-use dental dams can be purchased online.

Dental Dam Dos and Don'ts

- **DO** use a new latex or polyurethane dental dam every time you have oral sex.
- **DO** read the package and check the expiration date.
- **DO** make sure there are no tears or defects.
- **DO** put on before starting oral sex and keep it on until finished.
- **DO** use water-based or silicone-based lubricant to prevent breakage.
- **DO** store dental dams in a cool, dry place.
- **DON'T** reuse a dental dam.
- **DON'T** stretch a dental dam, as this can cause it to tear.
- **DON'T** use nonoxonyl-9 (a spermicide), which can cause irritation.
- **DON'T** use oil-based products like baby oil, lotion, petroleum jelly, or cooking oil because they will cause the dental dam to break.
- **DON'T** flush dental dams down the toilet as they may clog it.

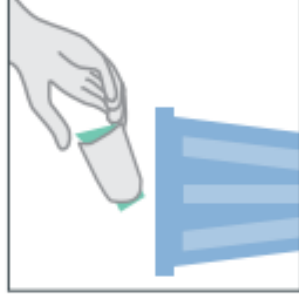
How To Use a Dental Dam



Carefully open dental dam and remove from package.



Place dental dam flat to cover vaginal opening or anus.

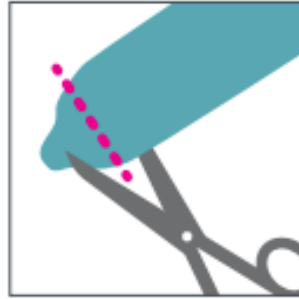


Throw away used dental dam in trash.

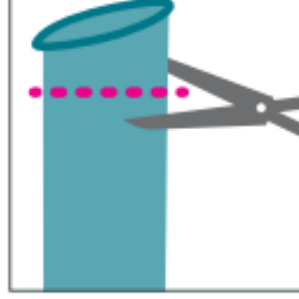
How To Make a Dental Dam From a Condom*



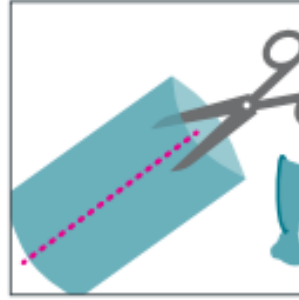
Carefully open package, remove condom, and unroll.



Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

A female condom can also be used in a similar way.

For more information please visit www.cdc.gov/condomeffectiveness



* Be sure the condom is made of latex or polyurethane.