

PRACTICING SAFER SEX: GOING BEYOND THE CONDOM

Internal Condoms:

- Sometimes called the “female condom”
- Used for vaginal or anal sex
- Alternative for those that feel an external condom is not a good choice for them, as it provides protection against pregnancy and STIs
- However, internal condoms are less effective than external condoms, only about 79% effective at preventing pregnancy

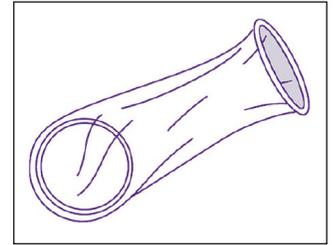


Illustration of Internal Condom

For vaginal use:

1. The condom needs to be inserted as far inward as possible to allow the ring to catch on the pubic bone. To insert, find a comfortable position such as squatting, lying down, or standing.
2. Pinch the internal ring in the middle and then slide it into the vagina, making sure it is tucked behind the pubic bone. The condom will hang outside the vagina. Use lubricant for insertion.
3. When removing the condom, twist the outer portion to keep semen inside the pouch. Then, gently pull the condom out and discard.

For Anal use:

1. Remove the ring and throw it away.
2. Put the condom on the penetrating partner.
3. Lube the outside of the condom and the anus before insertion.

Dental Dams:

- Used for the prevention of STIs transmitted during oral sex
- For mouth-to-vulva or mouth-to-anus oral sex
- Ready-to-use dental dams can be purchased in-store or online
- Use with water based or silicone lubricant only to prevent breakage

1. Inspect the package for damage. Next, check the expiration date. If the dental dam is damaged or expired, throw it away.
2. Open the dental dam and remove it from the package.
3. Place the dental dam over the vaginal opening or anus. Do not stretch the dental dam. This may cause it to tear.
4. Throw away the used dental dam. Never reuse a dental dam.

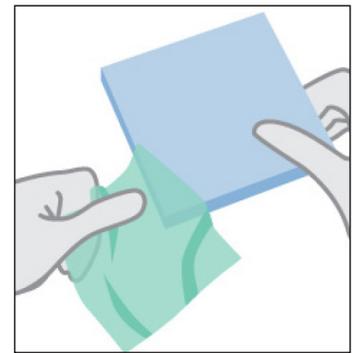
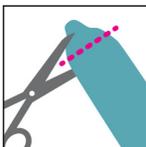
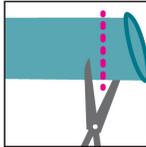
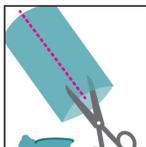
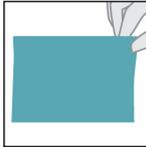


Illustration of Dental Dam

To make your own dental dam from a condom:

1. Carefully open the condom package, and unroll the condom 
 2. Cut off the tip of the condom 
 3. Cut off bottom of condom 
 4. Cut down one side of condom 
 5. Lay flat to cover vaginal opening or anus 
- *Be sure the condom is made of latex or polyurethane

Capes:

- Great for Trans men who have a t-penis
- Made from a latex glove
- Provides protection from STIs

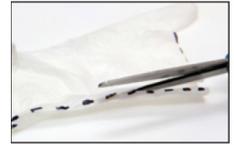
1. Use a latex glove



2. Cut off fingers



3. Cut down the side opposite the thumb



4. Fit t-penis into thumb



Sex Toy Safety:

- It is best not to share sex toys.
- Clean toys thoroughly using warm soapy water before each use.
- If using a toy with a partner, try placing a condom on the toy to help keep it clean. Change the condom before it touches another person's genitals.
- Use water based lubricant. Do not use silicone based lube on a silicone toy (unless you put a condom on it). Silicone lube may react with a solid silicone toy and damage it.
- It is always best to use toys that were specifically made to be sex toys. Novelty or DIY toys may be unsafe for internal use.

Sexual Health Supplies available in Student Health Center:

Condoms and lubricant are available for sale at the SIU Campus Pharmacy:

- **Magnums 80 condoms for \$14**
- Variety Pack: 80 for \$10
- 10 condoms for \$2.00
- Non-latex also available

Condom Price Comparison

Student Health Services	Walgreens	Walmart
Magnums 80 condoms for \$14	Magnums 36 condoms for \$14.49	Magnums 24 condoms for \$15.97

QR codes are provided as a reference for illustrations on how to use internal condoms, dental dams and capes.

You can download a QR code or use Snapchat to load website.



Internal Condoms Illustrated Instructions



Dental Dams Illustrated Instructions



Capes Illustrated Instructions on page 21

Source for Internal Condom Graphic: <https://www.familyplanning.org.nz/advice/contraception/internal-condoms>

Source for Dental Dam Graphic: <https://www.cdc.gov/condomeffectiveness/Dental-dam-use.html#:~:text=Dental%20dams%20are%20latex%20or,dams%20can%20be%20purchased%20online.>