



The Scoop:



Barrier methods, such as the male or female condom, can be an effective method for pregnancy prevention. In addition, using a barrier method like condoms or dental dams correctly can help reduce the risk of sexually transmitted infections and diseases. Read on to find out more!

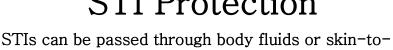




Must be worn each and every time and put on

Male Condom

before penetration occurs. This method is 79-98% effective at pregnancy prevention.



skin contact. Putting a condom on at the beginning of foreplay provides the most protection. Put the condom on as soon as the penis is hard.

about 1/2 inch of room at the tip.

Pinch the tip of the condom to keep air out. Leave

- Unroll the condom all the way down to the base of the penis. If it doesn't unroll, it was placed on backwards, always throw away, don't flip it over!
- Use only water-based lubricants. Oil-based products, like Vaseline can cause a condom to break. After ejaculation, hold the condom onto the base
- of the penis to prevent the condom from slipping off while the penis is pulled out. Throw away used condom. Never use the same condom twice!



effective at pregnancy prevention.

Female Condom

This method is inserted into the vagina or anus



before intercourse. This method is 79-95%

Latex, Polyurethane, or lamb skin. Lamb skin condoms do not provide protection against

Materials – Condoms can be made from

fit the penis correctly.

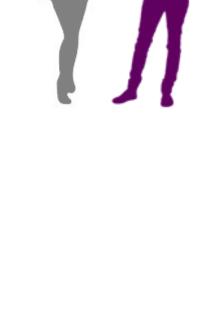
and are less likely to break or slip off if they

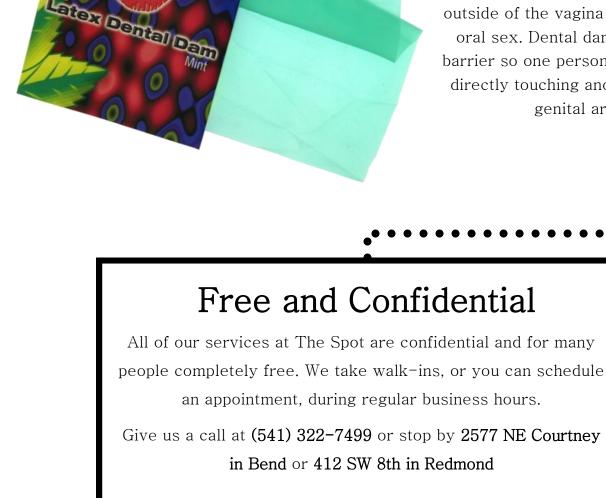
STIs but do help prevent pregnancy. **Lubricants** – Water based lubricants are the only lubricant that should be used with condoms. Oil based lubricants (baby oil, certain massage oils) cause the condom to

break down and could cause breakage. The

package will tell you if it's safe to use with condoms. Taste - Flavored condoms should be used for oral sex. The sugar flavoring could cause vaginal or anal irritation. **Price** – Free at The Spot and sometimes at other locations! Prices will vary elsewhere but the cost is about \$1 for male condoms

and \$4 for female condoms.





Dental Dam **<**⋅•

Are small, thin, square pieces of latex that can be placed on the

outside of the vagina or anus during oral sex. Dental dams serve as a barrier so one person's mouth is not directly touching another person's genital area.

