



Barriers

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!



Male Condom

Must be worn each and every time and put on before penetration occurs. This method is **79-98% effective at pregnancy prevention.**

STI Protection

STIs can be passed through body fluids or skin-to-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.
- Pinch the tip of the condom to keep air out. Leave about 1/2 inch of room at the tip.
- 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!



Female Condom

This method is inserted into the vagina or anus before intercourse. This method is **79-95% effective at pregnancy prevention.**



Condom Specs:

- **Size** – Condoms come in a variety of sizes and are less likely to break or slip off if they fit the penis correctly.
- **Materials** – Condoms can be made from Latex, Polyurethane, or lamb skin. Lamb skin condoms do not provide protection against 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.



Free and Confidential

All of our services at The Spot are confidential and for many people completely free. We take walk-ins, or you can schedule an appointment, during regular business hours.

Give us a call at (541) 322-7499 or stop by 2577 NE Courtney in Bend or 412 SW 8th in Redmond

