

Safe(r) Sex Steps

External Condom Steps

- Step 1. Get tested for STDs/STIs at a local clinic. (TIP: Go with a friend or partner.)
- Step 2. Before engaging in sexual activity, especially oral, vaginal, and/or anal sex, ALWAYS make sure to get consent from your partner. Even if a partner said yes before, one can't assume, expect, or require them to say yes again.
- Step 3. Stock up on FDA approved condoms.
- Step 4. Check the expiration date(s) right before opening.
- Step 5. Tear down the side of the package with your hands.
(REMINDER: Do NOT use your teeth—the condom could also tear in the process!)
- Step 6. Make sure the tip is right side up so the condom can properly roll down.
(TIP: The condom can be said to resemble a sombrero.)
- Step 7. Put 3-4 drops of lubricant inside the condom.
(TIP: Putting 3-4 drops of lubricant on the outside of the condom can also help to reduce friction during sex.)
- Step 8. Pinch the tip of the condom.
- Step 9. Roll it down the length of the penis until it touches the base of the shaft.
- Step 10. Have sex. (REMINDER: You MUST use a new condom every time you have sex!)
- Step 11. After ejaculation, hold the condom at the base and pull out.
- Step 12. Keep holding the base of the condom and remove it carefully, making sure not to spill any fluid.
- Step 13. Tie it in a knot. (REMINDER: Do this AWAY from your partner.)
- Step 14. Throw it away in the trash. (REMINDER: Do NOT throw it away in the toilet—it could clog!)

Insertable Condom Steps

- Step 1. Complete steps 1-4 as listed above.
- Step 2. Rub the package to evenly spread lubricant.
- Step 3. Step 5 as listed above.
- Step 4. If using for anal sex, remove inner ring.
- Step 5. Put 3-4 drops of lubricant and/or spermicide on the outside of the closed end.
- Step 6. Find a comfortable position sitting or squatting.
- Step 7. Squeeze together the sides of the inner ring at the closed end of the condom.
- Step 8. Insert inner ring into the anus or vagina until the outer ring hangs about an inch outside.
- Step 9. Have sex. (TIP: Stop intercourse if your partner slips between the condom and vagina or anus walls, or if the outer ring is pushed into the vagina or anus. If your partner has not ejaculated, you can gently remove the condom, add extra spermicide and/or lubricant, and insert it again.)
- Step 10. Gently remove by squeezing and twisting the outer ring to keep any fluid inside the pouch.
- Step 11. Steps 13 and 14 as listed above.

Dental Dam Steps

- Step 1. Complete Condom Steps 1-6 as listed above.
- Step 2. Unroll condom.
- Step 3. With scissors, cut off the base and tip of the condom, horizontally.
- Step 4. Placing your scissors within the condom, which should resemble a cylinder, cut vertically to create a rectangular shape.
- Step 5. Place dental dam over the vagina or anus.
- Step 6. Have sex. (REMINDER: You MUST use a new condom every time you have sex!)
- Step 7. Throw it away in the trash. (REMINDER: Do NOT throw it away in the toilet—it could clog!)

PROJECT U

Project U

<http://projectula.org>

Valuable LAUSD resources for teen sexual health, including factual information, a clinic locator, student blog, and more.

Learn more safe(r) sex methods and tips for use by visiting the ProjectULA.org web page below:

<http://www.projectula.org/article-details.aspx?returnName=Pregnancy%20&%20Contraception&articleID=1566>