

EXTERNAL CONDOMS

Do you have
**CONDOM
SENSE?**

What is it?

An external condom is a thin, typically latex, barrier that is put **externally on the penis or sex toy** in order to protect from sexually transmitted infections (STIs) and pregnancy.

Where can I get it?

You can find free external condoms and other safer sex supplies, guides, and resources at the **safer sex table in the Student Health Center lobby!** There are also external condoms in several restrooms on campus.

How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

Pinch the tip of the condom and roll the condom onto the head of an erect penis or sex toy and **discard after use.**



INTERNAL CONDOMS

Do you have
**CONDOM
SENSE?**

What is it?

An internal condom is a thin, typically non-latex, barrier that is put **internally inside the vagina or anus** in order to protect from sexually transmitted infections (STIs) and pregnancy.

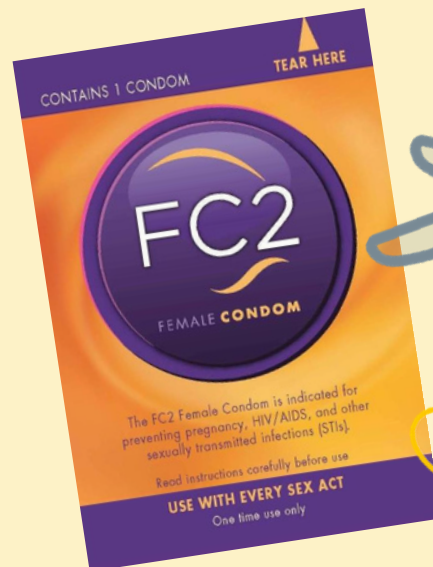
Where can I get it?

You can find free internal condoms and other safer sex supplies, guides, and resources at the safer sex table in the **Student Health Center lobby!**

How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

If used anally, remove the inner ring and insert. If used vaginally, pinch the inner ring and insert. **Hold open** as the penis or sex toy is inserted. **It should not be used with an external condom. Discard after use.**



FLAVORED CONDOMS

Do you have
**CONDOM
SENSE?**

What is it?

A flavored condom is a thin, typically latex, barrier with flavored lube that is put **externally on the penis** in order to protect from sexually transmitted infections (STIs). They come in a variety of flavors.

Where can I get it?

You can find free flavored condoms and other safer sex supplies, guides, and resources at the **safer sex table in the Student Health Center lobby!**

How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

Roll the condom onto the head of an erect penis before oral sex and **discard after use. It should not be used internally** as this can cause a yeast infection or UTI. They can also be cut to create a dental dam.



DENTAL DAMS

*Do you have
CONDOM
SENSE?*

What is it?

A dental dam is a thin, typically latex or polyurethane, sheet with flavored lube used for oral sex in order to protect from sexually transmitted infections (STIs). They come in a variety of flavors, such as strawberry, banana, grape, vanilla, and mint.

How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

Place the dental dam externally over vaginal or anal opening before performing oral sex and discard after use.

Where can I get it?

You can find free dental and other safer sex supplies, guides, and resources at the safer sex table in the Student Health Center lobby!



LUBE

*Do you have
CONDOM
SENSE?*

What is it?

Lubricant (or lube) helps decrease friction and increase pleasure. While most condoms come pre-lubed, you can always add more to make it **more comfortable** for you and your partner.



How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

Put a drop of lube inside a condom or around the covered penis or sex toy. Avoid oil-based lube if you are using a latex condom. This causes the condom to break. Look for water-based or silicone-based products.

Where can I get it?

You can find free water- or silicone-based lube and other safer sex supplies, guides, and resources at the **safer sex table** in the Student Health Center lobby!

GLOVES

*Do you have
CONDOM
SENSE?*

What are they?

Latex or nitrile gloves can be used when inserting fingers or fists into the front hole, vagina, or anus. Using gloves protects against STIs on exposed cuts and helps prevent internal scratches.

How do I use it?

BEFORE SEX, GET ENTHUSIASTIC CONSENT!

Put on gloves before fingering or fisting. You can also cut the fingers off the gloves (keeping the thumb intact to place over the genitals) to make a combination condom/dental dam (a condom!). Similar to condoms, you can apply lube on the outside of the glove to decrease friction.

