

stay safe,  
it's  
nothing  
new.



Using condoms is one of the simplest and most effective ways to protect yourself and your partner from STIs and unplanned pregnancies. They're accessible, easy to use, and help you take charge of your health.

**Stay safe, stay confident,  
and remember: protection  
is empowerment!**

#### Did you know?

Condoms have been used throughout history across many civilizations to protect against pregnancy and sexually transmitted infections (STIs).

From linen wraps in Ancient Egypt to silk and tortoise shell versions in China and Japan, different cultures found creative ways to protect themselves. The Romans used them to prevent STIs, and tribes in New Guinea made plant-based condoms.

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let's talk  
about

condoms



# external condoms

External condoms cover the penis during sex to collect semen to prevent the spread of STIs. They also cover most skin to prevent skin-to-skin transmission of STIs. Both latex or non-latex options are available (lambskin condoms DO NOT protect against STIs).

## HOW TO USE:

Place the condom on the head of the penis when it is erect. Hold the tip of the condom and unroll the condom down the shaft of the penis.



## \* TIP!

If you put on the condom the wrong way and it can't roll down, throw it in the trash (don't flush them!) and get another one. The tip of the penis may have STIs or semen on it which could be transferred to the outside of the condom.

## how to store condoms

Condoms need to be stored away from extreme cold, extreme heat, humidity or direct sunlight.

You also want to keep them somewhere where they won't be moved or compressed too much. Somewhere like a drawer is ideal.

# internal condoms

An internal condom is designed to be placed inside the anus or vagina before sex. Internal condoms can be inserted a few hours before sex.

## HOW TO USE:

Squeeze the smaller circle and insert it in the vagina or anus by pushing it up and in. The larger circle will remain outside the vagina or anus.



## where to find condoms

### IN STORES

- Available at most grocery stores and pharmacies - no prescription needed for external condoms.

### FOR FREE

- Check local clinics, health centers or your local community center.
- If you're 18+ and live in Texas, you can order condoms online for free.

[texaswearscondoms.com](https://texaswearscondoms.com)

# dental dams

A dental dam is a thin sheet of latex or polyurethane. It can be placed over the vulva or anus during oral sex to reduce the risk of spreading STIs.

## HOW TO USE:

Using a dental dam is simple - spread it over the desired area and hold it in place.



## \* TIP!

If you can't find a dental dam, you can easily turn an external condom into one. Cut the side and open it out. Then use it like you would a dental dam.



## \* TIP!

Not all condoms are the same size and shape! Even having foreskin or not having foreskin can change the user's experience. Research what works best for you.

