

# EXTERNAL CONDOMS

*Before sex, get  
enthusiastic  
consent!*

## *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!**

## *How do I use it?*

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

*Before sex, get  
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## *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?*

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

*Before sex, get  
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## *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?*

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

*Before sex, get enthusiastic consent!*

## *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?*

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

*Before sex, get enthusiastic consent!*

## *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?*

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!**

