

sex talk.

answers to your questions about sex and relationships

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Q Can you use condoms in the shower?

A. No matter where you are having sex, condoms can help reduce your risk of sexually transmitted diseases (STDs) and unintended pregnancy. Yes, condoms may be used in the shower – but you will need to be mindful of a few things to ensure they have some degree of effectiveness.

First, because water can rinse away lubrication on the condom, make sure you have plenty of extra lube available. Silicone-based lubricants, in particular, are best suited for wet sex since they won't be easily washed away. This can help keep things sufficiently slippery amidst an environment that can paradoxically dry things out fast. Next, try your best to keep water from getting underneath the condom at its base, since moisture there can increase the chances that it could fall off during sex, leaving you and your partner high and dry (figuratively speaking). Soap, shampoo and conditioner are all things that you will want to avoid as well, since they can break down and compromise the

latex barrier that helps protect you from STDs or an unplanned pregnancy.

The bottom line is that while condoms are not designed for sex in the shower, they can offer some measure of safety. Just how much depends on the conditions – but careful use can certainly offer more protection than none at all. If that doesn't sound like good enough odds for you, opt instead for a drier environment and leave the shower to foreplay or postplay.

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