

sex talk.

answers to your questions about sex and relationships

wildfact

73% of sexually active UA students usually or always use a condom or other barrier method. (2013 Health & Wellness Survey, n=3,055)

Male Condoms 101

Here are the answers to some of your most commonly asked questions about male condoms:



Is using two condoms bad?

Yes. "Double wrapping" does not provide double protection. In fact, using two condoms at one time causes friction which may cause condoms to rip and tear. Keep it simple and effective and use one condom with one penis.

What is the best brand of condom?

All condoms, regardless of brand, are regulated by the FDA and go through rigorous quality control testing during each step of manufacturing to ensure that they are safe and effective. The brand of condom, as with any product, is usually chosen based on marketing, hearsay, and personal preference.

Is pulling out as effective as using a condom?

No. Condoms are 82-98% effective in preventing pregnancy **and** provide protection against sexually transmitted infections (STIs). The withdrawal method is 78-96% effective in preventing pregnancy but does **not** provide STI protection. The range of effectiveness rates

represents typical to perfect use.

Is there such a thing as a one size fits all condom?

Penises come in different sizes and so do condoms. Contrary to popular belief, condom sizes are based on the circumference or girth of the penis, not the length. There are generally three different condom sizes: snug fit, regular, and magnum. It's important to get the correct size because condoms that are too tight can break and restrict blood supply to the penis; condoms that are too big can slip off during intercourse. There should be a little bit of extra space at the tip for ejaculate.

Where can I get free condoms?

At Free Condom Friday which happens every Friday from 12-2pm on the 3rd floor of UA Campus Health in Health Promotion and Preventive Services.



Have a question? Send it to sextalk@email.arizona.edu

SexTalk is written by Lee Ann Hamilton, M.A., CHES, David Salafsky, MPH, and Carrie Hardesty, BS, CHES, health educators at The UA Campus Health Service.