

CONDOM ACCESS PROGRAM

Although condoms reduce the risk for STIs and unintended pregnancy, not having sex with a partner is the only 100% effective method to be protected from these sexual outcomes.

Getting Affirmative Consent

Obtain Affirmative Consent: Remember, a clear, affirmative, and verbal 'yes' from all parties is required before proceeding. It's also important that all parties are sober (not drunk or high) in order for it to be true consent.

Putting on and disposing of a condom properly:

- After getting affirmative consent from your partner, make sure to follow these steps below: You must wear the condom the whole time you're having sex, and use a new condom for each act, every time.
- Check the packaging for holes or tears. Always check the expiration date. If you received a condom from your school's Condom Access Program's designee (health aide, health education teacher) that is past the expiration date, please let them know so they can exchange it.
- Open the package. Push the condom to one side and open the package carefully - NEVER use your teeth or scissors.
- Check that the condom is rolling the right way. The rim should be on the outside so it looks like a little hat, and it will unroll easily. If you accidentally put on a condom inside out, do NOT flip it around and reuse it - get a new one.
- Pinch the tip of the condom and place it on the head of your penis. Pull back the foreskin and unroll the condom all the way to the base of the penis. You can put a few drops of water-based or silicon-based lubricant inside the tip of the condom before you roll it on. A few drops of lubrication (lube) that is either silicon- or water-based will help to make sex less painful. NEVER use oil-based lubricants on a condom because the friction will break down the condom and make it less effective.
- Unroll the condom down the shaft of your penis all the way to the base. You can also add more lube to the outside of the condom after it's on your penis.
- After you ejaculate, carefully remove the penis away from your partner to reduce the risk of exposure to sexual fluids. Tie the condom in a knot, put it in a tissue and throw away the condom in the trash - don't flush it down the toilet (it can clog pipes).



Where to Store Condoms (cool, dry spaces)

- Drawers
- Cabinets
- Under the bed
- Shoebox

Where NOT to Store Condoms (any place that generates heat or pierces the packaging)

- Pockets
- Wallets
- Vehicles
- Purses
- With Sharp Things

Additional Information

Condoms are an effective FDA-Approved method that reduces the risks of STIs and unintended pregnancy. Remember to use only **LATEX or Polyisoprene/Polystyrene condoms**. There is also an internal condom available by prescription at most health care providers or clinics. You must wear the condom the whole time you're having sex, and use a new condom for each act, every time. **NEVER** use two condoms together, and NEVER use condoms with animal-based (natural) materials - they do not protect against STIs. If the condom breaks, you could be at risk for STIs and pregnancy. For more info on testing, see below.

Resources

- The [Stanford Teen Health Van](#) offers free services including: pregnancy tests, sexually transmitted disease testing and treatment, HIV counseling and testing, family planning, health education, risk behavior reduction counseling and more.
- 45-second video: [How to Use a Condom](#) | [¿Qué son los condones?](#)



If you have any questions, visit the [Health Office](#) at your school site.

