

# CONDOMS

## HOW TO BUY A CONDOM

You may buy condoms, lubricating jelly and contraceptive foam/jelly without a prescription in any drugstore. All U.S. condoms have to meet quality standards set by the government.

Condoms are available in different colors, textures and sometimes in three different sizes. Experiment to see which brands and styles work best for you. Lubricated condoms are best for vaginal or anal sex. Either non lubricated or flavored condoms are best for oral sex.

**DO** buy latex or polyurethane, reservoir (nipple) end condoms.

**DON'T** carry in hip wallet or car glove box for more than one day as this shortens shelf life.

**DON'T** buy or use outdated condoms. Check package for expiration date.

## WHERE TO BUY CONDOMS ON CAMPUS

UHCS (Corner of Prairie and Starin)  
Condoms: 5/\$1.00; Open 8 - 4:30, M- F.

### Bookstore

Prices vary; Open 8-6:00 M-Th, 8-4:15 Friday, 11-3 Saturday

For more information:

[www.lifestyles.com/index.shtml](http://www.lifestyles.com/index.shtml)

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## UNIVERSITY HEALTH AND COUNSELING SERVICES

[www.uww.edu/uhcs](http://www.uww.edu/uhcs)

Corner of Prairie and Starin  
Division of Student Affairs, UW-Whitewater  
[www.uww.edu/staffair](http://www.uww.edu/staffair)

### Hours

Monday-Friday 8:00 - 4:30; summer & evening hours may vary.

### Health Services 472-1300

- \* Examinations and treatment for illnesses and minor injuries
- \* Laboratory tests and medications
- \* Allergy injections and immunizations
- \* Pelvic exam and Pap test
- \* Contraceptives
- \* STD and HIV antibody testing
- \* Cold self care
- \* Referrals to specialists
- \* Phone consultations with RN
- \* Rehabilitation for students with disabilities

### Counseling Services 472-1305

- \* Individual counseling for many concerns, including...
  - \* Relationships
  - \* Depression
  - \* Self-esteem
  - \* Values clarification
  - \* Alcohol and other drugs use
  - \* Sexual assault and abuse
  - \* Decision-making
  - \* Anxiety
  - \* Sexual orientation
  - \* Stress
- \* Group counseling options
- \* Consultations with staff
- \* Referrals to community agencies
- \* Crisis intervention
- \* Practicum training site

### Wellness Services 472-1300 ext. 2244

- \* Lobby Resource Center
- \* Royal Purple articles
- \* Bulletin board kits
- \* Healthy U newsletter
- \* Web site
- \* Posters
- \* Wellness fairs
- \* Educational presentations

### Employee Assistance Program 472-1305

- \* Confidential assistance and referral for employees with concerns such as:
  - \* Stress
  - \* Depression
  - \* Finances
  - \* Alcohol and other drug use
  - \* Troubled coworkers
  - \* Marriage/family
  - \* Health

### 24-Hour Emergency help:

#### **911 Whitewater Rescue Squad**

472-1060 Sexual Assault Response Team  
262-741-3200 or 1-800-365-1587 Crisis Line

## THE CONDOM

A condom (Prophylactic, rubber) is a rolled-up stretchy sheath designed to fit over an erect penis to keep semen from escaping. If latex or polyurethane, this barrier can help protect against the spread of infection to the partner's mouth, anus, or genitals.

Condoms are inexpensive, readily available, and up to 90-98% effective in preventing pregnancy when used properly. A good quality latex or polyurethane condom offers the **best** protection against HIV and other sexually transmitted infections if you are sexually active.

## HOW TO PUT ON A CONDOM

**DO** open the package carefully to avoid ripping or tearing the condom.

**DO** place condom on the erect penis prior to foreplay, genital contact or penetration to avoid contact with body fluids.

**DO** use only water-soluble lubricants such as KY or spermicidal jelly inside the condom for greater sensation and outside to avoid breakage.

**DO** use polyurethane condoms (Avanti) if you or your partner are allergic to latex.

**DO** place condom on the penis so it rolls over not under.

**DO** squeeze the tip of the condom while unrolling it to provide the required space to collect semen.

**DO** practice putting a condom on yourself or a banana until you learn to do it properly

**DON'T** twist or bite condom. This will damage it and allow fluid to leak out, possibly

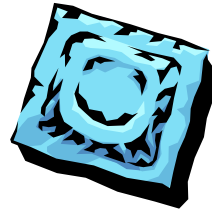
infecting your partner.

**DON'T** use oil-based lubricants like vegetable oil, petroleum jelly, mineral oil, lotion or suntan lotion, because they may damage the condom.

**DON'T** use a condom that has been stored in a warm place, is past its expiration date or feels brittle.

**DON'T** reuse condoms

**DON'T** unroll condom before use.



## HOW TO REMOVE A CONDOM

**DO** remove penis soon after ejaculation, before it becomes soft. Grasp the condom by the base and withdraw the penis to prevent slipping and leakage of semen.

**DO** wrap used condom in tissue and dispose of it immediately.

**DO** keep used condom away from your partner's genitals and other areas of the body.

**DON'T** tug or pull condom off as it may tear.

**THE MAIN REASON  
CONDOMS BREAK  
IS USER ERROR**

## HOW TO TALK ABOUT CONDOMS WITH A RELUCTANT PARTNER

If partner says:

"It destroys the mood when I have to stop and put a condom on."

You can say:

"We can keep it romantic by making it part of our foreplay."

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Partner says:

"I don't have a condom with me. I didn't think anything was going to happen."

You can say:

"The truth is nothing is going to happen without a condom."

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Partner says:

"It ruins the sensation for me if I wear a condom."

You can say:

"You won't have any sensation if you don't."

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Partner says:

"We don't need a condom; I'm on the pill."

You can say:

"Let's use it anyway to protect us both from any infections we may not know we have."

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Partner says:

"We've been going out for awhile now. How much longer do we have to use these? Don't you trust me.?"

You can say:

"Well, it's not like we're married. It puts my mind at ease to use them so I can concentrate on enjoying myself and pleasuring you."