

Safer Sex Supplies in the RCSGD

Here are the **free** safer sex supplies we offer at the RCSGD



	WHAT IT IS	PROS	CONS	THINGS TO NOTE
<p>Internal Condoms</p> 	<p>Typically labelled as “female condoms.” Internal Condoms are a non-latex sheath often used by people with vaginas who desire penetrative sex. The ring on the closed end gets pinched, inserted, and placed comfortably within the vagina. These condoms are lubricated but additional lubrication can be applied as desired.</p>	<ul style="list-style-type: none"> - Prevents STIs and pregnancy - Can be used in tandem with hormonal methods of contraception - Can be put in ahead of time 	<ul style="list-style-type: none"> - Can become twisted - Cannot be used anally 	<ul style="list-style-type: none"> - Should NOT be used in tandem with an external condom because the friction can cause the condom to break and become ineffective - Expiration date and tampering with package should be examined before use - Cannot be reused
<p>External Condoms</p> 	<p>Typically labelled as “male condoms.” External Condoms are a latex or non-latex sheath often used by people with penises who desire penetrative or oral sex. The condom should be pinched at the tip and easily rolled onto the penis to cover the full length of the penis. There are lubricated and non-lubricated external condoms, and more lubrication can be applied to both types of condoms as desired.</p>	<ul style="list-style-type: none"> - Prevents STIs and pregnancy - Can be used in tandem with hormonal methods of contraception - Come in different sizes and textures - Can be used on sex toys 	<ul style="list-style-type: none"> - The correct external condom size is important for it to be effective - Will not protect from skin-to-skin contact STIs (it only covers the shaft and head of the penis) 	<ul style="list-style-type: none"> - Should NOT be used in tandem with an internal condom because the friction can cause the condom to break and become ineffective - Expiration date and tampering with package should be examined before use - Cannot be reused
<p>Dental Dams</p> 	<p>A latex sheath used for oral sex of the vulva or the anus. Typically flavored and lubricated on one side - the side touching the skin should be lubricated. It should be held taut against the skin but not to the extent of potential tearing.</p>	<ul style="list-style-type: none"> - Prevents STI transmission via oral sex - Can be easily made with an external condom or Saran Wrap (just cut into sheet and apply lube) 	<ul style="list-style-type: none"> - May have sugars from flavoring that can compromise the vaginal pH 	<ul style="list-style-type: none"> - Cannot be reused - A new dental dam should be used for each new orifice
<p>Gloves</p> 	<p>Latex-free and powder-free gloves used for penetrative sex done with the hands. Lubrication should be applied as desired.</p>	<ul style="list-style-type: none"> - Covers hands and fingers that often have small cuts and cracks - Facilitates easier clean up 	<ul style="list-style-type: none"> - The correct glove size is important for it to be effective 	<ul style="list-style-type: none"> - Fingernails should be trimmed before use - A new glove should be used for each new orifice
<p>Water Based Lubrication</p> 	<p>A lubricant primarily made of water. It provides a slippery sensation and can be reapplied as desired.</p>	<ul style="list-style-type: none"> - Easier clean-up - Compatible with all sex toys - Compatible with condoms - Comes in different viscosities and flavors - Container can be placed in warm water for a warm sensation 	<ul style="list-style-type: none"> - May dry out and become sticky quickly - Often needs to be reapplied - Is not compatible with sex acts done in water - May have sugars from flavoring that can compromise the vaginal pH 	<p>STORAGE OF ALL SUPPLIES</p> <p>Condoms, dental dams, gloves, and lube should all be stored in cool, dark spaces separate from other objects. They should <u>not</u> be stored in wallets, pockets, nor loosely in bags. This will prevent these supplies from getting punctured and therefore compromising their effectiveness.</p>
<p>Silicon Lubrication</p> 	<p>A lubricant primarily made of body-safe manufactured silicon. It provides a very slippery sensation and is recommended for anal sex.</p>	<ul style="list-style-type: none"> - Will not dry up as quickly because bodies and membranes will not absorb it - Compatible with non-silicon sex toys - Compatible with condoms - Compatible with sex acts done in or around water - Container can be placed in warm water for a warm sensation - Recommended for anal sex 	<ul style="list-style-type: none"> - Requires soap and water for clean-up because it is not water soluble - Can leave stains on cloth materials - Is NOT compatible with silicon sex toys 	