

CONDOMS ARE A GOOD CHOICE TO PROTECT SEXUAL HEALTH

Use condoms to reduce STI risk and prevent unwanted pregnancy

PROTECT YOURSELF



Condoms can **REDUCE** the risk of getting or passing STIs



When used correctly, condoms are **98% effective** at preventing pregnancy¹

Consistent and correct use of latex and synthetic polymer condoms can decrease the risk of acquiring and transmitting the majority of STIs, including HIV, HBV, chlamydia and gonorrhoea. They do not provide complete protection against syphilis, HPV or HSV because lesions and asymptomatic shedding can occur in areas not covered by these barrier methods.²

BE PREPARED

There is a condom for everyone!

1. Experiment with different condoms to find one that fits and feels right for you
2. Practice talking to your sex partners about using condoms
3. Practice putting a condom on and taking it off correctly
4. Bring extra condoms with you so you can have safer sex every time

FOCUS ON PLEASURE

Using condoms can:

- Enhance pleasure by providing the peace of mind of knowing that you are protected against STIs and unplanned pregnancy³
- Show that you care about your partner's health

A survey of Canadian university students indicated there was NO difference between condom users and non-users who said their last penis-vagina intercourse was "very pleasurable". **Using condoms did not affect whether they had an orgasm or not.**⁴

LESS WORRY = MORE PLEASURE!



If you want to use a condom but your partner doesn't, **remind them of the benefits of condom use.**



If they refuse, make your own health the priority and **consider leaving the situation.**



SCHEDULE ROUTINE STI TESTS EVERY 3 MONTHS IF YOU OR YOUR PARTNER ARE HAVING SEX WITH MULTIPLE PEOPLE.

1. Condoms. <https://www.webmd.com/sex/birth-control/birth-control-condoms#2>

2. Public Health Agency of Canada. (n.d.). Sexually Transmitted and Blood Borne Infections (STBBI) prevention guide. <https://www.canada.ca/en/public-health/services/infectious-diseases/sexual-health-sexually-transmitted-infections/reports-publications/sexually-transmitted-blood-borne-infections-action-framework.html>

3. Planned Parenthood. (n.d.) What are the benefits of condoms? Planned Parenthood. <https://www.plannedparenthood.org/learn/birth-control/condom/what-are-the-benefits-of-condoms>

4. Commissioned by TROJAN™, a survey of Canadian university students varying in sexual orientation, was designed by researchers at SIECCAN and the University of Guelph. Findings are based on data from 1,472 young adults aged 18 to 24 from more than 50 universities across Canada, who completed a 64-item online survey in Jan-Feb 2019. https://www.sieccan.org/_files/ugd/1392d5_1c87fb7e18ea4dde87b4b366c1d48b1a.pdf