

WHY ARE CONDOMS LESS EFFECTIVE IN REALITY THAN REPORTED?

External condoms are 98% effective when used correctly. However, in reality, condoms are reported to be about 85% effective due to user error.

COMMON EXTERNAL CONDOM ERRORS TO AVOID

✦ Check the expiration date.

✦ Store them in a cool, dry place. Sunlight, heat, or cold can damage them.



✦ Don't use a condom that is brittle, sticky, dry, or feels different than usual.

✦ Don't use a condom if the package looks damaged. Gently squeeze the package to make sure there is a small air pocket indicating no holes in the package.

✦ Never use your teeth or a sharp object to open the package.

✦ Handle the condom carefully once it is out of the package so that you don't tear it.

✦ Put the condom on once the penis is erect. Leave about 1/2 inch at the tip.

✦ Pinch the tip of the condom to keep air out. Unroll the condom all the way down to the base of the penis.

✦ After sex, hold the rim of the condom and take the penis out before it gets soft.

✦ Moorpark College does not discriminate on the basis of race, color, national origin, sex, disability, age or sexual orientation.

MC STUDENT
HEALTH CENTER

CONDOM
SENSE

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MC SHC
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FREE
CONDOMS

MCSHC

WHERE CAN I GO TO TAKE CARE OF MY SEXUAL HEALTH?

The MCSHC can help you manage your sexual health. Even if you regularly use condoms, you should still follow recommended guidelines for sexual health

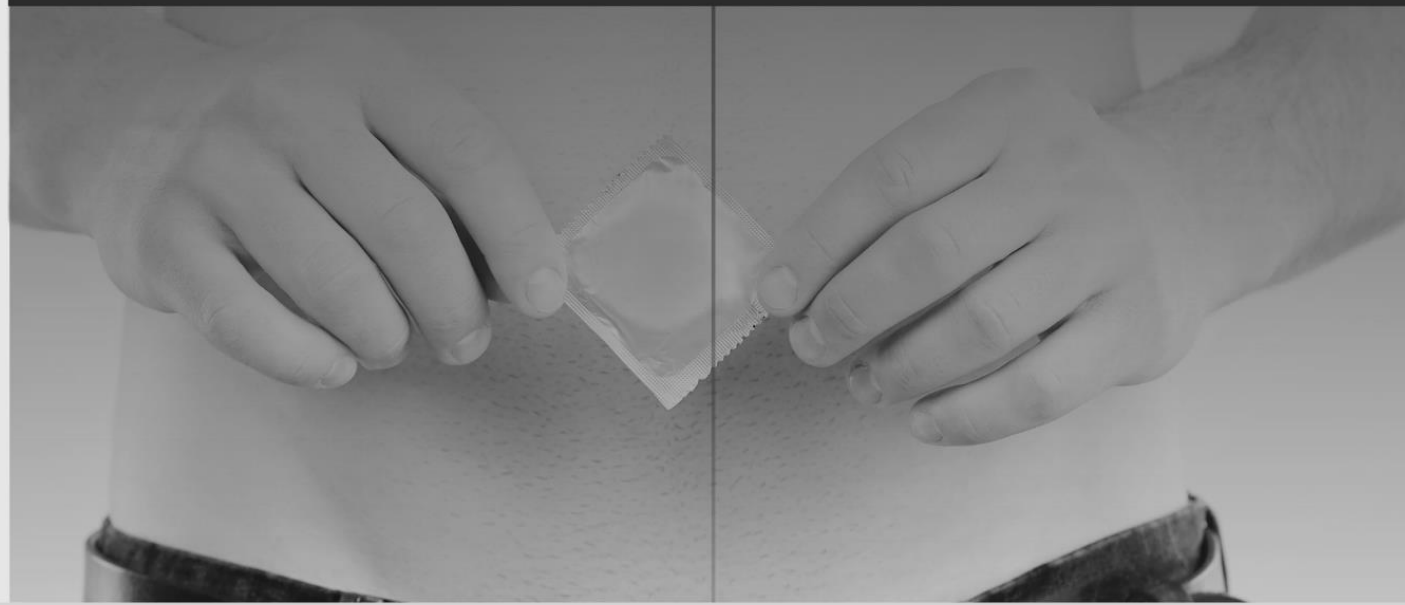
- Grab Free External Condoms and Lube at the MCSHC**
- Get a Free or Low-Cost STI Screening**
- Get a Free or Low-Cost Sexual Wellness Exam**
- Ask about internal condoms and dental dams**
- Ask about internal condoms and dental dams**

The MCSHC is here for your Sexual Health



CONDOM SENSE CHOICES

- **My girl is on birth control, so why do I need a condom?**
 - **Condoms not only add extra contraceptive protection, but they also protect against STIs.**
- **I am a man who only has sex with men, so I don't need to worry about getting pregnant and using a condom.**
 - **Condoms should be used for oral sex and anal sex to reduce the risk of STI transmission. Condoms can also be used over many shared sex toys to reduce the spread of STIs. Condoms can even be used for hand jobs.**



- **Oral sex doesn't really count, so I don't need a condom.**
 - **STIs like chlamydia, gonorrhea, herpes, and more can all be passed through oral sex. Using a condom helps reduce the risk of spreading an STI.**
- **I am a lesbian and see no need for every touching an external condom.**
 - **External condoms can be used to make a DIY dental dam. They can also be placed over shared sex toys to reduce the transmission of STIs.**
- **I will just pull out in time.**
 - **Pulling out does not reduce the spread of STIs. It is also only 80% effective as a contraception method when done prior to ejaculation. Wearing a condom means you do not have to pull out.**