



Moorpark  
College  
Student Health  
Center

## TYPES OF BARRIER METHODS FOR SEX



MOORPARK COLLEGE  
STUDENT HEALTH CENTER



## EXTERNAL CONDOMS FACTS

- Condoms have sizes
- Condoms shouldn't hurt
  - Check the size, ingredients, type, and amount of lube being used
- Condoms are 86% effective against preventing HIV, STIs, and pregnancy
  - If used correctly, they are 98% effective against pregnancy
- There are vegan condoms
- Condoms expire
- Condoms can stretch almost three feet (it's not too small)
- Always check that a condom package is not punctured before use

## WHEN TO USE THEM



To prevent pregnancy and sexually transmitted infections



During penetration of any kind, vaginal, front hole, anus, etc.



Oral Sex



On sex toys if partners share, or if penetration type changes, swap the condom

Never double up! Do not use two external condoms or an external and internal condom at once!

## WHY USE A BARRIER METHOD?

Barrier methods reduce the spread of sexually transmitted infections (STIs) and/or reduce the risk of pregnancy. **Barrier methods can be employed for a variety of sexual experiences.**

Some STIs spread through body fluid exchange. Other STIs, like herpes and human papilloma virus (HPV), can be spread through skin to skin contact. Therefore, barrier methods are not always effective in preventing the spread of STIs. In addition, DIY barrier methods may not work as well as other methods and should not be considered 100% effective. However, it is important to consider how to employ safer methods of sexual contact.

### QUICK FACTS

- Some STIs like HPV, gonorrhea, and herpes can be spread without genital to genital contact (oral sex, genital touching).
- The most common STIs spread through oral sex are chlamydia, gonorrhea, HPV, herpes, syphilis, and HIV.
- Thin skin and a lack of lubrication can increase the risk of spreading STIs and bacterial infections through anal sex. Barrier methods and lubrication can help reduce the risk.

Know your risk for pregnancy

One should always know their risk for pregnancy. Genitals do not equal gender.



## MORE RESOURCE

Visit the Moorpark College Student Health Center's Sexual Health site for more information.



mc\_studenthealthcenter

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# CAPE

## USED FOR "T-PENIS"

- For transgender men, non-binary folks, or others on testosterone, the clitoris may enlarge to around 2-3 inches
- Condoms and Dental Dams may not appropriately fit
- To provide barrier protection, a medical grade glove can be cut to make a 'cape'
- Capes are not ideal because they can fall off and are not as protective as a condom. When possible, use an external or internal condom, or a dental dam for oral sex.
- Be mindful of latex allergies

### DIY Cape:

- 1 Find a glove (don't forget to be aware of any latex allergies), medium probably works best but larger or smaller may also work, depending on you or your partner



- 2 Cut off fingers



- 3 Cut down the side opposite of the thumb



- 4 Fit t-penis into thumb



(Thompson & Benbrook, 2016)

# INTERNAL CONDOMS

- Can be inserted into the vagina or anus before sexual intercourse
- They are used to reduce the risk of pregnancy and reduce the risk of sexually transmitted infections.
- Internal condoms are similar in length to an external condom but are much wider as to allow for movement.
- Internal condoms are 95% effective against pregnancy if used correctly. But in real life, they are about 79% effective against preventing pregnancy.

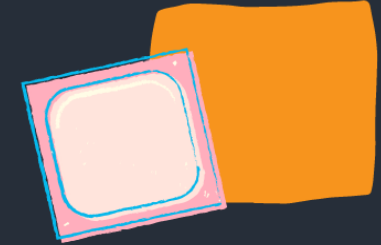


## GET FREE EXTERNAL CONDOMS AT THE MC SHC



Visit the MCSHC website for more information.  
Call (805) 378-1413 for an appointment.  
STI testing and sexual health appointments available.  
Admin Bldg, Rm 111

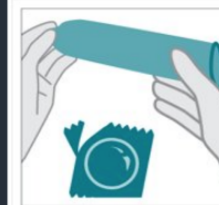
# DENTAL DAM



- Used for oral sex
- Placed over genitals, especially the vagina or anus
- Can be used for "scissoring." Use lube to hold in place
- Can be pricey, but can be made out of a condom

## DIY

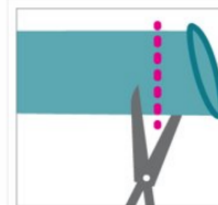
### How To Make a Dental Dam From a Condom\*



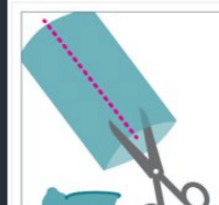
Carefully open package, remove condom, and unroll.



Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

(Campus Health Tulane)

Fun tip; you can try a flavored condom! Don't have access to a dental dam or condom? Use non-microwaveable plastic wrap