

Safe Sex Cheat Sheet

STI-Prevention Tips (cont.):

- Be sure to **talk** about whether or not your partner(s) have been tested for STIs **before** engaging in sexual activity.
 - **Get tested for free** at Health Services!

Contraceptive Tips:

- Make sure to talk to your doctor about what contraceptive is best for you and your partner(s). There are **tons** of options!
- If you find that a condom has ripped or was defective in some way, or that you may be at risk of unwanted pregnancy, be sure to visit Health Services or your doctor **ASAP** to figure out the best option for you.
 - Health Services can provide emergency contraception and pregnancy tests.

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STI-Prevention Tips:

- Before you put a condom on, make sure it is not **expired**, that the package is not **compromised**, and that there are no **tears** in the condom.
- If you put the condom on incorrectly or backwards, **dispose** of it.
- Leave about **½ inch of space** at the end of external condoms to collect semen.
- Take care in removing a condom and **double-check** to make sure there are no tears and to prevent leakage.
- Be sure to use a **new** condom/dental dam/gloves when **switching** between sexual activities - for example, changing condoms between vaginal, oral, or anal sex.
- Do not wear **two** external condoms or an external and internal condom at once.