the ultimate guide to safer-sex
brought to you by glovebox
Table of Contents

3 Welcome to gloveBOX

4 Safer-Sex Supplies: What Are They, and How Do I Use Them?
  5 External Condoms
  6 Internal Condoms
  7 Lubrication
  8 Dental Dams, Gloves, and Finger Cots

9 Where On Campus Can I Get...
  10 Tested for Sexually Transmitted Infections (STIs)?
  10 The HPV Vaccine?
  11 A Prescription for Birth Control?
  11 Emergency Contraception?
  12 PrEP (Pre-Exposure Prophylaxis)?
  12 Pregnancy Tests?
  13 More Safer-Sex Supplies?

14 Let’s Talk About...
  15 Consent
  16 Abstinence
  17 (Even) Safer-Sex: Navigating Sex During a Pandemic

20 Resources
  21 Student Health and Wellness Online Resources
  22 Additional Resources
Welcome to 
glovebox

Thank you for your order! You have taken an important step in protecting yourself and your partner(s) against sexually transmitted infections (STIs) and/or unintended pregnancies.

Part of being well here at UConn is knowing how to protect yourself. This guide serves as an overview of the many skills and services available to support you in taking control of your sexual health.
Safer-Sex Supplies

What Are They, and How Do I Use Them?
Check to make sure the condom is not expired. If it is, grab another (if possible).

Check to make sure the package has a slight air bubble to ensure the condom hasn't been crushed.

Open the package along the side carefully and remove the condom.

Make sure the condom is right side up by placing the condom on the thumb, rolling it down slightly. If it resists, it's going the wrong way - flip it over.

Pinch the tip of the condom and roll it all the way down the penis while fully erect, smoothing out air bubbles along the way.

After sex (while still erect), pull out, turn away from your partner, and gently roll off the condom.

Throw the condom away in the trash - never flush condoms!

did you know?

Only have expired condoms on you? If you're absolutely going to have sex, it's safer to use an expired condom than no condom at all.
Internal Condoms

How to use:

If it's going into the vagina - squeeze the inner ring and insert it like a tampon. Push it in as far as it will go. The outer ring will be outside the body.

If it's going into the anus - remove the inner ring, and push the condom in with your finger. The outer ring will be outside the body.

Internal condoms (previously known as "female condoms") are inserted into the anus or vagina, rather than rolled onto the penis. These condoms are non-latex, and can be inserted into the body up to 8 hours before sex. Like external condoms, they prevent the transmission of STIs and prevent pregnancy.
Lubrication

Lubrication is an important safer-sex tool - not only does decrease friction, making it less likely for a condom to break, but it can also enhance pleasure for all partners.

How to use:

Place one or two drops on the inside of a condom before rolling it down to boost sensation for both the wearer and the partner. Apply some on the outside of the condom, or directly on the body. Or, use flavored lube to enhance oral sex!

did you know?

Flavored lube is meant for oral sex, but certain types (like ID Frutopia, that we provide in gloveBOX) are sugar free - so they're less likely than other flavored lubes to cause a yeast infection if used vaginally!

Do I need to use lube?

Lube provides many benefits for all parties involved. Using added lubrication is nothing to be ashamed of. In fact - it can make your experience more enjoyable! Regardless of how much natural lubrication one produces, it’s always okay and encouraged to use more, if you feel like it will enhance your experience.
Dental Dams

Dental dams are thin sheets of latex that are used during oral-anal or oral-vaginal/vulval sex to prevent the transmission of STIs.

How to use:

Add some lube to one side and place that side down on a partner’s anus or vulva (the mouth goes directly on the other side).

If you don't have a dental dam, make your own by tearing down the side of a condom, or a glove!

Gloves & Finger Cots

Gloves cover the hand during activities such as digital penetration (“fingering” or “fisting”), and can prevent the transmission of STIs that are spread through bodily fluids. While these activities are very low risk anyway, gloves can reduce that risk even further. They can also be helpful for folks that have long fingernails, and are worried about cutting or scraping the skin, or folks that want to switch between sexual activities without stopping to wash hands & would rather switch gloves instead. Finger cots also can be used in a similar way!
Where On Campus Can I Get...?
Tested for Sexually Transmitted Infections (STIs)?

Students can get tested for *sexually transmitted infections (STIs)* at Student Health and Wellness in the Hilda May Williams Building. Testing is billed through insurance. We test for:

- Chlamydia
- Gonorrhea
- Syphilis
- HIV
- Hepatitis C

The Rainbow Center (located on the 4th floor of the Student Union) also provides free and private rapid HIV and Hepatitis C testing periodically throughout the semester. These tests are first come, first served. For more information, visit rainbowcenter.uconn.edu/rapid-hiv-hepc-testing.

Free STI testing is available at Student Health and Wellness GYT clinics, held periodically throughout the semester.

The HPV Vaccine?

Students of all genders can get vaccinated against HPV at Student Health and Wellness in the Hilda May Williams Building. *Gardasil* is the only vaccine that protects against cervical cancer and genital warts. Students can make an immunization appointment to begin or continue this three-shot series. Vaccination is covered by most insurance.
A Prescription for Birth Control?

Students can discuss birth control (contraception) options with a healthcare provider at Student Health and Wellness in the Hilda May Williams Building. Birth control options include:

- The Pill
- The Patch
- The Ring
- The Shot
- The Arm Implant
- The IUD
- And others!

Emergency Contraception?

Students can purchase a generic form of Plan B (the "morning-after pill") over-the-counter at Student Health and Wellness in the Hilda May Williams Building's pharmacy. Students of any age or gender (with a valid UConn ID) can purchase Plan B without a prescription. Students can use cash, credit cards, Husky Bucks, or even charge the purchase to their fee bill. The cost is only $15.00, as compared to CVS, which charges $49.99 for Plan B brand and $39.99 for the generic version.

ella, another type of emergency contraception, is available at Student Health and Wellness by prescription and billed through insurance.
PrEP (Pre-Exposure Prophylaxis)?

PrEP (or pre-exposure prophylaxis) is a medication for people that are at risk for HIV, to prevent them from getting HIV. PrEP is not for everyone. If you are interested in learning more about PrEP, or seeing if it is right for you, make an appointment with a medical provider at Student Health and Wellness.

Pregnancy Tests?

Student Health and Wellness offers pregnancy testing and pregnancy options counseling, including referrals for obstetric services, pregnancy termination and adoption. Students can also purchase pregnancy tests over-the-counter at Student Health and Wellness in the Hilda May Williams Building's pharmacy. Additionally, pregnancy tests are available at CVS.

To make an appointment with a medical provider at Student Health and Wellness, call 860-486-2719
Need more supplies? Or, need a different type? There are many places both on and off campus where you can get condoms and other safer-sex supplies in addition to gloveBOX.

**On-Campus**

**Student Health and Wellness Pharmacy**
- The pharmacy offers condoms for purchase, specifically smaller packs of more specialized condoms not available in gloveBOX (like Durex XXL, or Trojan Bareskin).
- The pharmacy also has larger bottles of lubrication for sale!

**The Rainbow Center**
- The Rainbow Center offers free safer-sex supplies to students at the front of the center, including various condoms, lubrication, and dental dams.

**Off-Campus**

**Planned Parenthood or your local health department**
- These centers often provide a variety of different safer-sex supplies for free!

**CVS, Walgreens, and other drugstores**
- Condoms and lubrication are available for purchase at most drugstores.

**Adult stores (i.e. VIP)**
- Adult stores often have a wide variety of safer-sex supplies for purchase, but be sure to do your research while you're there - many of the items are "novelty" and are not always meant to protect against STIs.

**Online**
- Just like most things in our world, you can order safer-sex supplies right online, from specific brand distributors, or even Amazon!
Let's Talk About...
Consent is an understandable exchange of affirmative words or actions, which indicate a willingness to participate in mutually agreed upon sexual activity. Consent must be informed, freely and actively given. It is the responsibility of the initiator to obtain clear and affirmative responses at each stage of sexual involvement. Consent to one form of sexual activity does not imply consent to other forms of sexual activity. The lack of a negative response is not consent. An individual who is incapacitated by alcohol and/or other drugs both voluntarily or involuntarily consumed may not give consent. Past consent of sexual activity does not imply ongoing future consent.

For information about sexual violence resources, please see the "Title IX Resources and Reporting" pamphlet included in your box.
What is Abstinence?

Abstinence can be defined as not engaging in oral, vaginal, or anal sex. While everyone's definition of abstinence may vary, this definition is inclusive of sex acts that may put someone at risk for STIs and/or pregnancy. Abstinence is the only 100% effective way to avoid pregnancy and STIs.

Not everyone has sex!

60% of people aged 15-19 have not had sexual intercourse!

-Youth Risk Behavior Surveillance Survey, Centers for Disease Control, 2017

Someone might abstain from sex because they...

- Want to focus on academics and other aspects of life
- Have not found someone to express themselves with
- Have personal, cultural, or religious reasons
- Are choosing to wait for a significant relationship
- Are following doctor's orders after an illness or procedure
- Recently separated from their partner and are not ready to be intimate with another person
- Identify as asexual
- Just don't want to!
Sex is a normal part of life for many people. Although we’re in the midst of a pandemic, you can still have sex. However, there are some extra precautions you may want to take before engaging in sexual activity. Here are some tips and considerations to make before deciding whether or not to have sex.

**UNDERSTAND HOW COVID-19 SPREADS**

*COVID-19 spreads through respiratory droplets.*

The virus has been found in semen and feces, and oral-anal sex (rimming) *may* spread the virus. However, it's still unlikely that the transmission of semen or vaginal fluids alone are enough to spread COVID-19. Kissing and talking, which are often part of sex, *can* easily spread COVID-19.

**BE AWARE OF MEDICAL CONDITIONS**

*Certain medical conditions can put you at higher risk for a more severe case of COVID-19*.

Lung disease, heart disease, cancer, severe asthma, weakened immune systems, and others can put you at high risk for a severe case of COVID-19. You may want to avoid sex if you or your partner have these conditions. Reminder: you NEVER have to have sex if you're not up to it or not feeling well (or any other reason).
CONSIDER LIVING ARRANGEMENTS
The safest sex partner is someone you live with (besides yourself).
If you do not live with your partner(s), talk about ways to keep others in the room/apartment/house safe (such as always wearing masks, not sharing restrooms with those outside the household, avoiding the area when they are around, etc.) If living on UConn's campus, be mindful about guest policies. Visit reslife.uconn.edu for FAQ's about living on campus.

LIMIT PARTNERS IF POSSIBLE
Having sex with only one person, or a small circle of people, helps prevent the spread of COVID-19.
If you do choose to have multiple partners, consider taking extra precautions, such as monitoring yourself for symptoms, getting tested for COVID-19 on a regular basis, and avoiding group sex or anonymous partners, if possible.

STAY CLOSE WITHOUT BEING CLOSE
You are your safest sex partner!
Masturbation will not spread COVID-19. Mutual masturbation (masturbating together, but physically distanced), sexting, or sexy video chat sessions can be fun ways to reduce your risk. Be sure to wash hands and sex toys with soap and water before and after use.
**AVOID KISSING THOSE WHO ARE NOT CLOSE CONTACTS**

Kissing is a big part of many people's sexual repertoire, but it can also easily spread COVID-19.

Although it might not be something everyone is willing to forgo, people with multiple partners may want to avoid kissing those that are not close contacts (anyone who has been within 6 feet of you for over 15 minutes).

**CONTINUE TO PRACTICE SAFER-SEX**

Use safer-sex supplies, such as condoms, lubrication, and dental dams to prevent the transmission of STIs.

Oral-anal sex (rimming) may spread the virus. Consider using a dental dam or avoid this activity. Take extra care before and after sex - wash hands with soap and water for at least 20 seconds. Wash any sex toys, too!

**SPICE THINGS UP!**

Use this time to liven up your sex life, while staying safe!

Wearing a mask might feel a little funny for some (or sexy, for others), but it CAN reduce the chance of spreading COVID-19. Heavy breathing or talking during sex can transmit COVID-19, even if you're not kissing. Wearing a mask can give you the chance to heighten your other senses, and focus on other parts of the body. You can also be creative with sexual positions that allow for sexual contact but limit face to face contact.
For more information, visit us online!

**gloveBOX**

Explore our various resources, including descriptions of our various safer-sex supplies and frequently asked questions!

[studenthealth.uconn.edu/gloveBOX](studenthealth.uconn.edu/gloveBOX)

**The UConn Sexperts**

Learn more about the nationally award winning peer education group the UConn Sexperts, and submit questions anonymously to have answered on our webpage!

[studenthealth.uconn.edu/sexperts](studenthealth.uconn.edu/sexperts)

**Sexual and Reproductive Health Resource Page**

Still have questions? Visit our sexual health webpage to learn more about all different resources and services dedicated to supporting your sexual health.

[studenthealth.uconn.edu/sexual-health](studenthealth.uconn.edu/sexual-health)
Additional Resources

Campus Resources

- The Rainbow Center
  - Rapid HIV/Hepatitis C Testing
- Women's Center
- Office of Institutional Equity
  - Title IX
  - Pregnancy and Parenting Resources

Web Resources for Sexual Health Information

- Advocates for Youth
- American Sexual Health Association
- Bedsider Birth Control Support Network
- Centers for Disease Control and Prevention - Sexual Health
- Go Ask Alice! - Columbia University
- Planned Parenthood
  - Roo - Sexual Health Chatbot
- Scarleteen - Sex Education for the Real World
Information in this pamphlet has been adapted from Planned Parenthood, Centers for Disease Control and Prevention, and the NYC Health Department.