

The Ultimate Guide To Safer-Sex

brought to you by *glovebox*

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CONNECTICUT

STUDENT HEALTH AND WELLNESS

Be well. Feel well. Do well.

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Thanks for ordering

glovebox!

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.

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Safer-Sex Supplies

What Are They, and How Do I Use Them?

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External Condoms

External condoms are thin pouches that are rolled over the penis for use during oral, anal, or vaginal sex. They're usually made from latex, but can also be made from other materials. They prevent the transmission of STIs and prevent pregnancy.

How to use:

1

Check to make sure the condom is not expired. If it is, grab another (if possible).

2

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

3

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

4

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.

5

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.

6

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

7

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.



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Internal Condoms

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.



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.



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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!

**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.



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!

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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...?

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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

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

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.

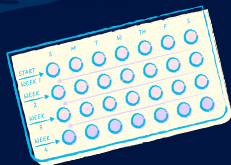
PrEP (Pre-Exposure Prophylaxis)?

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.

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 get Plan B (the "morning-after pill") over-the-counter at Student Health and Wellness in the Hilda May Williams Building's pharmacy FOR FREE! Students of any age or gender (with a valid UConn ID) can get Plan B without a prescription. If students are not able to make it to SHaW, they can purchase a generic form for \$39.99 at CVS, or the Plan B brand for \$49.99.

ella, another type of emergency contraception, is available at Student Health and Wellness by prescription and billed through insurance.

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.

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**

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More Safer-Sex Supplies?

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...

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What is Consent?

"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.**

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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.

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!

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Resources

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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

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

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

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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 and the Centers for
Disease Control and Prevention



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