

Quiz: Harm Reduction with Latex

HHRP

Name (first name only): _____ Date: _____

1. **HIV can be sexually-transmitted by exchanging which of the following body fluids:**
 - a. semen
 - b. vaginal secretions
 - c. blood
 - d. all of the above

2. **Injection drug users should use condoms even if they are monogamous (have sex with only one partner).**
 - a. True
 - b. False

3. **Which of the following is a reason why a person should care about practicing safer sex:**
 - a. compromised immune system (increased vulnerability to infection)
 - b. altruism (concern for the welfare of others)
 - c. resistance (you could be infected with a strain of HIV that is resistant to medication)
 - d. all of the above

4. **The three little words to remember before having sex are:**
 - a. I love you
 - b. people, places, things
 - c. latex, latex, latex
 - d. location, location, location

5. **Unsafe sexual practices include:**
 - a. using oil-based lubricants with condoms
 - b. using lambskin condoms
 - c. opening condom package with teeth
 - d. all of the above

Score _____

The ABCs of Reducing Harm with Latex

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A = Abstinence

B = don't exchange Body Fluids

C = always use a Condom

A = Abstinence

The only way to completely prevent all harm is abstinence.

B = don't exchange Body fluids

Other than abstaining from sex, the best way of avoiding harm is by engaging in sexual practices that do not involve the exchange of Body fluids (e.g., mutual masturbation).

C = always use Condoms

If you are going to engage in vaginal or anal intercourse or vaginal or anal oral sex, always use a condom and other latex protection.

(over)

Important points to remember:

1. The only way to completely prevent harm is abstinence.
2. Safer sex = no exchange of bodily fluids.
3. The first step to having safer sex is being sober.
4. Besides not having sex, the best way to protect yourself against sexually-transmitted diseases (STDs) is by always using latex condoms.
5. Condoms that are kept on all the way through sex help prevent the spread of sexually transmitted viruses, including HIV, hepatitis B and C, and other STDs.
6. STDs often cause genital lesions or sores that make it easier for you to get infected with HIV, and hepatitis B and C, and also make it easier for you to infect others if you are already infected.
7. Use only latex condoms. Condoms made of lambskin, sheepskin, and other natural materials do **not** protect you from getting HIV, hepatitis B or C, or other sexually-transmitted diseases.
8. Always check expiration date on condom package.
9. Store condoms in a cool, dry place; out of direct sunlight.
10. Use only water-based lubricants; never use oil-based lubricants with latex.
11. Use lubricants inside partner and inside tip of condom for increased sensation.
12. Put on condom before any genital contact.
13. Don't open condom package with teeth; you can tear the condom.
14. Roll condom down over penis to base; don't pull it.
15. Pull out of vagina/anus/mouth right after ejaculating/coming.
16. Tie knot in condom and dispose of it.
17. Never reuse male or female condoms, and never use both at the same time.
18. Female condoms are polyurethane, bag-like devices that are placed in the female genital canal to protect it from seminal fluid and blood.
19. Female condoms reduce the risk of acquiring diseases, such as HIV, hepatitis C and B, and other STDs, and of becoming pregnant.
20. For receiving oral sex, men should use nonlubricated condoms, and women should use dental dams (or piece of condom or latex glove or non-microwavable plastic wrap).
21. Use latex gloves for hand-to-genital/hand-to-anal contact.
22. Clean lubricant applicators and sex toys after use.
23. Spermicides, such as diaphragm jelly and contraceptive sponges, do **not** kill HIV or hepatitis B or C, so they should never be used instead of condoms.
24. Avoid having sex during a woman's menstrual period.
25. Do not consume breast milk.

Using the Male Condom

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1. Use a new condom with each act of intercourse and check the expiration date.
2. Carefully open the condom package. (Avoid damaging it with fingernails, teeth, or other sharp objects).
3. Put the condom on as soon as the penis is erect and before any genital contact with the partner.
4. Pinch the reservoir tip to ensure that no air is trapped in the tip of the condom. (This can cause the condom to break).
5. Use only water-based lubricants (e.g., K-Y Jelly or glycerin) with latex condoms (oil-based lubricants {e.g., petroleum jelly, shortening, mineral oil, massage oils, body lotions, or cooking oil} weaken latex and should never be used).
6. Hold the rim of the condom firmly against the base of the penis during withdrawal, and withdraw while the penis is still erect to prevent spillage.
7. When removing the condom, be certain to milk the condom off from the base of penis, to ensure that semen does not spill out. Dispose of condom properly.
8. Avoid further sexual contact with your partner until both of you wash your sex organs and any other areas that came in contact with body fluids.

Using the Female Condom

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The female condom is a sleeve-like device made of polyurethane. It has a small closed end, and a larger open end. Each end contains a flexible ring. Use this simple step-by-step guide to using female condoms to assure that you are using them properly during vaginal and/or rectal intercourse.

Here's How:

1. The female condom must be properly positioned before any contact occurs between the penis and vagina and/or rectum. The female condom may be used for both vaginal and rectal sexual intercourse.
2. For vaginal use, squeeze the smaller ring and insert it into the vagina. The large end should be placed over the vaginal opening to protect the outer genitalia from infection.
3. For rectal use the small ring should be removed. Place the condom over the erect penis. The condom will be inserted with your partner's penis.
4. Be sure the penis goes directly into the large ring to preclude unprotected sexual contact between the penis and the vagina or rectum.
5. Remove the condom immediately after sexual intercourse and before standing up. To avoid semen leakage the large outer ring should be twisted. Carefully pull the condom out and dispose of it.

Tips:

1. Take your time and push the female condom up to where you can feel the pubic bone. You will feel the pubic bone by curving your index finger when it is a couple of inches inside the vagina. If the female condom is too slippery to insert, let it go and start over.
2. Make sure the condom is inserted (not twisted) into the vagina.
3. Use care when storing condoms. They should not be kept in places with extreme temperatures either hot or cold. Do not store them in a pocket or billfold.
4. Use a new condom for each act of sexual intercourse. Do not use the same condom for vaginal and rectal sex.
5. Never use a male condom and a female condom at the same time.
6. Always use water-based lubricants with condoms. Oil-based lubricants will destroy latex condoms. Lubricants are not needed when condoms are used for oral sex.
7. Never throw a used condom into your toilet, they can easily clog up your pipes and require expensive plumbing repairs.
8. The female condom can be inserted up to 8 hours before sex. However, most women insert the condom between 2 to 20 minutes before sex. It is for **one-time use**. Use a new female condom with each sex act.

What You Need:

- Water-based lubricant
- Female condom