

What else is there to think about besides enjoying SEX?



Tips for long-term GREAT SEX!

You should always use a new condom every time you have sex and be sure to read the package insert to ensure you're using it properly. And don't forget to check the expiry date!

Which condoms should you buy? Condoms today are designed to provide variation and excitement as well as protection, however don't skip on quality. Choose a brand name condom you can trust that has passed all international standards for strength to help ensure reliability such as Trojan® or new Elexa™, from the makers of Trojan® condoms.

Features of latex condoms to consider.

Twisted shapes, folds, and ribs add mutual pleasure. Sexually active women tend to prefer ultra thin varieties for greater sensitivity. Some lubricants are more natural or have warming sensations for shared pleasure. There are large sizes that offer a roomy more comfortable fit for men and flavours and colours – just think of the fun you'll have finding the ones you and your partner prefer!

More Information and Resources
www.trojan.ca
www.elexabytrojan.ca
www.sexualityandu.ca



Canada's #1 pharmacist recommended brand



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ENJOY SEX MORE & WORRY LESS



HOW TO AVOID SEXUALLY TRANSMITTED INFECTIONS (STIs)

STIs

- **are more common than you think.** About 19–25% of adults are infected with genital herpes. At any one time, up to 10% of young women are infected with chlamydia and 10–40% of sexually active women have HPV (Human Papillomavirus/genital warts).
- **In most cases of STIs, the infected person doesn't even know they have it.** You or your partner may already have one of the more common STIs – chlamydia, HPV or herpes. These, as well as HIV, the virus that leads to AIDS, can all be transmitted through sexual contact.
- **STIs can lead to serious health consequences.** Untreated chlamydia infection in women can lead to pelvic inflammatory disease which can cause infertility, ectopic pregnancy, and chronic pelvic pain. Herpes can be transmitted from mother to infant during delivery with significant health consequences for the child. Some strains of HPV, if undetected and untreated, can lead to cervical cancer. Although some people with HIV/AIDS can live healthy lives for many years, the infection is usually fatal.
- **Using latex condoms can significantly reduce your risk of STIs.** Condoms do not offer 100% protection against STIs. However, when used correctly and consistently, they're really effective in preventing the sexual transmission of HIV, and can reduce the risk of transmission of gonorrhea, chlamydia and trichomoniasis. For genital herpes, syphilis and chancroid, condoms can be effective but only when the infected area or site of exposure is protected. Condom use has also been associated in a number of studies with a reduced risk of HPV related diseases including genital warts, cervical dysplasia and cervical cancer.

Less worry can lead to better SEX.

Get Tested for STIs. When entering a new relationship, it's worthwhile for both of you to get tested for STIs such as HIV and chlamydia. If you have several sexual partners, you should get tested periodically and if you're a sexually active woman, it's also a good idea to get regular PAP tests.

Protect against STIs and pregnancy. Condom use not only reduces the risk of



STI transmission, it's also an effective method of birth control as well. And if you're on the pill, make sure to still use a condom to protect yourself from STIs.

Monogamy may not protect you from STIs. Even if you're in a long-term, monogamous relationship, you or your partner may have been infected in a previous relationship and still have an STI without knowing it.

Remember, symptom free does not mean infection free. Consistent and correct use of latex condoms will reduce the risk of many STIs. So protect yourself, worry less and enjoy sex more!

Talking with your partner about condoms

How do you bring up the topic of condom use? What do you say if your partner doesn't want to use one? Start by planning ahead and being direct when talking to your partner before sex. Here are a few 'ice breakers' to get you going.

If it's your first time with a partner say "I always use condoms OK".

If you or your partner have just started using the birth control pill you can say "I think starting the pill was a good idea but I want to keep using condoms too. That way we're fully protected and don't have to worry about it. We can just have fun".

If your partner says "If you're on the pill, we don't need to use condoms". You can say "I want to use them anyway so that we're protected from infections we might not know about. My doctor said it's important to use both".

If your partner says "I know I'm clean. I haven't had sex in months". You can say "As far as I know, I don't have an STI either but either one of us could have an infection and not know it, so I want to use condoms".

If your partner says "You don't trust me". You can say "This isn't about trust, it's about protecting each other".

If your partner says "I don't have a condom". You can say "That's okay, I have one".