**how to use a condom**

Talk to your partner about safer sex. Then, follow these steps for correct condom use.

1. Check the expiration date on the individual condom packet.
2. Once the penis is erect, open condom package with your fingers. Don’t use your teeth, or any sharp object, because you might accidentally tear the condom!
3. Squeeze the tip of condom with your fingers and place the rolled condom on the head of the penis.
4. Leave a half-inch space at the tip of the condom to collect semen.
5. Hold the tip of condom and unroll until the penis is completely covered.
6. After ejaculation, while the penis is still erect, hold the condom at base of penis and carefully remove the condom without spilling any semen.
7. Wrap the condom in tissue, or tie it in a knot and throw it away. (Don’t flush the condom down the toilet.)
8. Use a NEW condom for every act of vaginal, oral, and anal intercourse. Never use a condom more than once. Never use two condoms at the same time.
9. If using lubricant, use a water-based one like KY Jelly or Astroglide, NOT Vaseline or baby oil.

**Teens’ Rights to Reproductive and Sexual Health Services**

**What are my rights to birth control, HIV and STD testing, and privacy?**

Young people’s access to birth control, confidential visits with a healthcare provider, and HIV and STD testing vary from state to state. Visit www.plannedparenthood.org to find your nearest Planned Parenthood clinic. Or Google your state, county, and/or community name and “Health Department” to find a local health department clinic.

In some states a doctor may have the right to inform your parents of the services they have provided you. Find the law in your state by visiting www.sexetc.org/state.

Clinics that receive a certain type of government funding are required by law to offer confidential services, including HIV and STD testing and prescriptions for birth control, to all young people. Over 4,600 clinics nationwide receive this type of funding. Planned Parenthood clinics, and many state and local health departments, hospitals, community health centers, and independent clinics offer confidential services. Some services offered by these clinics include:

- Pelvic exams and pap tests
- Safer sex counseling
- Prescriptions for birth control
- Administering Depo-Provera (the shot) or inserting an IUD
- Counseling about abortion and abortion services

Many clinics offer free or reduced services, and you can pay in cash. If you pay for your bill by using your family’s health insurance, the bill may be sent to your parents. Some steps to make sure your visit is private are:

- Call the clinic or healthcare provider before you go to ask about its policies.
- Tell the clinic staff how to contact you personally.
- Ask about reduced pricing, and pay in cash.

**Where Can I Get Help?**

Talk to your doctor or visit a clinic where they do STD screening. Or get info online:

- Use the testing site locator at www.hivtest.org (locates sites which test for HIV, STDs, or both)
- Search for your city or county health department
- Find your local Planned Parenthood (www.plannedparenthood.org)
- Visit www.plannedparenthood.org for more information about STDs and to get involved in youth activism around sexual and reproductive health and rights.

**How can I talk about condoms with my partner?**

It can be hard to talk to a partner about condoms. But unprotected sex puts you both at risk. Here are a few tips to make the conversation a success:

- Know what you want and don’t want. Don’t engage in any sexual behavior that makes you uncomfortable, but always protect yourself. Remember, consistent and correct condom use reduces your risk of STDs and pregnancy.
- Discuss abstinence, sex, and safer sex. Be honest about your sexual history and your sexual health. Discuss and make mutual decisions on your safer sex options. Go together to get tested for STDs. Educate yourself about safer sex options and make sure you are prepared to discuss them.
- State what you want, and don’t want. Clearly. Don’t be afraid! You have the right to protect yourself and to state your needs if your partner doesn’t respond in a supportive way, then think about the relationship as a whole and if your partner respects and cares about you. No one should ever ask you to compromise your health and well-being!
- **Vaccine**

There is a vaccine for HPV which can protect from genital warts and from the types of HPV that cause cancer. It is approved for both males and females ages 9-26 and must be given by a doctor.

**Advocates for Youth**

Advocates for Youth champions efforts to help young people make informed and responsible decisions about their reproductive and sexual health. Advocates believes it can best serve the field by boldly advocating for a more positive and realistic approach to adolescent sexual health.

Check out Advocates for Youth’s websites:

- [Advocates for Youth](www.advocatesforyouth.org)
- **Amplify**

An online youth activism hub with information, resources, and advocacy opportunities [www.amplifyourvoice.org](http://www.amplifyourvoice.org)
- **MySistahs**

Information and support by and for young women of color [www.mysistahs.org](http://www.mysistahs.org)
- **YouthResource**

Information by and for gay, lesbian, bisexual, transgender, and questioning youth [www.youthresource.org](http://www.youthresource.org)

Advocates for Youth shall not be liable for any direct, indirect, incidental, consequential, or any other damages resulting from the use of the information contained herein.

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You have the right to decide if and when you want to have sex and to take steps to protect yourself from STDs and HIV.

Left untreated, STDs can damage your reproductive system and create other serious health risks.

Remember to use your protection method each and every time you have sex.

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STD stands for Sexually Transmitted Disease. They are sometimes called STIs (sexually transmitted infections).

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 Methods you can use that reduce the risk of STDs, including HIV

- abstinence 100% EFFECTIVE in preventing STDs, including HIV when used consistently and correctly every time

- latex or polyurethane male condom 99% EFFECTIVE against HIV, and also reduces the risk of many other STDs when used consistently and correctly every time

- female condom may reduce the risk of STDs, including HIV when used consistently and correctly every time

- monogamy having a long-term mutually monogamous relationship with one partner who has been tested and is known to be uninfected can lower your risk of getting STDs including HIV

- did you know? Dental dams as a barrier between the mouth and genitals may reduce the risk of getting an STD, including HIV, through oral sex.