



# SEXUAL EXPERIENCE TOOLBOX

Talk to your sexual partner/s today about what items in your sexual toolbox could add to your safety and pleasure!

## Condoms and Barrier Methods



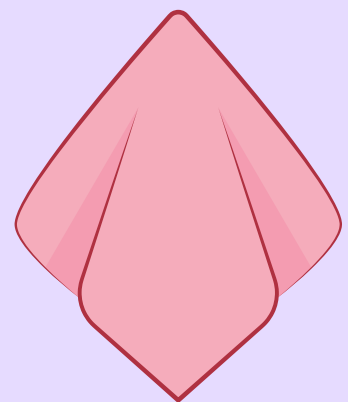
### External (Male) Condoms

- Use: Applied over the penis or toy to protect from HIV/STIs or pregnancy. Most common type of condom used.
- Safety: Always check expiration date, the packaging, and condom for holes/tears — never keep in a wallet or car, and do not open with your teeth!
- Pleasure: Use with lubricant to increase sexual pleasure, as well as prevent the condom from breaking.
- External condoms also come in non-latex, flavored, and pleasure varieties!
  - Non-latex condoms can be great for people with latex allergies!
  - Flavored condoms are for oral sex ONLY and come in many flavors.
  - Pleasure condoms come in a variety of sizes, studding, ribs, and bubble heads to increase sexual pleasure.



### Internal (Female) Condoms

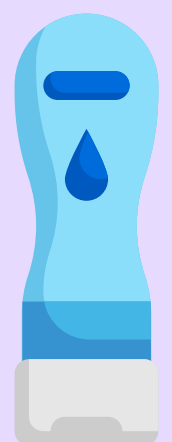
- Use: Inserted into the vagina or anus to protect from HIV/STIs or pregnancy.
- Safety: A safe alternative for latex allergies, as they are made of a nitrile sheath and polyurethane inner ring.
- Pleasure: Can be inserted several hours before engaging in sex and aren't tight on the base of the penis.



### Oral Dams/Dental Dams

- Use: For oral activities (not oral-penile). They are to be unfolded and laid flat against the genital or anal area.
- Safety: Used to protect from transmission of STIs, especially ones that can transfer to your face or throat.
- Pleasure: Add lubricant to the same side of the dam that you place against your partner.

## Lubricants



### Water Based Lubricants

- Use: Feels most like naturally produced lubricant from the body. It is easy to clean up, but will dry out.
- Safety: Safe for sexual activities and compatible with all types of condoms and toys.
- Pleasure: Can add water to reactivate after absorbed into the skin.



### Silicone Based Lubricant

- Use: A little goes a long way because it lubricates more effectively.
- Safety: Good for sex that lasts a long time because it does not dry out. Not suitable for silicone-based sex toys.
- Pleasure: Increases pleasure and safety for anal sex, as there is no natural lubricant in that area of the body.

HEALTH AND SAFETY NOTES: Oil-based lubricants should be avoided, as they can lead to latex condoms breaking. Discontinue lubricant use if you experience skin reactions. Sensitivities can happen with certain brands/flavors. Spermicides and douching should be avoided as they can be detrimental to genital tissue. Items that could compromise condom and genital safety should be avoided, as they may increase the possibility of sexually transmitted infections (STIs) and HIV passing between sexual partners. Consent should always be actively received and given before participating in sexual activities.

Contact IU Health Positive Link if you have any questions about HIV/STI testing or safety products. You can reach Positive Link about testing concerns here: [HIVtesting@iuhealth.org](mailto:HIVtesting@iuhealth.org)  
The LGBTQ+ Culture Center partners with Positive Link and Monroe County Health Department to provide confidential HIV/STI testing. Visit <https://lgbtq.indiana.edu/programs-services/partner-services.html> for more information.



Indiana University Health

