1) How effective are condoms at preventing pregnancy?  82%

Condoms, when used perfectly every time you have sex, are 98% effective at preventing pregnancy. However, people aren’t perfect. In reality, condoms are 82% effective. Each year, 18 out of 100 people who use condoms as their ONLY form of birth control will get pregnant. Using condoms AND another form of birth control (like an Oral Contraceptive Pill) is close to 99% effective at preventing pregnancy.¹

2) The spread of which sexually transmitted infection (STI) can be prevented by using condoms?

- [✓] Chlamydia
- [✓] Gonorrhea
- [*] Syphilis
- [*] Molluscum Contagiosum
- [*] HPV
- [✓] HIV (Human Immunodeficiency Virus, the virus that causes AIDS)
- [*] Herpes
- [ ] Genital Crabs
- [*] Hepatitis B
- [✓] Trichomoniasis
- [*] Molluscum Contagiosum
- [*] Chancroid

Chlamydia and Gonorrhea are both bacterial infections that are transmitted through bodily fluids like semen and vaginal secretions. Transmission of these STIs occurs when infected semen or vaginal secretions have contact with the mucus membranes of the vagina, anus, mouth, or urethra during intimate contact or sexual intercourse. Condoms provide a latex barrier between sexual partners and can prevent the exchange of semen and vaginal secretions.

HIV and Hepatitis B are viruses that can be found in semen, vaginal secretions, and blood. Condoms are 90-95% effective at preventing the transmission of HIV and 99% effective in preventing the transmission of Hepatitis B.²

Trichomoniasis is a protozoan parasite and is transmitted through semen and vaginal secretions. Condom usage “significantly” reduces transmission of Trichomoniasis.³

Syphilis and Chancroid, both bacterial infections, and the viral infections Molluscum Contagiosum, Herpes and HPV all cause genital lesions (ulcers, warts, painful bumps). Condoms may prevent transmission of these infections if a condom covers all lesions, as transmission is via fluids and direct contact. However, condoms only cover the shaft of an erect penis and lesions from these infections can be present anywhere on the genitals of both men and women, including the base of the penis, scrotum, labia, vagina, and inner thigh.⁴

3) Condoms are available in various different materials and sizes. True

Most condoms are made of latex. There are also polyurethane and polyisoprene condoms available for individuals who have a latex allergy. While there are various sized condoms available, according to a popular condom manufacturer, “The average length of an erect penis is 5.6 inches, but anywhere from 5-7 inches is considered typical. The average girth of an erect penis is 4.8 inches. If you fall anywhere within these measurements you should be just fine with standard size condoms.”⁵

¹ https://www.plannedparenthood.org/learn/birth-control/condom/how-effective-are-condoms
² http://www.ncbi.nlm.nih.gov/pubmed/9141163
³ https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2622864/pdf/15356939.pdf
⁴ http://www.sfcityclinic.org/stdbasics/condoms.asp
⁵ http://www.sirrichards.com/about/condoms-101/condom-sizes
4) Which of the following STIs are CURABLE with medications?

[✓] Chlamydia
[✓] Gonorrhea
[✓] Syphilis
[*] Molluscum Contagiosum
[ ] HPV
[ ] HIV (the virus that causes AIDS)

[ ] Herpes
[✓] Genital Crabs
[✓] Hepatitis B
[✓] Chancroid
[✓] Trichomoniasis

Chlamydia, Gonorrhea, Syphilis and Chancroid are all bacterial infections and can be eliminated with a course of antibiotics. However, if treatment is delayed or incomplete, these bacterial infections can cause serious complications such as infertility or neurologic damage. Genital Crabs are a parasite and can be killed with over the counter lice treatments. While Trichomoniasis is a parasitic infection, taking a course of antibiotics cures it. Molluscum Contagiosum is a viral infection that can spontaneously resolve when one’s body clears or fights off the virus. The lesions from this infection can be treated with laser, freezing, scraping, or chemical removal.

5) You have to be 18 or older to buy condoms.  False

Unlike cigarettes, there is no minimum age required to purchase condoms. Every year, 450 million condoms are sold in the US. Condoms can be purchased at pharmacies, supermarkets, gas stations, Wal-Mart, Target, Costco, rest-stop bathrooms, online, etc. Depending on the number of condoms purchased, non-specialty condoms range from about $0.60 to $1.30 per condom. Condoms are often available for free at Planned Parenthoods, student health centers, hospitals, or doctor’s office.

6) Which STIs have no cure, but have a VACCINE to PREVENT infection?

[ ] Chlamydia
[ ] Gonorrhea
[ ] Syphilis
[*] Molluscum Contagiosum
[✓] HPV
[ ] HIV (the virus that causes AIDS)

[ ] Herpes
[ ] Genital Crabs
[ ] Chancroid
[ ] Trichomoniasis

There are vaccines for HPV (Human Papilloma Virus) and Hepatitis B. Three doses of the Hepatitis B vaccine, usually administered before a child turns 12 months old, provide immunity to the virus for life. The HPV vaccine is a course of three shots recommended for all preteen boys and girls.

7) The majority of American teenagers use condoms the first time they have sex.  True

In the US, 68% of females and 82% of males use a condom the first time they have sex.

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6 http://www.cdc.gov/parasites/lice/pubic/gen_info/faqs.html
7 http://www.cdc.gov/poxvirus/molluscum-contagiosum/treatment.html
9 https://www.cdc.gov/hepatitis/hbv/hbfaq.htm#D4
10 http://www.cdc.gov/hpv/parents/vaccine.html
8) Which of the following STIs are TREATABLE and CONTROLLED with medications, but not curable?

- [ ] Chlamydia
- [ ] Gonorrhea
- [ ] Syphilis
- [ ] Molluscum Contagiosum
- [ ] HPV
- [itable] Herpes
- [ ] Genital Crabs
- [table] Hepatitis B
- [table] Chancroid
- [table] Trichomoniasis
- [table] HIV (the virus that causes AIDS)

HIV, Hepatitis B, and Herpes are all viruses that have no cure and result in lifelong infection. Individuals with Herpes will have outbreaks of painful genital sores. Even when these sores heal, the individual still has the virus and is still infectious. All three infections can be controlled with various medications that minimize the harmful effects of the virus, as well as make an infected individual less likely to transmit the virus to a sexual partner.

9) There is a correct method to putting on a condom. True

1. Condoms should be stored in a cool, dark place (not a car glove compartment or inside a wallet that is worn in clothing pockets).
2. Check the expiration date on each individual condom. Don’t use expired condoms as they are less effective and may break.
3. Open condom package with fingers, not teeth. Be careful not to nick or tear the condom.
4. Pinch the tip of the condom between thumb and forefinger and use other hand to unroll the condom over ERECT penis head and shaft. It is important to leave a space at the tip of the condom for semen collection upon ejaculation.
5. After ejaculation, hold the condom at the base of the penis and pull out of partner’s vagina, mouth, or anus while the penis is still erect.
6. Roll condom to the head of the penis and gently remove. Place used condom in the TRASH. Do not flush condoms as they will clog the toilet.
7. Never use two condoms at once. This will create friction and lead to condom breakage.
8. Don’t use oil or petroleum based lubricants. They decrease strength of condom and may lead to breakage.

If a condom breaks during intercourse, pull out and replace condom. If a condom breaks after ejaculation or if semen leaks into vagina, anus or mouth, call a healthcare provider for advice on emergency contraception and/or STI post-exposure treatment.12

10) Which STI can progress to cervical or anal cancer over the course of many years? **HPV**
   Infection with HPV can cause cervical and vulvar cancer in women; penile cancer in men; and anal cancer, throat cancer, and genital warts in both men and women.13

11) There is a second type of condom that women can wear. **True**
   The female condom was developed as an alternative form of birth control and STI prevention. It is a plastic tube with a flexible plastic ring at both ends, which help the tube stay in place. It is not as effective as the male condom and it is about four times as expensive.14

12) What is a possible response to a potential sexual partner who says that they prefer not to use condoms?
   - [✓] Can you tell me more about why you don’t like using condoms?
   - [✓] When was the last time you had an STI screening?
   - [✓] How would you feel about getting STI testing together and using condoms until we get our results back?
   - [✓] My policy is to use condoms with new partners...if you are not willing to use a condom, then I don’t think we are a good match.
   - [✓] No glove, no love.

13) What is a possible response to a potential sexual partner who does not want to discuss birth control or STI status with you?
   - [✓] If you’re not comfortable talking with me about the potential consequences of sex, then I’m not comfortable having sex with you.
   - [✓] I’m not ashamed to talk about my body. Is there a reason you don’t feel comfortable talking about yours?
   - [✓] I think sex will be more pleasurable if we have open communication about our preferences, needs, and concerns.

12 http://www.sfcityclinic.org/stdbasics/condoms.asp
13 http://www.cdc.gov/hpv/parents/vaccine.html
14 http://www.arhp.org/Publications-and-Resources/Patient-Resources/Fact-Sheets/Female-Condom