Condoms, Contraceptives and Conversations

As a college student, your life can dramatically change as the result of an unplanned pregnancy or contracting an STD (sexually transmitted disease). Abstinence is the most effective way to avoid these problems, but many students seek alternative methods to practice safe sex. A contraceptive is a device or drug serving to prevent pregnancy. A condom is the only contraceptive form that helps prevent you from getting an STI (sexually transmitted infection). Contrary to popular belief, there’s no such thing as the single “best” method of contraception, so it is imperative that you make educated decisions. No matter what, be open and talk about sex with your partner; it strengthens and builds trust in your relationship. If you choose to be intimate, decide on how you’re going to protect yourself so you can enjoy the experience. Student Health Services offers STD testing, free condoms and other contraceptive options.

Know Your Options

You will hear a lot of information about which birth control method is most effective, but keep in mind that there are a multitude of factors that go into choosing which one is best for you. Each method of protection affects women and men differently. Speak with a medical professional to find which one best suits your needs. Call Student Health Services at 239-590-7966.

Condom Tricks and Treats

- **If a female is using another form of contraception, there is no need for a condom.**
  - **TRICK:** While other contraceptives help to prevent pregnancy, condoms protect you and your partner from STI’s.
  - **TREAT:** If it’s a condom, it’s safe.
  - **TRICK:** Not necessarily. If you can’t find information about STI prevention on the condom packaging then it’s not FDA approved. Also, check the expiration date; condoms don’t last forever!

- **An empty toilet paper roll can be used to test your proper condom size.**
  - **TREAT:** When placed over an erect penis if it is too big you need standard-sized condoms, if it is too tight you need extra-large condoms.

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- **The female condom can be inserted up to 8 hours before intercourse.**
  - **TREAT:** This allows women to plan ahead and ensure they will be protected.

Question of the Month

What is the youngest recorded age to have given birth?

Email Diane at dodoh@fgcu.edu with the correct answer to enter into a drawing for: $10 of Eagle Dollars!