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# Sexually Transmitted Infections

## **Session 7:**

# Sexually Transmitted Infections

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## **Goals**

- Understand what an STI is, including HIV/AIDS
- Identify what makes a STI curable or treatable
- Identify places to receive STI testing and treatment
- Discuss ways to support people who have an STI, including HIV/AIDS
- Increase the likelihood of condom use when a person decides to have sex

## **Objectives**

At the end of this session, students will be able to:

- Name 3 STIs
- Describe 1 cause, mode of transmission, symptom and long-term effect of STIs
- List 2 ways a person can prevent and protect themselves from STIs
- Demonstrate the correct steps to use a condom

# Anonymous Question Box

## Introduction to the Anonymous Question Box:

The Anonymous Question Box is a way for students to ask questions that they may not feel comfortable asking during class time, though students are encouraged to ask lots of question during class time as well.

## Anonymous Question Box Guidelines:

- Everyone must put a paper in the box. If students do not have a question at that time, they can write a statement about what they learned in class that day, a specific topic of interest, or write “no question”. This ensures questions remain anonymous.
- No Names. Questions are anonymous and are not to be used to hurt or embarrass others. Questions with names on them will not be read out loud.
- No personal questions of the instructor.
- Nobody can take anything out of the Question Box, except for the instructor.

# Shedding Some Light on



# 1 Sexually Transmitted Infections

Curable STIs



Treatable STIs



# Some STI basics:



- STIs are passed **mostly** through **oral, anal, and vaginal** sex
- Two types: **Curable** and **Treatable**
- STIs can be **prevented**
- **1** in **4** sexually active teens contract an STI each year

# Curable STIs

## Chlamydia

- Very common bacterial STI
- Nearly 3 million new cases reported in the U.S. each year
- Left untreated, can cause scarring in the reproductive organs and infertility
- Can be detected with a urine test



## Pubic Lice



Tiny insects that are sometimes called "crabs"

## Trichomoniasis



The most common curable STI

**Most  
common  
are:**

## Syphilis



Curable when treated in its early stages

## Gonorrhea



Very common amongst 15-29 year-olds



# Quick Facts about Curable STIs

- They can be **cured** by **antibiotics** or **insecticides**
- It's possible to get them **more than once**
- They can make you **more likely** to contract **HIV**

2



# Curable STIs

## Chlamydia

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## Pubic Lice



Tiny insects that are sometimes called 'crabs'

**Most  
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## Trichomoniasis



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## Syphilis



Curable when treated in its early stages

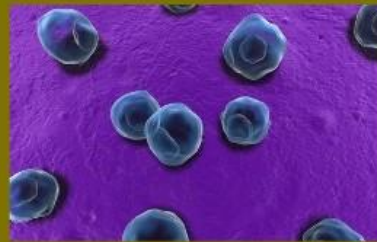
## Gonorrhea



Very common amongst 15-29 year-olds

# Chlamydia

- Very common **bacterial** STI
- Nearly **3 million** new cases reported in the U.S. each year
- Left untreated, can cause **scarring** in the reproductive organs and **infertility**
- Can be detected with a **urine test**



5  
Not being able to get pregnant or  
get someone else pregnant



3

**Not being able to get pregnant or  
get someone else pregnant**

# Trichomoniasis



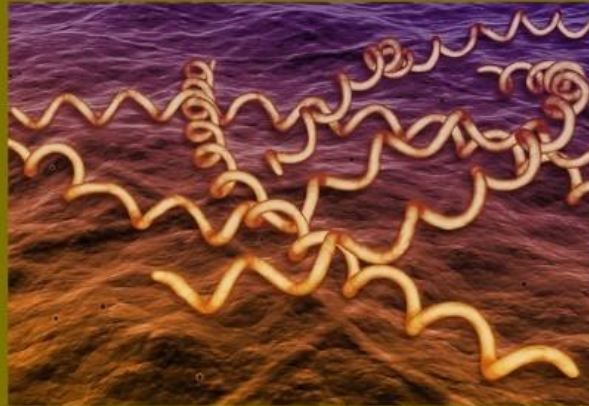
The most common  
curable STI

# Gonorrhoea



Very common amongst  
15-29 year-olds

# Syphilis



Curable when treated in its  
early stages



# Pubic Lice



Tiny insects that are  
sometimes called "crabs"



# 1 Sexually Transmitted Infections

Curable STIs

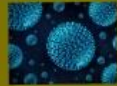


Treatable STIs



# Treatable STIs

## Hepatitis B



A virus that causes inflammation of the liver

## HPV

Human Papilloma Virus

- The most common of all STIs
- Spread by skin-to-skin contact
- Can cause genital warts, cancer of the cervix, or other cancers
- There is a vaccine that protects against some strains of HPV



Most  
common  
are:

## HIV

- Virus that attacks the immune system and makes it weak
- This makes it hard for a person's body to fight off illnesses



- Can be detected by a blood test or an oral swab

## Herpes

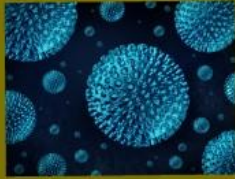


- Spread by skin-to-skin contact
- Can cause painful blisters
- Can be detected by a blood test or a visual exam from a doctor

# Quick Facts about Treatable STIs

- These STIs are **treatable** but **not curable**
- They are all caused by **viruses**
- They can make you **more likely** to contract **HIV**

## Hepatitis B



A virus that causes inflammation of the liver

## HPV

Human Papilloma Virus

- The most common of all STIs
- Spread by skin-to-skin contact
- Can cause genital warts, cancer of the cervix, or other cancers

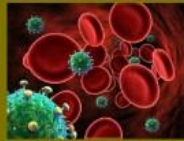


- There is a vaccine that protects against some strains of HPV

Most  
common  
are:

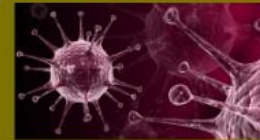
## HIV

- Virus that attacks the immune system and makes it weak
- This makes it hard for a person's body to fight off illnesses



- Can be detected by a blood test or an oral swab

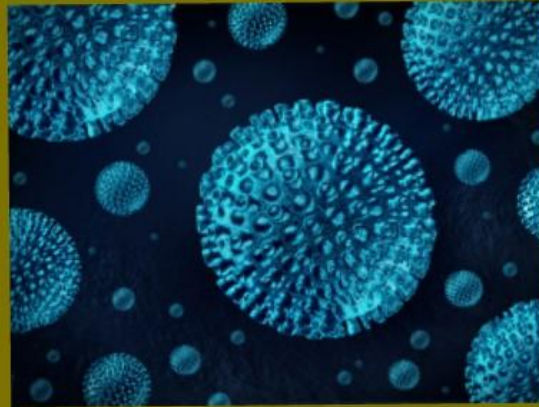
## Herpes



- Spread by skin-to-skin contact

- Can cause painful blisters
- Can be detected by a blood test or a visual exam from a doctor

# Hepatitis B



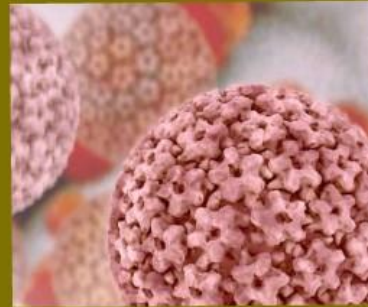
A virus that causes  
inflammation of the liver



# HPV

## Human Papilloma Virus

- The **most common** of all STIs
- Spread by **skin-to-skin** contact
- Can cause **genital warts**, **cancer of the cervix**, or other **cancers**



- There is a **vaccine** that protects against some strains of HPV

Can be detected by an exam from a doctor

Can cause **genital warts**,  
**cancer of the cervix**,  
or other **cancers**

Can be detected with a pap test

Like anal, penile, and throat cancer

4



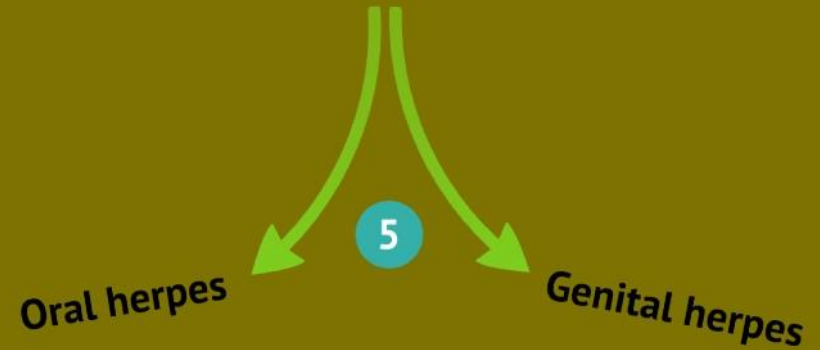
- There is a **vaccine** that protects against some strains of HPV



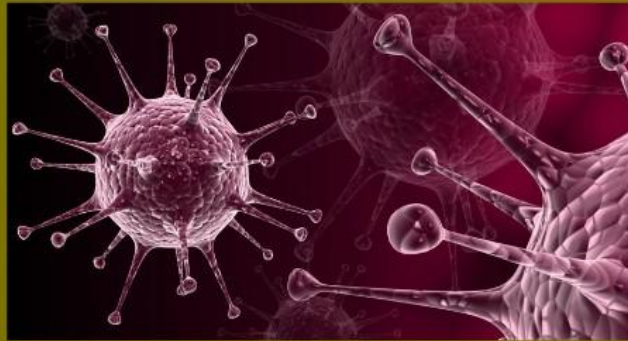
- Recommended for all genders, ages 9-45
- Do NOT need parent's permission



# painful blisters

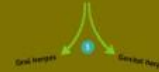


# Herpes



- Spread by **skin-to-skin** contact

- Can cause **painful blisters**



- Can be detected by a **blood test** or a **visual exam** from a doctor

# STI Prezi Notes

Name \_\_\_\_\_ Period \_\_\_\_\_ Date \_\_\_\_\_

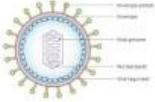

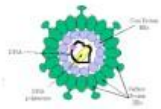
*Directions:* Fill in the worksheet following along with the STI Prezi.




1. STI = S \_\_\_\_\_ T \_\_\_\_\_ I \_\_\_\_\_
2. Curable STIs can be cured by \_\_\_\_\_ or \_\_\_\_\_.
3. Chlamydia can cause \_\_\_\_\_, which means being unable to get pregnant or get someone else pregnant.
4. Some types of HPV can cause \_\_\_\_\_ or \_\_\_\_\_.
5. Two types of Herpes: 1) \_\_\_\_\_ 2) \_\_\_\_\_
6. HIV attacks the \_\_\_\_\_ system and makes it \_\_\_\_\_.
7. When a person's immune system is extremely weak from HIV, they may have \_\_\_\_\_.
8. If someone has HIV, is their saliva safe? \_\_\_\_\_
9. Is it safe to hug or hang out with someone who is HIV+? \_\_\_\_\_
10. Who can get an STI? \_\_\_\_\_
11. Someone can have an STI and not know because many STIs don't have \_\_\_\_\_!
12. How often should sexually active teens get tested?  
\_\_\_\_\_
13. What's the best way to prevent getting or passing STIs? \_\_\_\_\_
14. How else can someone stay protected from STIs? \_\_\_\_\_
15. Everyone has the RIGHT to ask about their partner's \_\_\_\_\_.
16. Name two clinics where teens can get an STI test.  
\_\_\_\_\_

# STI Information Sheet




# Sexually Transmitted Infections

**Important Facts: STIs may have NO signs or NO symptoms.  
Being infected with one STI may increase the risk of HIV or other STIs.**

	STI	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Viral STIs—Not Curable but Treatable and Preventable	<p><b>Genital Herpes</b></p> 	<p>HSV-1 &amp; HSV-2: Possible to get from contact during vaginal, anal, oral sex or skin-to-skin contact</p>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Genital blisters</li> <li>-Flu-like symptoms</li> <li>-Painful urination</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>-Condoms do not cover all areas where the virus can live</li> <li>-May increase risk of HIV infection</li> </ul>
	<p><b>HPV Human Papilloma Virus</b></p> 	<p>Unprotected contact during vaginal, oral, anal sex or skin-to-skin contact</p> <p>Contact with infected genital skin, mucous membranes, or bodily fluids</p>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Genital warts</li> <li>-Can lead to cervical cancer in females</li> <li>-Linked to oral, anal, and penile cancers</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting vaccinated (ages 9-45) to prevent genital warts and lower the risk of HPV related cancers</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>-Condoms do not cover all areas where the virus can live</li> </ul>
	<p><b>Hepatitis B</b></p> 	<p>Exposure to infected blood or body fluids</p> <p>Vaginal, anal, or oral sex</p> <p>Blood transfusions (very rare), sharing needles, childbirth</p>	<ul style="list-style-type: none"> <li>-Abdominal pain</li> <li>-Dark urine</li> <li>-Yellowing of the skin and eyeballs</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting vaccinated</li> <li>-No IV drug use</li> <li>-Sterile technique when using steroids, getting tattoos or piercings</li> </ul>

	STI	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Bacterial STIs—Curable with antibiotics	<p><b>Chlamydia</b></p> 	<p>Genital contact through vaginal, anal, or oral sex</p> <p>Can be passed from mother to child</p>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Burning sensation during urination</li> <li>-Yellow/green discharge from the penis or vagina</li> <li>-Pain in the lower abdomen</li> <li>-Pain in the testicles</li> <li>-Pain in the vagina during intercourse</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>-Can cause Pelvic Inflammatory Disease and lead to infertility</li> </ul>
	<p><b>Gonorrhea</b></p> 	<p>Tends to infect warm and moist areas such as the urethra, eyes, throat, vagina, anus, and the female reproductive tract</p> <p>Unprotected vaginal, anal, or oral sex</p> <p>Can be passed from mother to child</p>	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Greater urgency of urination</li> <li>-Pus-like discharge or drip from the penis (white, yellow, beige, or greenish)</li> <li>-Swelling or redness at the opening of the penis</li> <li>-Swelling or pain in the testicles</li> <li>-Persistent sore throat</li> <li>-Pain in lower abdomen</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested</li> </ul> <p><b>Note:</b></p> <ul style="list-style-type: none"> <li>-Can cause Pelvic Inflammatory Disease and lead to infertility</li> <li>-Can be transmitted from a mother to a child</li> </ul>
	<p><b>Syphilis</b></p> 	<p>Unprotected vaginal, anal, or oral sex</p> <p>Direct contact with infected sores on or in mouth, genitals, and anus</p>	<ul style="list-style-type: none"> <li>-Has a phase of no symptoms</li> <li>-Chancre sores can appear on the penis or vagina</li> <li>-Swollen lymph nodes</li> <li>-Body rash may occur in the advanced stages</li> <li>-Open sores on mucous membranes</li> <li>-If left untreated, it can cause damage to nervous system, heart disease, brain damage, and death</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested to see if syphilis is in latent (hidden) phase</li> </ul>



	STIs	Route of Transmission	Signs (Can be seen) Symptoms (Can be felt)	Ways to Stay Protected
Other STIs—Curable with Medication	<b>Trichomoniasis</b> 	Unprotected vaginal, anal, or oral sex	<ul style="list-style-type: none"> <li>-No Symptoms</li> <li>-Itching inside the penis</li> <li>-Burning after urination or ejaculation</li> <li>-Penile discharge</li> <li>-Itching or redness of the vaginal area</li> <li>-Uncomfortable urination (females)</li> <li>-Vaginal discharge</li> <li>-Vaginal odor</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested</li> </ul> <p><b>Note:</b> -May increase risk of HIV infection by 2 to 4 times</p>
	<b>Pubic Lice (Crabs)</b> 	<p>Vaginal, anal, or oral sex, or close genital contact</p> <p>Can also be passed in sheets, towels, and clothes</p>	<ul style="list-style-type: none"> <li>-Itching around genitals</li> <li>Sometimes eggs or lice can be seen on pubic hair</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting checked by a doctor</li> </ul>
Viral STIs—Not Curable but Treatable and Preventable	<b>HIV Human Immunodeficiency Virus</b> 	<p><b>Fluids:</b> Blood, semen, pre-ejaculatory fluid, vaginal fluid, rectal fluid, breast milk</p> <p><b>Highest Risk:</b> Receptive unprotected anal sex, sharing needles</p> <p><b>High Risk:</b> Receptive unprotected vaginal sex, oral sex with ejaculate or menstrual blood</p> <p><b>Moderate Risk:</b> Unprotected oral sex with no ejaculate or menstrual blood</p> <p><b>Lower Risk:</b> Protected oral sex on anus, mutual masturbation if there are no cuts on the hand</p>	<ul style="list-style-type: none"> <li>-A lowered immune system can make someone susceptible to frequent illness or infection</li> <li>-Many people with HIV have no symptoms until they progress to having AIDS</li> <li>-Flu-like symptoms (fever, headache, sore throat, swollen lymph nodes)</li> <li>-Open sores in mouth</li> <li>-Can develop into AIDS</li> </ul>	<ul style="list-style-type: none"> <li>-Not having sex</li> <li>-Using an external or internal condom or dental dam every <i>time</i> during vaginal, anal, or oral sex</li> <li>-Getting tested</li> <li>-Being monogamous or reducing number of sexual partners</li> <li>-No IV drug use or sharing of needles or other equipment</li> <li>-Sterile technique when using steroids, getting tattoos or piercings</li> <li>-Prevent or decrease risk of contracting HIV through the use of medication: Pre-Exposure Prophylaxis (PrEP) or Post-Exposure Prophylaxis (PEP)</li> </ul> <p><b>Note:</b> -All people are at some risk of contracting HIV and the only way to know is to <b>GET TESTED</b> -People with HIV can have a normal life expectancy and reduce the risk of transmitting HIV to others by taking antiretroviral medications (ART).</p>

# STI Clues: Who Am I?

1. We are the two STIs that most commonly lead to infertility, which two STIs are we?
2. I can cause painful blisters on both the mouth and the genitals.
3. I am an STI that can cause brain damage if not cured in my early stages.
4. I am an STI that can be passed through 6 fluids, including breast milk. Which STI am I and what are the other 5 fluids through which I can be passed?
5. I get my nickname from a sea animal.

# STI Clues: Who Am I?

6. There are two of us that have vaccines to protect against getting us, which two STIs are we?
7. I have a very difficult name to pronounce; a common symptom is odor from the genitals.
8. I am an effective way to reduce STIs and prevent pregnancy.
9. I am a reason why some people may not know they have an STI.
10. I am a question that would be good to ask before having sex with someone.

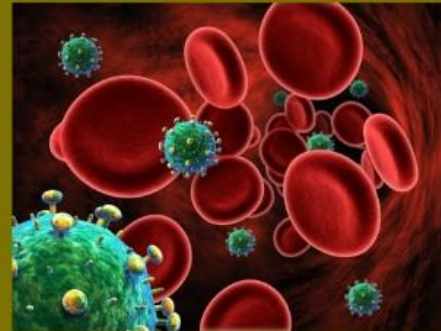
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# Quick Facts About HIV/AIDS

# HIV


- Virus that attacks the **immune system** and makes it **weak**
- This makes it hard for a person's body to **fight off illnesses**

6



- Can be detected by a **blood test** or an **oral swab**

# HIV & AIDS are Different

- **HIV** = Human Immunodeficiency Virus
- **AIDS** = Acquired Immune Deficiency Syndrome
- When the immune system is **extremely weak from HIV**, the person has AIDS 
- **Antiretroviral therapy** can help treat HIV and prevent transmitting HIV to others

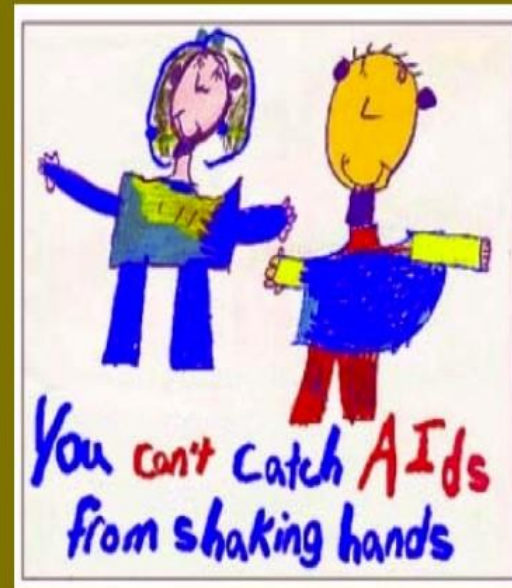


# Only Six Bodily Fluids

8

## Can Pass HIV:

- Blood
- Semen
- Vaginal Fluid
- Breast Milk
- Rectal Fluid
- Pre-ejaculatory fluid





# Medications can lower the risk of contracting HIV:

## PrEP

### Pre-Exposure Prophylaxis

Pill taken by an HIV negative person **before** potential exposure to the virus

## PEP

### Post-Exposure Prophylaxis

Pill taken by an HIV negative person **after** exposure to the virus

# Remember... 9

**Treat people with HIV the way you want to be treated.**

1. What activities have **no** risk of HIV infection?



2. How can we **support** people living with HIV/AIDS?

# Shedding Some Light on



**HOW?**

How can a person get an STD?



# How else can a person get an STI?

## Blood transfer

- Injectable drug use
- Tattoos
- Piercings
- Fighting



## Pregnant Person to baby

- Pregnancy
- Birth
- Breastfeeding



# Blood transfer

- **Injectable drug use**
- **Tattoos**
- **Piercings**
- **Fighting**



# Pregnant Person to baby

- **Pregnancy**
- **Birth**
- **Breastfeeding**





**WHO?**



# Who can get an STI?

10

**Anyone** can get an STI

- All genders
- All races and ethnicities
- All sexual orientations



[CAN?]

Can you have an STI  
and not know it?

Yes.

11

**70% of people with STIs have NO  
signs or symptoms.**

# Sometimes people do have symptoms:

- **Itching**
- **Burning while peeing**
- **Bumps or blisters**
- **Unusual discharge**
- **Irregular bleeding**



SO



Get checked by a **doctor!** 12

Every year

Before every  
new partner

If something  
starts to look or  
feel different



# Get checked by a **doctor!**

12

Every **year**

Before every  
new **partner**

If something  
starts to look or  
feel **different**

# WHAT?

Can someone do to **protect** themselves from STIs?

13

This is the **best** way to prevent getting or passing STIs.

**Not** have sex



Use **condoms** every time

14



# Communicate with their partner

15

Ask about their partner's past sexual experiences.



Get tested and share results.



15

**Ask about their partner's past sexual experiences.**





**Get tested and  
share results.**




Be in a **healthy,**  
**committed** relationship



Such as marriage

Keep a **clear** head

Choose to not mix  
sex, drugs, and alcohol.






**Remember**

# If you get an STI...

1 in 4 sexually active teens  
gets one each year



- You are **not** a bad person
- Take **all** of your medication
- **Tell** your partner

**1 in 4 sexually active teens  
gets one each year**



# SO



Get checked by a **doctor!** 12

Every year

Before every  
new partner

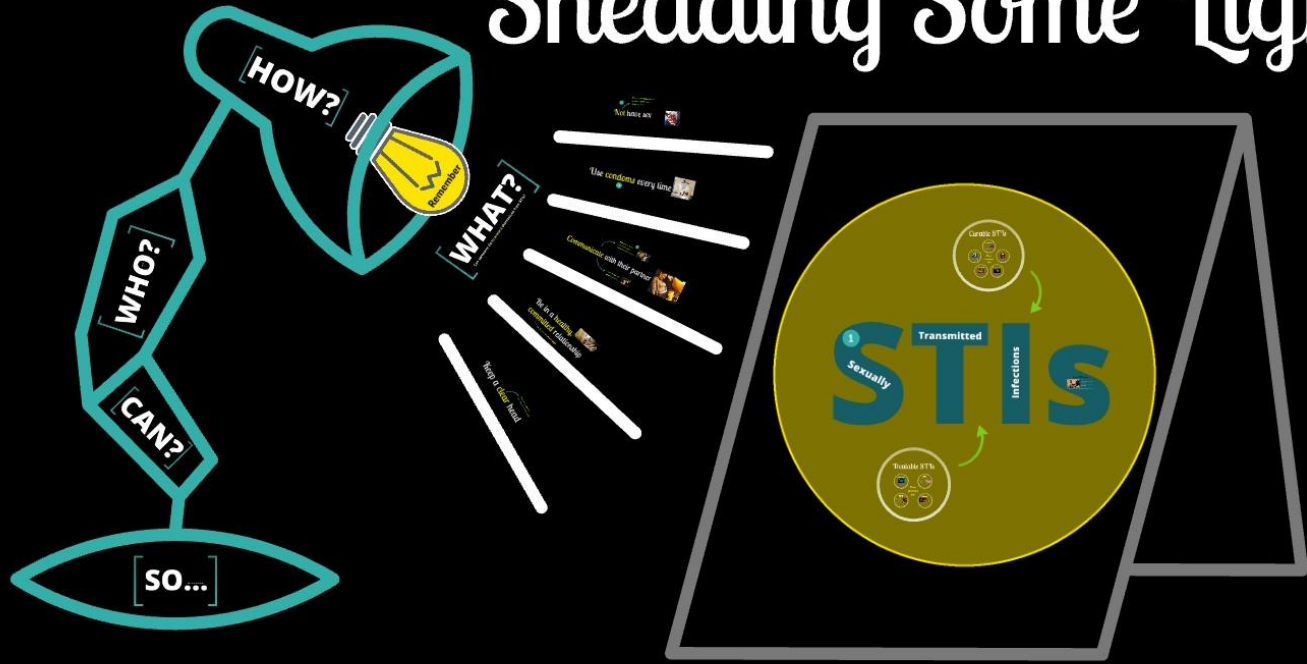
If something  
starts to look or  
feel different

Which **clinics** around here will give you a free STI test?

16

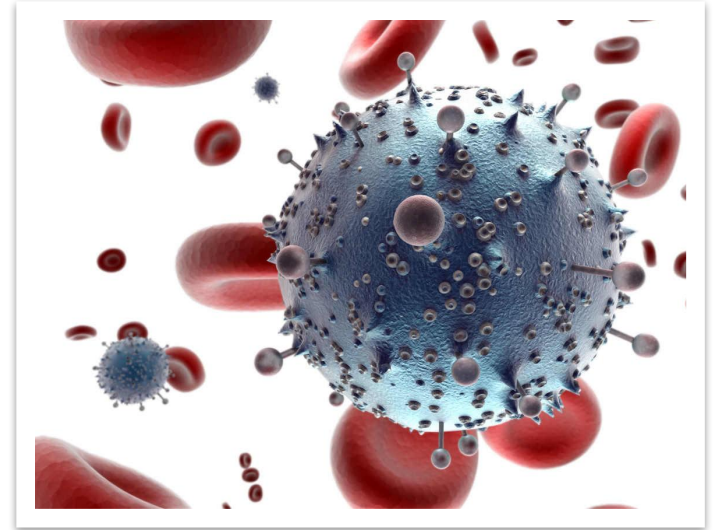


# Shedding Some Light on



# What is HIV?

## Human Immunodeficiency Virus



It's a virus that attacks the cells in the immune system. The immune system usually keeps the body strong and fights off colds, the flu, etc. But when someone has HIV, their immune system gets weak.

# What is AIDS?

## Acquired Immune Deficiency Syndrome



When someone who has HIV starts to get sick and their immune system is very weak, a doctor will diagnose them with AIDS. Now we have many drugs to treat this disease and, with proper treatment, people with HIV can have a normal life expectancy. There is still no cure but hopefully scientists will come up with a cure someday soon!

# Fluids that Transmit HIV

- Blood
- Semen
- Pre-Ejaculate
- Vaginal Fluid
- Rectal Fluid
- Breastmilk

# Ways HIV is Transmitted

- Unprotected vaginal, anal, or oral sex with someone who has HIV
- Sharing injection equipment or needles with someone who has HIV
- Pregnancy, childbirth, and breastfeeding (mother to baby)



# Ways HIV is Not Transmitted

- Kissing, hugging, shaking hands
- Sharing a drink
- Using a public bathroom
- Mosquito or insect bites
- Donating blood
- Being friends with someone who is living with HIV

# How to Prevent HIV Transmission

- Not having sex
- Not using injection drugs
- Using a condom or dental dam when having sex
- Getting tested regularly
- Taking medication as prescribed

# Medications to Prevent HIV

If a person is HIV negative...

## **PrEP**

(pre-exposure  
prophylaxis)

A medication used by  
people who are at a  
higher risk of getting HIV

## **PEP**

(post-exposure  
prophylaxis)

A medication used by  
people who were  
recently exposed to HIV

# Medications to Prevent HIV

If a person is HIV positive...

## **ART**

(antiretroviral therapy)

Medications used to treat HIV  
and prevent transmitting the  
virus to others



# How to Support Someone HIV+

- Treat them with respect and dignity
- Include them in activities
- Listen to them
- Remind them to take their medication
- Go to their appointments with them
- Participate in an HIV/AIDS walk to fundraise for HIV/AIDS research

# Quick Facts About HIV/AIDS.

## Human Immunodeficiency Virus

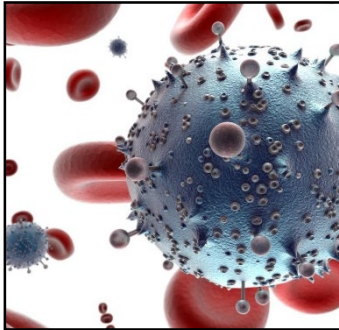
A virus that attacks the cells in the immune system. The immune system usually keeps the body strong and fights off colds, the flu, etc. When someone has HIV, their immune system gets weak and it is harder to fight off illnesses.

## Acquired Immune Deficiency Syndrome

When someone with HIV starts to get sick and their immune system is very weak, a doctor may diagnose them with AIDS. Now we have many drugs to treat this disease and, with proper treatment, people with HIV can have a normal life expectancy. There is still no cure, but hopefully scientists will come up with a cure someday soon!

### Ways HIV is Transmitted

- Unprotected vaginal, anal, or oral sex with someone who has HIV
- Sharing injection equipment or needles with someone who has HIV
- Pregnancy, childbirth, and breastfeeding (mother to baby)



### Ways HIV is Not Transmitted

- Kissing, hugging, shaking hands
- Sharing a drink
- Using a public bathroom
- Mosquito or insect bites
- Donating blood
- Being friends with someone who is living with HIV

### Fluids that Transmit HIV

Blood

Semen

Pre-Ejaculate

Vaginal Fluid

Rectal Fluid

Breastmilk

### How to Prevent HIV Transmission

- **Not having sex**
- **Not using injection drugs**
- Using a condom or dental dam when having sex
- Limiting the number of sexual partners
- Getting tested regularly
- Taking medication as prescribed:
  - **If a person is HIV-negative**
    - PrEP (pre-exposure prophylaxis) used by people who are at a higher risk of contracting HIV
    - PEP (post-exposure prophylaxis) used by people who were recently exposed to HIV
  - **If a person is HIV-positive**
    - ART (antiretroviral therapy) used to treat HIV and prevent transmitting the virus to others

These two are the only certain ways to prevent HIV

### How to Support Someone Living with HIV

- Treat them with respect and dignity
- Include them in activities
- Listen to them
- Remind them to take their medication
- Go to their appointments with them
- Participate in an HIV/AIDS walk to fundraise for HIV/AIDS research

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# Condom Instructions

No materials or manipulatives will be provided.



# Condom Instructions

## Step 1: Store condoms in a cool, dry place

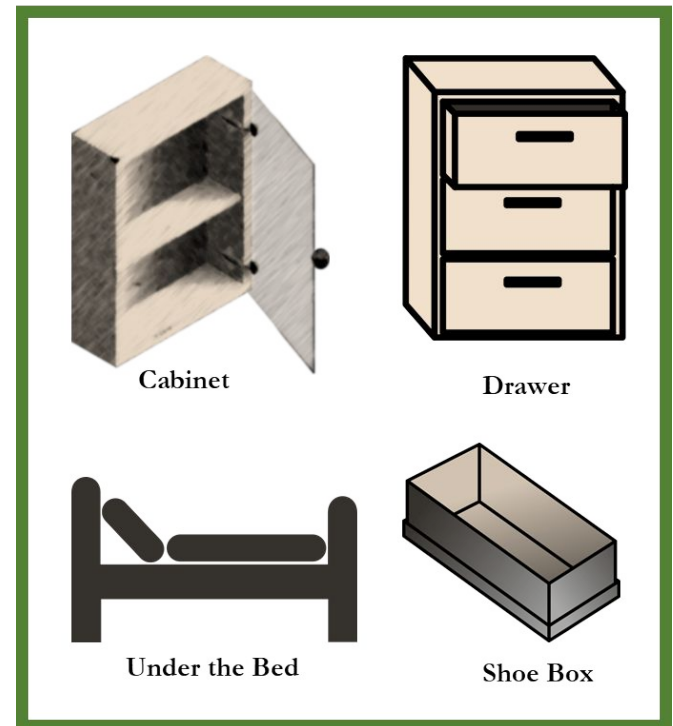
### Where to **NOT** store condoms



# Condom Instructions

## Step 1: Store condoms in a cool, dry place

### Where to **store** condoms



# Condom Instructions

Step 1: Store condoms in a cool, dry place

**Step 2: Ask for consent!**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

**Step 3: Check package & expiration date**

# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

**Step 4: Open carefully with hands**



# Condom Instructions

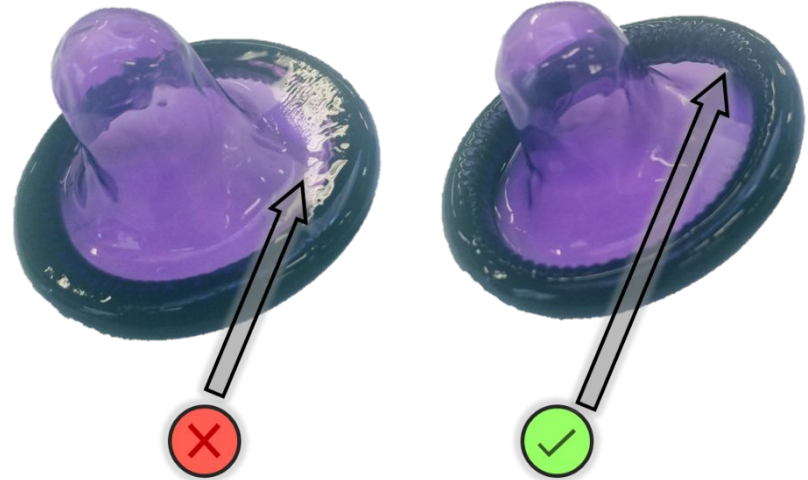
Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

**Step 5: Check direction of condom**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

**Step 6: Pinch the tip and roll to base**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

**Step 7: Remove carefully without spilling**

# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

**Step 8: Tie a knot and throw in trash**



# Condom Instructions

Step 1: Store condoms in a cool, dry place

Step 2: Ask for consent!

Step 3: Check package & expiration date

Step 4: Open carefully with hands

Step 5: Check direction of condom

Step 6: Pinch the tip and roll to base

Step 7: Remove carefully without spilling

Step 8: Tie a knot and throw in trash