

# Male Contraception

## Effective Methods

### 1. Latex condoms

- Most effective method at preventing STIs
- Female hormonal methods (pill, rings, etc.) do NOT prevent against STIs
- Talk to your sexual partner!  
Communication is essential to knowing:
  - Allergies (to latex/spermicide)
  - Sexual History
  - STIs
  - Consent

### 2. Polyurethane or Animal Skin Condoms

- Should be used when an individual is allergic to latex

## How to use

- Open the wrapper of the condom carefully to prevent condom from tearing
- Pinch the air out of the tip of the condom
- Roll the condom on an erect penis before sexual intercourse
- Leave 1/2-inch of the condom free at the tip of the penis so that semen has a place to collect
- If space is not left at tip, semen can seep out of the base of the condom
- Following ejaculation, hold on to the rim and withdraw before erection subsides
- Use a new condom each time!
- Do not wear 2 condoms at once, this creates excess friction and lead to breaks.

## Effectiveness of Condoms

- 99% when used every time and correctly!
- With user errors, CONDOMS ARE ONLY 85% EFFECTIVE
- Only 60% of sexually active W&L students used a condom during intercourse the last time they had SEX (NCHA, Winter 2010)

## Why condoms break

- Too old: check expiration date!
- Kept in wallet/glove compartment: heat damages latex condoms!
- Not a good fit
- If condom breaks, tell your partner and seek other birth control options, such as Plan B (for women)

## Ineffective Methods

### **Withdrawal or “Pulling Out”**

- An ineffective measure of birth control
- Semen is still able to enter the vagina via pre-ejaculatory semen (“pre-cum”)
  - Even a little bit is enough to fertilize an egg
  - Sperm is able to survive in the female genital tract for 4 -5 days
- 27% of W&L students still consider “pulling out” to be an effective form of birth control (NCHA, 2010)

### **Nothing**

- 40 % of sexually active W&L students did NOT use any form of contraception the last time they had sex. Let’s be safe!

For more information, visit [go.wlu.edu/contraception](http://go.wlu.edu/contraception)  
Designed by Bio255 – Reproductive Physiology Fall 2011

