

# Safer Sex Kits and Supplies

If your program has run out of kits  
or individual items, please contact:

[healthed@gc.cuny.edu](mailto:healthed@gc.cuny.edu)

or

[wellness@cunydisc.org](mailto:wellness@cunydisc.org)



**Safer Sex supplies can also  
be found at:**

Other Locations in the GC

Check out: [openCUNY.org/healthDSC/  
safer-sex-toolbox/](https://openCUNY.org/healthDSC/safer-sex-toolbox/)

for additional locations

Safer Sex Supplies are provided by:



The NYSDOH and NYCDOHMH  
Condom Programs

Safer Sex Supplies are available at:

The Wellness Center

Student Health Services

365 Fifth Avenue—Room 6422

New York, NY 10016

212-817-7020

AND

DSC Health & Wellness  
[openCUNY.org/healthDSC](https://openCUNY.org/healthDSC)



365 Fifth Avenue—Room 5495

# Safer Sex Kit

*What's in this kit and how does it protect me?*

**Male (Insertive) Condoms**—Used for oral/vaginal/anal sexual activity to prevent the exchange of sexual fluids. These come in many varieties—take your pick! Non-lubricated and flavored may be preferred for oral sex. Make sure to pinch the tip of the condom when putting it on or —pop— the condom will break!

**FC2 (Female/Receptive) Condoms**—Used for vaginal/anal sexual activity to prevent the exchange of sexual fluids. These are NON-LATEX and can be great for those with latex allergies. The FC2 condom can be inserted up to 8 hours before a sexual encounter — if you are the one wearing it, this may also mean more control for you if your partner wants to negotiate condom use. If using for anal sex, remember to remove the inner ring after using the ring to aid in insertion.

**\*\*\*Use only one male or FC2 condom at a time\*\*\***

*Using two of the same or both types at the same time increases friction and actually increases the likelihood one or both will break or slip off!*

**Lubricant**—Used with or without condoms to minimize friction during sexual activity and to minimize the chances of getting small tears in the vaginal and/or rectal cavity — these tears can make STI/HIV/HCV transmission more likely.

**Dental Dam**—Used during oral sex (mouth to vagina or anus) to prevent transmission of STIs and Hepatitis C. Make sure to secure the dental dam with your hands to cover the genital area and do NOT flip over!

**Finger Cots**— Used for sexual play involving the insertion of fingers to prevent transmission of infections if there are finger cuts or abrasions. Always use a new finger cot when moving from vagina to anus & visa versa.

# Safer Sex Tips

**Goal #1: Keep yourself as safe as possible! Staying safe does not only mean physical safety; it can also mean sexual and emotional safety.**

**Goal #2: To get the most enjoyment out of sex as possible without putting yourself at risk for HIV/STIs and/or other risks.**

There is NO such thing as SAFE sex,  
but there is SAFER sex!

**Other things to consider if you are having sex:**

**Birth Control** — if you or your partner are not trying to get pregnant, using a regular form of birth control (e.g. pills, patch, ring, IUD, Depo shot) can decrease your chances of accidental pregnancy. But remember, these forms do NOT protect against HIV/STIs, so use condoms as back up. **Learn more about kinds of birth control and what method would be best for you here: <http://imonitnyc.com/>**

**Emergency Contraception (EC)** — Condom broke? Forgot your pill? Just started getting your period again and you didn't know you could get pregnant? You can buy EC in the pharmacy or get it at a local clinic to use up to 5 days after unprotected sex to prevent pregnancy — the sooner the better!

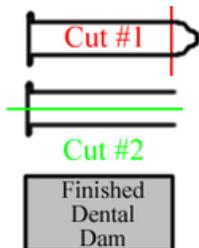
**HIV/STI Testing**— If you have noticed any changes, you might want to get tested. If you have begun or will begin having sex with a new partner, you may also want to get tested (you can go together!). Your Wellness Center provides HIV/STI testing to under- and un-insured students. Other testing sites are listed at: <http://cuny.is/wellnessresources>

Want one of these services, but not sure where to go? Visit the Wellness Center in Room 6422 at the Graduate Center or <http://cuny.is/wellnessresources> for a listing of services under the Safer Sex & HIV/STI Information and Reproductive Health & Family Planning tabs.

## How Can I Make My Own Dental Dam?

If you do not have a dental dam handy, you can make a dental dam from an un-lubricated or flavored male condom or the FC2.

Open the condom package, cut off the reservoir tip or tip of FC2, and slit the condom long-ways. The condom will unfold into a rectangle (as indicated below).



**Do not use if there are tears or rips in the condom!**