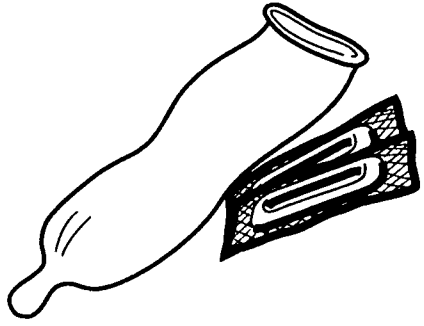


Is it worth it?



How to be a condom pro

by Courtney Straub
healthy living editor

When using condoms consistently and correctly, they are the best prevention against STDs, HIV, and pregnancy. The condom failure rate is only between 2 percent and 5 percent. Why then do people choose not to use condoms?

"It feels better without a condom" is the most famous excuse. If your partner tries to get you to have sex without a condom, keep this in mind – they have most likely had 10 or more sexual partners.

When having sex for the first time, some people may not know how to put on a condom. Instead of feeling embarrassed, they choose to have sex without a condom.

While it is usually the men who wear the condom, women are the "condom negotiators." When debating over whether or not to use a condom, women are more successful than men in persuading their partner not to use one.

No matter what the excuse, don't listen to it. Even if sex feels better without a condom, think about the consequences. In exchange for one amazing night, you could become a parent or infected with an STD. Is it really worth it?

Because condoms can prevent STDs, HIV, and pregnancy, men and women need to be well educated on them. The following steps will allow you to become a condom pro.

The first decision that needs to be made is choosing what the condom is made of. Make sure it is made of polyurethane or latex (which is way more reliable than animal tissue condoms). Then make sure that the condom will fit snugly – they do come in different lengths, widths, and thicknesses.

Before using the condom, make sure to inspect it. If the package is damaged or the expiration date has passed, do not use the condom. Once you have opened the package, then inspect the condom itself. If the condom looks dry, brittle, stiff, or sticky, do not use it.

To prevent breakage or leakage, condoms should always be stored in a cool, dry place. When opening the package, tear gently on the side. Do not use your teeth or scissors when opening the package! Also, you should keep a few spare condoms on hand just in case one gets ripped in the opening process.

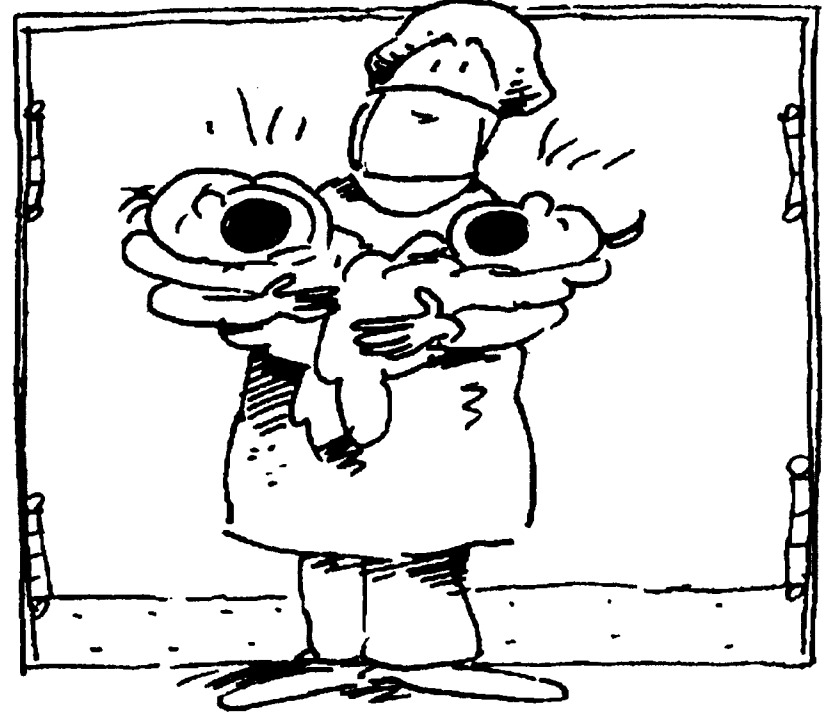
Lubricants are a great thing to use to keep the condom from ripping. Whether you buy pre-lubricated condoms or apply your own, make sure it is the right kind. Water-based lubricant, such as K-Y jelly or Astroglide, is the best to use. Oil-based lubricants, like Vaseline or other petroleum jellies, body lotions, mineral or vegetable oils, are not good to use because they can cause condoms to dissolve.

Now that you are ready to use the condom, make sure it is put on correctly. After the penis is hard and erect, the rolled condom should be placed over the head. Roll the condom downward leaving a half-inch space at the tip for semen. Make sure there are no air bubbles left in the condom. If you accidentally put the condom on inside out, throw it away.

Remove the condom immediately after intercourse. Wrap it in tissue and throw it away.

Remember, the best way to prevent diseases and pregnancy is abstinence. Condoms are not foolproof but are the best protection during sexual intercourse.

MATERNITY



College and sex

by Erika Jarvis
staff writer

STD among the younger generations is chlamydia.

Sex seems to be everywhere these days. If it's not on TV, then someone in your dorm is certainly having it and you might even have a "sex contract" with your roommate. The "contract" normally consists of the roommate who's having sex leaving something on the door to let the other roommate know that coming into the room at that moment will only lead to some pretty

The one thing really pushed in all those health classes that students laughed and joked about in high school was the fact that condoms aren't 100 percent successful. While condoms are the best thing out there other than abstinence against STDs, there is still a chance you can contract a disease of some sort.

What's worse than contracting an STD is plain and simple...getting pregnant, or getting someone else pregnant. Bringing a crying child to class is never cool, and it pretty much limits your social calendar to spending all your time with your child. Six out of 10 teen pregnancies occur among teens 18-19 years old, and 76 percent of these pregnancies are unplanned.

Most college students choose to have sex for multiple reasons; they like it, it feels good, they're in love or they just have crazy hormones. Still, it's most important that these statistics are known about sex. Hollywood tends to glorify sex, and you rarely (if ever) see anyone contract an STD on television.

Hollywood also leaves out the emotional side of sex. Many times the woman constantly worries about her next menstrual period and if she's pregnant or not. Most times people wonder after their first time if they made the right decision and sometimes relationships can go downhill after sex has been brought into the picture.

While these facts and statistics could be painted on the side of the Reed Union Building everyday, people will still choose to have sex for their own reasons, and sex contracts will still be made. Yet, as long as that information is out there, no one can ever be upset that they just didn't know the possible consequences.



KRT GRAPHIC

uncomfortable moments.

Even the morning after a party it's quite a game to remember who hooked up with whom the night before. Sex certainly isn't a taboo subject in college, whereas in health class in high school sex was taboo and abstinence was literally shoved down students' throats.

What happened since going to college? What changed everyone's outlook on sex? Could it be the fact that now that on your own, you feel that you can make your own decisions based on the facts you learned in high school?

According to statistics, 85% of 19 year old males have already had sex, and 77% of 19 year old females have had sex, all voluntarily. That basically means that a majority of the students at Behrend are having sex, whether you know it or not.

An even worse statistic is that 1 in 4 sexually active teens will contract an STD this year. So, for example, let's say you live in the apartments. One of you in that apartment will contract some sort of STD before this year is over. Right now the most common



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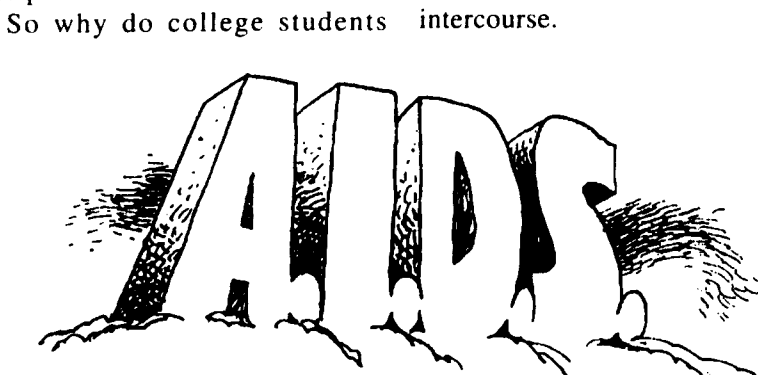
Scary facts about STDs

by Courtney Straub
healthy living editor

A sexually transmitted disease (STD) is most commonly spread by having sex with another person who is infected. More than 65 million people living in the United States have an incurable STD. Every year, there are approximately 15 million new cases and few of these cases are curable.

Another scary statistic is that two-thirds of all STDs occur in people ages 25 and younger. This means that the most likely cause of STDs is from college-age students. Everyone knows that college is a time when people experiment. While experimenting is a good thing, don't let it get out of hand. STDs can ruin your life.

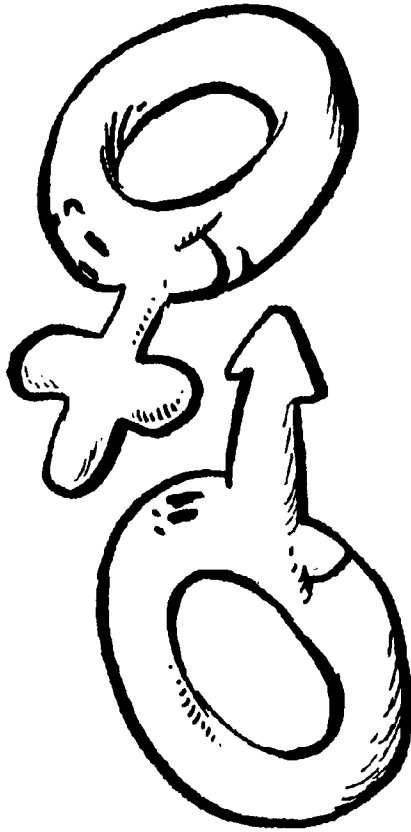
Did you know you can have an STD and not even know it? Symptoms may not show up for weeks or months and even then they are hard to detect. Most STDs are permanent and incurable.



engage in sexual behavior? The most common response is because it's fun. So don't turn something fun into something terrible.

By using the following tips, you can decrease your risk of contracting an STD.

- The best way to prevent yourself from STD's is to avoid sexual intercourse!
- By only having one partner, you greatly reduce your risk of contracting an STD.
- Talk to your partner about STDs before you begin having sex with him/her. Make sure to ask if your partner has ever been exposed to an STD.
- Have an STD check up after having sex with a new partner.
- Carefully examine your partner's body. If you notice any unusual discharge, sores, bumps, or redness do not attempt sexual intercourse.
- Use a dental dam or cut condom.
- Use only latex condoms.
- Use spermicidally lubricated condoms during sexual intercourse.



These websites can give you more information:

www.itsyoursexlife.com

www.unspeakable.com

www.thebody.com

www.iwannaknow.org

www.sexetc.org

www.goaskalice.com

www.webmd.com