

# CONDOMS &

*Sex work can be a competitive environment and there are increasing reports of unsafe sex in the sex industry. This could be due to the increasing illegal operators or as times are hard, some workers may be trying to increase their profitability.*

*HIV amongst women and other STIs such as Chlamydia are on the rise so it is more important to use a condom every time.*

## **WHY do condoms protect us from STI's?**

- Most STI's are transferred with the exchange of body fluids such as semen or vaginal fluids from one person to another.
- Most can be transferred through unprotected oral sex as well as intercourse.
- Condoms are a barrier which stop the transfer of bodily fluids
- Note: Condoms will not cover all the genital rea. Be careful to check this area well for any sores, blisters, ulcers, assets, rashes or skin breaks.

## **WHEN do you use condoms?**

- Oral sex
- Anal and vaginal intercourse
- Sex Toys

## **WHERE do I keep my condoms?**

- Storage of condoms should be in cool places away from direct sunlight
- Never leave condoms in your wallet or glove box.
- They can deteriorate and break when using them if they are not stored properly

## **HOW do I use them properly?**

- Make sure you have the right size condom. Most condom manufacturers make large, small and average size condoms.
- 'Oral Anyone?' You can get condoms in all sorts of different flavours. So if you don't like the taste of lube, give them a try.
- Putting the condom on with your mouth can be a real 'turn on' for clients. Practice makes perfect.
- Condoms can be rolled open and cut down the side to use as dams for licking and rimming

## **Condoms and Sex**

- It is a good idea to change the condoms when changing from oral sex to vaginal or anal sex as your teeth may have nicked the condom and cause it to break.
- Hold the end on the condom between your thumb and finger to squeeze the air out. This allows room for the semen. Make sure that it is not inside out as you will not get far rolling it on. If it was inside out and has touched the penis, throw it away and start again.
- Roll the condom all the way to the base of the penis. If there is a foreskin, pull it back off the head first.
- Smooth out any folds or creases in the condom. These can cause the condom to bunch up, come off and/or be uncomfortable for you.

# SEX WORK

*Sex workers are the educators to the community – so every time a client asks for oral or sex without a condom – remind him too!*

*Sex Work is a trade of sexual services for financial gain, money usually.*

*STI's cost sex workers loss of income and money.*

*A healthy body is a business asset and condoms are the most effective protection to use.*

## **During Sex**

- Use lots of water based lube. Never use an oil-based lube like massage oil, moisturiser or Vaseline. Oil based lube damages condoms and makes them break.
- Check every now and again that the condom has not slipped off or broken. You can do this by feeling for the condom and checking the base is in place and feeling the shaft just in case it has broken. If you can't reach or you want to see it, suggest changing positions so you can have a look.
- Apply more lube as you go. If it just keeps going on and on, change the condom every 15minutes or so. Quicker if it is really rough.
- Never use two condoms together as it will cause friction and that is what usually makes them break.
- When the client ejaculates, have them pull out while the penis is still erect. Hold the rim of the condom when they pull out so it doesn't get lost inside.

## **WHAT if the client doesn't want to use one?**

- Take this as a warning that the client may try to break or take the condom off.
- Try to slip it on while they are relaxed and not expecting it. Eg. With your mouth through oral or through stimulation with your hands
- Offer ways they can reach orgasm without the condom such as Spanish (between the breasts), masturbation while you strip, hand relief, etc.

## **WHAT if the condom breaks or slips off?**

- Vaginal intercourse- Stop the booking, wash with cool water, urinate and push out what semen you can using vaginal muscles, do not have intercourse for the rest of the shift.
- For oral sex- swallow immediately, do not brush teeth, use mouthwash or eat abrasive food (which could cut your gums such as potato chips) for four hours after.
- Anal intercourse- Stop the booking, wash with cool water, squeeze anal muscles without defecating. Do not open up the anal entrance. Do not douche.
- Insertive partners- Wash with cool water and urinate.

## **Also you could**

- Use spermicide, containing Nonoxynol 9. But be careful not to use too often as it can cause ulcers.
- Post Exposure Prophylaxis (PEP) is available at any Accident and Emergency department at your nearest hospital- At the Alfred Hospital A&E ph. 9276 2000.
- 'Morning After Pills' can be accessed from Sexual Health Services, Family Planning, General Practitioners (Doctors surgeries) and A&E at Hospitals.

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