

LET'S DEBUNK



CONDOM MYTHS!

myth 1

CONDOMS ARE THE ONLY FORM OF PROTECTION

external condoms are highly effective against STI transmission, but there are also other options such as internal condoms and dental dams!



simplehealth



planned parenthood

myth 2

MIXING CONDOMS AND LUBES IS OKAY



you should NEVER use oil-based lubricants with latex condoms as it will cause them to dissolve. this includes Vaseline, baby oil, hand cream, and even lipstick. instead, use water-based lubes.

myth 3

ASKING TO USE PROTECTION WILL MAKE MY PARTNER THINK LESS OF ME



on the contrary, asking to use protection shows you know how to take care of yourself and your partner!





healthline

myth 4

CONDOMS MAKE SEX UNCOMFORTABLE FOR THE WEARER

people who use condoms feel their experiences are just as pleasurable as people who don't. if your partner expresses discomfort when wearing a condom, the most likely issue is a constricting band, in which case the wearer should consider a larger size or different brand. otherwise, a condom should not make intercourse uncomfortable.

myth 5

IF MY PARTNER
DOESN'T WANT TO
USE PROTECTION, I
SHOULD JUST AGREE
TO APPEASE THEM



anything that has
to do with your
body is your
choice!