

Barrier Methods

PREVENT PREGNANCY & THE TRANSMISSION OF STI/HIV

Internal Condoms A.K.A. the “female condom”: placed inside vagina/anus*

*remove internal ring for anal use

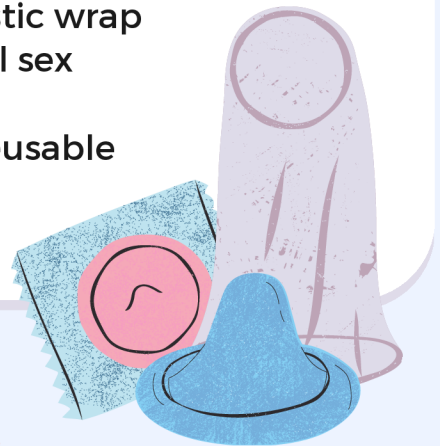
External condoms: made of latex or non-latex, placed over a penis or sex toy before penetration

Flavored Condoms: external condoms with flavored lubricant, intended for oral sex**

**may cause irritation/yeast infections if used vaginally/analylly I use

Dental Dams: latex/polyurethane sheets (or plastic wrap or cut condoms/gloves) that can be used for oral sex

Gloves: made of latex, nitrile, vinyl, or silicone, reusable or single-use to prevent scratching/tearing



LUBE REDUCES STI TRANSMISSION BY REDUCING FRICTION DURING SEX

LUBES	LONG-LASTING	TOY-SAFE	CONDOM-SAFE	INTERNAL USE
Silicone-based	X		X	X
Water-based		X	X	X
Oil based		X		X
Novelty		X		



TENNESSEE TRANSGENDER TASK FORCE

Visit www.tntaskforce.com for more resources.