

## HARM REDUCTION SUPPLIES - Safer Sex

**Why provide safer sex supplies?** Distribution of safer sex supplies and education on how to properly use them has shown to be effective in prevention the transmission of sexually transmitted infections and HIV.



**Lubricated condoms** – act as an external barrier, providing protection from pregnancy and sexually transmitted infections.

**Flavoured condoms:** recommended for oral use, as there is a risk of yeast infection or irritation when used for penetrative sex.

**Non-lubricated condoms:** can be used for oral sex or you can add your own water or silicone based lubricant for penetrative sex.



**Internal condoms:** (also known as female condom) can be inserted into the vagina, with the excess material of the condom providing external coverage. It can also be used for anal sex by removing internal ring and placing over the penis. It can be worn 6-8 hours before sex and is made of non-latex material. Compatible with all types of lubricant.



**Water-based lubricant:** compatible with latex and non-latex condoms and silicone sex toys. Lubricant can increase pleasure and reduce friction and condom breakage.

Safer use pamphlets and additional supply information: <https://towardtheheart.com/safer-use>