

8 Feel-Good Reasons to Use Female Condoms

You're Ahead of the Game

FCs can be inserted hours before having vaginal sex. This means you don't need to interrupt foreplay to put on a condom.

No Latex Means No Allergies

FCs are hypo-allergenic and a great option for people with latex allergies.

It's in the Bag

FCs don't require an erect penis, so your partner doesn't have to pull out right after ejaculation. Also, some men feel less constricted when using FCs.

Yes YOU Can

FCs are the only barrier method that is controlled by the receptive partner, allowing women and men to take control of their own health.

Play with Passion

Your partner can insert the FC for you, or your partner can watch you insert it. For vaginal use, your partner can rub the outer ring against the clitoris with his penis or fingers. For anal use, your partner can insert the FC with a dildo, and then replace it with his penis.

Oh! Oh!

The two rings double the pleasure. For vaginal sex, the outer ring stimulates the clitoris and the inner ring can be bumped with the tip of the penis. For anal sex, the inner ring is a matter of taste. Some people like to remove it, while others like to leave it in. Find what feels good for you!

Feel the Heat

FCs adjust to body temperature, so both you and your partner feel the heat!

Slip and Slide

Lube! Lube! Lube! More lube will increase pleasure and ensure that:

- The penis freely moves in and out.
- The FC does not make noise during sex.
- The FC is unlikely to come out during sex, but if it does, or if the outer ring goes inside of the vagina or anus, start over with a new FC and use more **lube**.

Produced by the Chicago Female Condom Campaign, adapted from materials created by Makadon, H., et al. *The Fenway Guide to LGBT Health*. American College of Physicians © 2008; The Pleasure Project www.pleasureproject.org; *Safer is Sexy Guide*, The Female Health Company.

The Chicago Female Condom Campaign is a coalition of HIV/AIDS, reproductive justice, women's health, and gay men's health organizations dedicated to increasing access, affordability, availability, awareness, and utilization of female condoms. Learn more about the Campaign at ringonit.org.

chicago
female
condom campaign
put a ring on it!

The 411 on Female Condoms
FCs help prevent unintended pregnancy and sexually transmitted infections (STIs), including HIV. They are a great safer sex option that can be used by both women and men for vaginal and anal sex.

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Getting Ready

Before you use the female condom (FC), check the expiration date on the package. If it hasn't expired, you're good to go! To open the package, tear straight down from the notch at the top.

There are many different positions you can use to insert the female condom. For vaginal sex, you can lie on your back or put one leg up on something, like a chair. For anal sex, you can squat, lie down, or support your body on your hands and knees. You might want to try inserting a FC by yourself before using it with a partner. Just like anything new, it could take a little practice, but remember: practice makes perfect. We like to say that three times is the charm!

Using the FC is as Easy as 1, 2, 3

For Vaginal Sex



1. Squeeze the inner ring between your thumb and middle finger.

2. Insert the inner ring into the vagina, using your index finger to guide it.



3. Put your finger inside the condom and gently push it into the vaginal canal. The inner ring will fit behind the pubic bone and over the cervix. Make sure the FC is not twisted and is smooth against the vaginal walls. The outer ring should lie over the lips of the vagina to protect the genital area.



Hold the outer ring in place as you guide your partner's penis into the FC. If your partner's penis goes to the side of it, instead of inside it, start over with a new condom.

For Anal Sex



Like male condoms, there has been no research on the effectiveness of FCs for anal sex. However, many public health organizations confidently promote the use of FCs for safer anal sex.

1. Squeeze the inner ring between your thumb and middle finger.



2. Insert the inner ring into the anal opening, using your index finger to guide it.

3. Put your finger inside the condom and gently push it into the anal cavity. For maximum protection, the inner ring should be inserted past the sphincter; however some people chose to remove the inner ring once the condom has been inserted. Make sure the FC is not twisted and that the outer ring is outside and covers the anal opening.



Another method for anal use is to remove the inner ring, put the FC over an erect penis or a dildo, and then enter the anus. As always, you should use a lot of lube and enter the anus slowly.

That's a Wrap

Since FCs don't require an erection to be used properly, your partner can remain inside of you after ejaculation. When you do decide to remove the condom, twist the outer ring to keep the semen inside, gently pull it out, and throw it away. Use a new female condom with every sex act.

NEVER use a male condom and a female condom at the same time. Using two condoms increases the likelihood of breakage and DOES NOT increase protection.

For more information, visit ringonit.org