

Intermediate

1. Knows how to properly use birth control/sexual barriers

How to use a condom:

1. Check the expiration date. You don't want to use an expired condom that may break



2. Open the packet carefully; don't use your teeth as you don't want to tear the condom



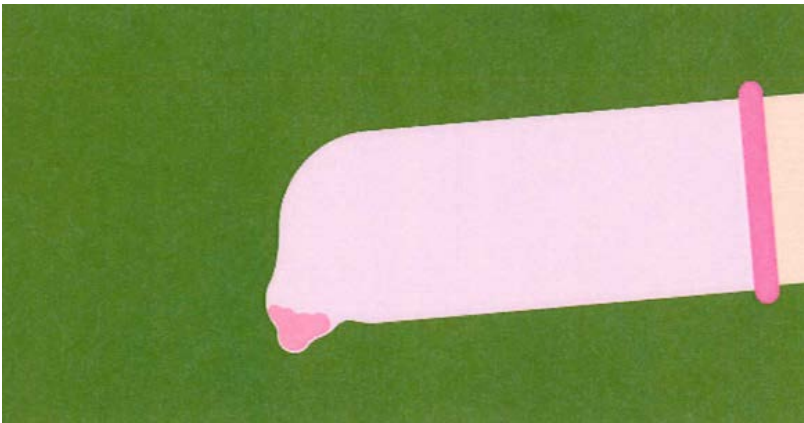
3. Hold the tip of the condom to remove any air and then roll it down to the base of the erect penis. Make sure the condom isn't inside out before attempting to roll it on



- Put some water-based lubricant on the outside of the condom. This will reduce the risk of the condom breaking and even increase pleasure. Avoid oil-based lubricants as they are not a good match



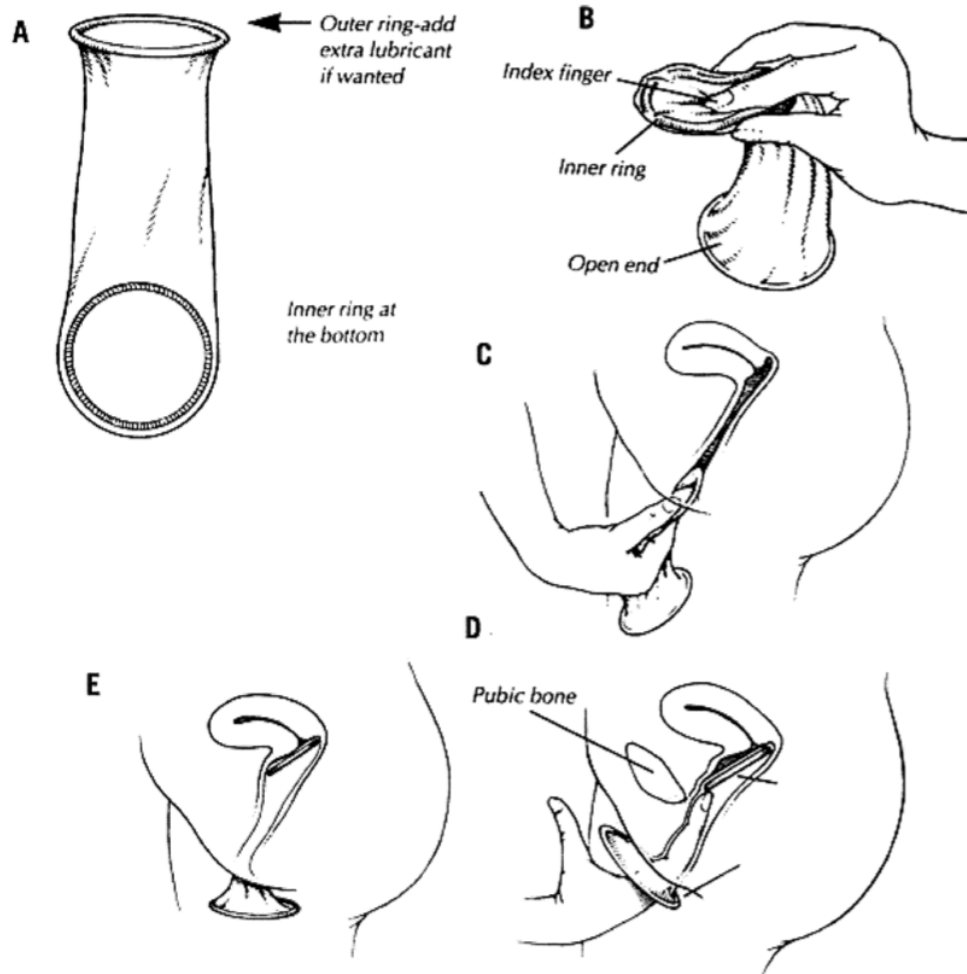
- After ejaculation, make sure the penis is withdrawn while still erect. Make sure you hold onto the base of the condom so that it doesn't slip off



- Remove the condom, tie a knot in the end, wrap it in a tissue and throw it away



How to use a female condom:



Benefits and tips for use of a **female condom**:

- The female condom covers more surface area, allowing it to protect better against STD/STIs
- It can be inserted at any time since it does not require an erect penis
- Putting lubricant on the inside and outside can make the experience more pleasurable
- Do not use the female condom with a male condom as it can cause them to tear
- Make sure that the penis is inserted into the condom

How to use birth control pills:

- Take them exactly as your doctor tells you to
- Take the pill every day as close to the same time as possible
- Do not miss a pill, as this can increase your chance for pregnancy
- If you miss a pill, take it as soon as you remember and use a backup form of protection, such as a condom
- If you are prescribed any other medication, ask your doctor if it will make your birth control less effective



2. Knows location of family planning office

Planned Parenthood locations:

1229 Albany Avenue, Hartford CT
1030 New Britain Avenue, West Hartford CT
319B Main Street, Manchester CT
100 Grand Street, New Britain CT
345 Whitney Avenue, New Haven CT

Health services/clinics:

Birth Rite

914 Main Street
East Hartford, CT
860-290-8800

Services offered: emergency contraception, pregnancy tests, practical support, relationship counseling

St. Francis Center for Women's Health

1075 Asylum Avenue
Hartford, CT
860-714-4327

Services: counseling, midwife services, pre-natal services

Community Health Services

500 Albany Avenue
Hartford, CT
860-249-9625

Services: GYN exams/pap smears, gynecological surgery, cervical/cancer screening, family planning, pregnancy testing, full prenatal and postpartum care, STD testing, walk-in services

Woodland Women's Health Associates

19 Woodland Street Suite 31
Hartford, CT
860-728-1212

Services: prenatal classes offered through St. Francis Hospital, prenatal care, birth control, pregnancy testing

Hartford Health Department

131 Coventry Street
Hartford, CT
860-757-4820

Services: outreach workers link clients to educational resources, women's health, birth control, etc.

Hartford Hospital: Women's Ambulatory Health Services

111 Park Street

Hartford, CT

860-972-2780

Services: birth control, pregnancy testing, nutrition, breastfeeding education, visits and screening for infants, prenatal and postpartum wellness

Hartford Healthy Start Programs: Charter Oak Health Center

21 Grand Street

Hartford, CT

860-550-7500

Services: outreach workers connect clients with educational resources, women's health, birth control, etc.

S.H.E. Medical Associates

449 Farmington Avenue

Hartford CT

860-236-5431

Services: OBGYN, prenatal and specialty care, birth control, pregnancy testing, emergency contraception

3. Understands the risk of unprotected sex and sexually transmitted diseases/infections

Risks of having unprotected sex:
Unplanned pregnancy
Getting an STD/STI

Unprotected sex can lead to an unplanned and unwanted pregnancy, so it is always important to use a form of protection **every single time**

It is important to get **tested frequently** if you are sexually active to make sure that you don't have an STD/STI

Many STD/STIs **do not have symptoms**, so you won't know that you have them until you get tested

Treatment for an STD/STI should occur **as soon as you find out** you have one so that you don't spread it to anyone else

STDs and STIs can be shared through vaginal, anal, or oral sex, mutual masturbation, or any exchange of body fluids (razor, toothbrush, needle)

