



# The 411 on Female Condoms

Developed by the Chicago Female Condom Campaign  
[ringonit.org](http://ringonit.org)

# Female Condom (FC) Basics

- Just like male condoms, FCs help reduce the risk of HIV, STIs, and unintended pregnancy.
- You can insert an FC hours before vaginal sex, so you don't have to interrupt foreplay to be safe.
- FCs help you take control of your own health.
- FCs can be used for vaginal or anal sex.



# The FC2! New *and* Improved

- FC2 is the newest version of the female condom
- Approved by the FDA in early 2009
- What makes it new and improved?
  - Softer
  - Seamless
  - Quieter
  - More affordable
  - Non-allergenic, so it's good for people with latex allergies



# Female Condoms are for Everybody

- You!
- Women, men, transgender folk
  - Even if a person has had a hysterectomy
- Gay, straight
- Any position
- Any time
  - Any time during a woman's cycle
  - Pre or post-menopausal



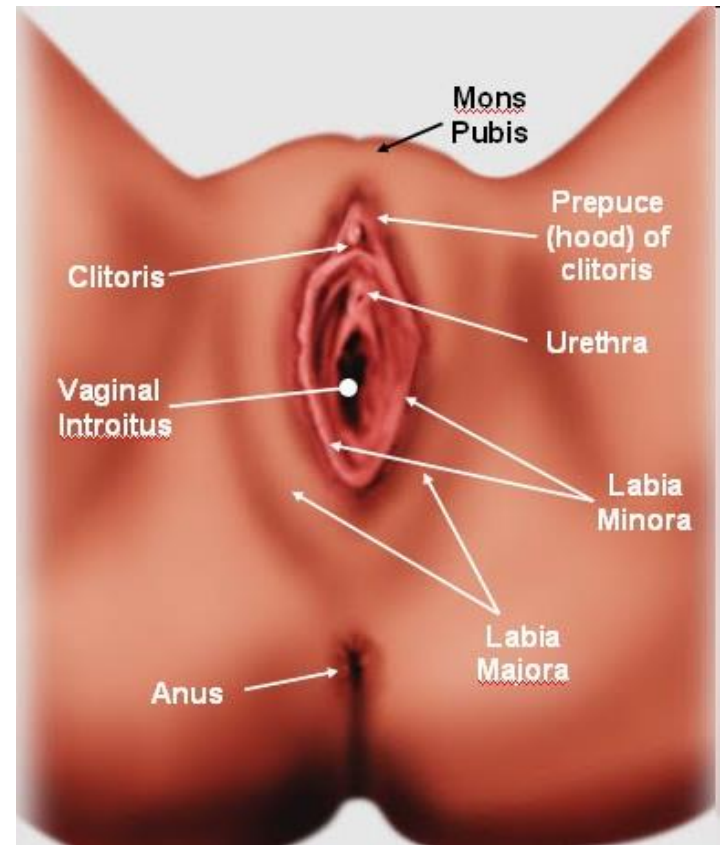
# Feel-Good Reasons to Use FCs

- **Once you pop, you won't have to stop!**
  - FCs don't require an erect penis, so your partner doesn't have to pull out right after ejaculation.
- **Feel the heat!**
  - FCs adjust to body temperature, so both you and your partner can feel the heat.
- **Oh! Oh!**
  - The two rings of the FC double the pleasure for you and your partner.



# External Anatomy: Female

- Key Terms:
  - Clitoris
  - Labias (Lips)
  - Vaginal Opening
  - Urethra
  - Mons Pubis  
and Pubic Bone



# Internal Anatomy: Female

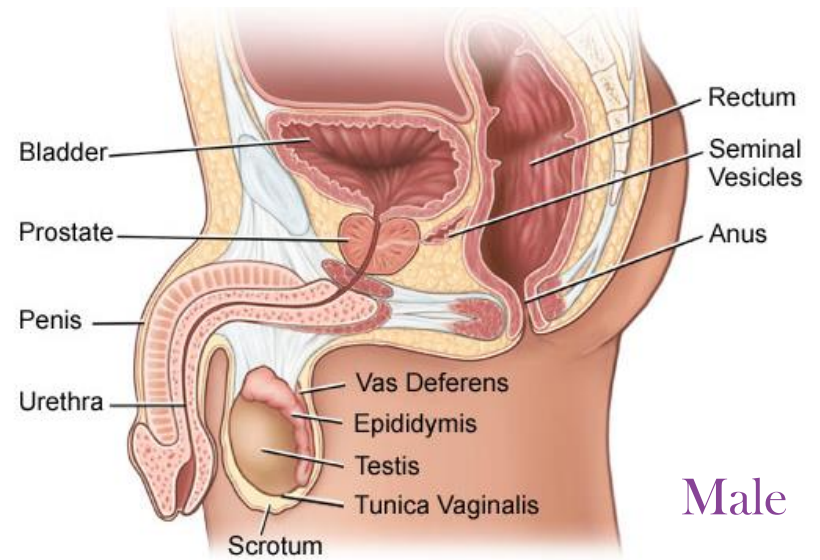
- Key Terms:
  - Vaginal Canal
  - Cervix
  - Uterus
  - Fallopian Tubes
  - Ovaries



# Anatomy: Anal

- Key Terms:

- Anus
- Rectum



Male



Female



# How to Use FCs: Getting Ready

- Check the expiration date- on the left side of package- to make sure it's not expired.
- Get into a comfortable position
  - Lay on your back
  - Squat
  - Put leg up on something, like a chair
  - Support your body on your hands and knees



# How to Use FCs: Vaginal Insertion— Easy as 1, 2, 3

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



# How to Use FCs: Vaginal Insertion— Easy as 1, 2, 3

- 
2. Insert the inner ring into the vagina and use your index finger to guide it inside.



## How to Use FCs:

### Vaginal Insertion— Easy as 1, 2, 3

1. Wash your hands and the FC with soap and water.
2. Apply a water-based lubricant to the FC and the vaginal opening.
3. Put your finger inside the FC and gently push it into the vaginal canal. The inner ring will fit behind the pubic bone and over the cervix.



# How to Use FCs: Anal Insertion— Easy as 1, 2, 3

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



# How to Use FCs: Anal Insertion— Easy as 1, 2, 3

2. Insert the inner ring into the anal opening and use your finger to guide it inside.



# How to Use FCs: Anal Insertion— Easy as 1, 2, 3

3. Put your finger inside the condom and push it into the anal cavity. The inner ring should be inserted past the sphincter.\*

\*Some people prefer to remove the inner ring once it has been inserted into the anus. **HOWEVER**, for vaginal sex, the ring must be kept inside.



# How to Use FCs: Anal Insertion— Easy as 1, 2, 3

- When using FCs for anal sex, you have another option for insertion.
  - You can remove the inner ring and put the FC over an erect penis or a dildo, and then enter the anus.
- Be sure to use **lots of lube** and enter the anus slowly.



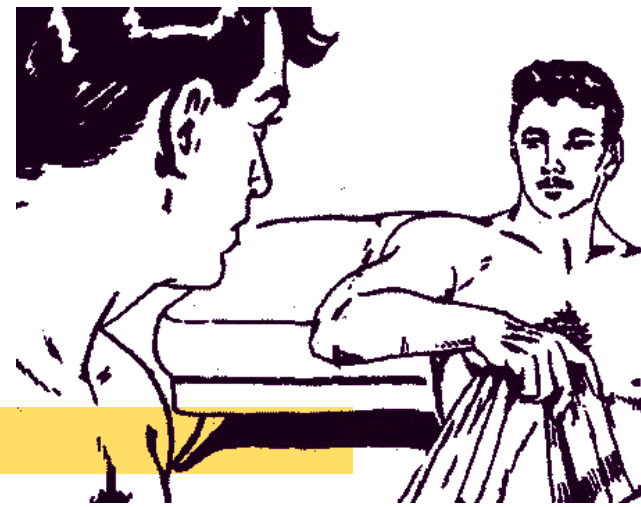


## Once the FC is inserted:

- Make sure it is not twisted.
- It should be smooth against the walls of the vagina or anus.
- The outer ring should be outside of the vagina or anus so that it covers the external genitalia or anal opening.
- Hold the FC in place and guide the penis into it.
- Be sure your partner's penis doesn't go to the side of it.



## That's a Wrap!



- When you do decide to remove the condom, twist the outer ring to keep the semen inside.
- Then 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.
  - It increases the likelihood of breakage and **DOES NOT** increase protection.

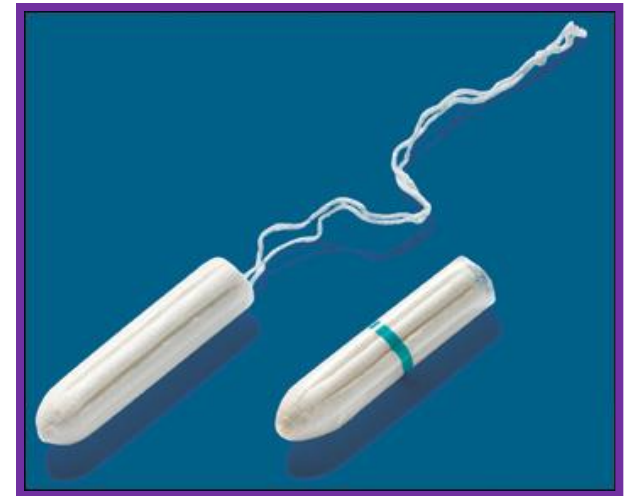
## Got Issues?



- **Lube! Lube! Lube!**
- Use more lube to 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.

# Frustrating Firsts

- Do you remember the first time you tried to put in a contact lens?
- A tampon?
- The first time you drove a car?
- Just like anything else, using an FC takes practice.
- Three times is the charm!



# Where YOU Can Get Female Condoms

- Ask your health care provider
- Go to [ringonit.org](http://ringonit.org) for a list of community-based organizations in Chicago that provide FCs
- Check your local Chicago Department of Public Health Clinic
- FC2s are not yet available in stores, but many stores carry FC1s



# Credits



- Presentation 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](http://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](http://ringonit.org).



# Thank you!

If you would like more information about this presentation or the Chicago Female Condom Campaign, please email

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