



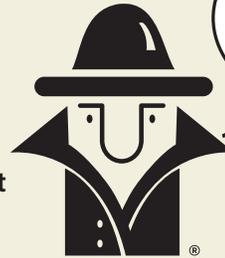
## INTRODUCTION

UnderCover Rubber's goal is to increase condom use. Condoms are the only contraceptive that is designed to prevent both pregnancy and sexually transmitted infections (STIs), which are at an all-time high according to the Centers for Disease Control and Prevention (CDC).

**For vaginal sex, use a condom plus another form of female birth control.**

### UNDERCOVER RUBBER AIMS TO:

1. Increase Condom Use
2. Help Men Find the Right Condom Fit
3. Help People Make Informed Choices About Sex
4. Help People Become Comfortable and Confident
5. Start Conversations about Condom Use



REMEMBER:  
SEX REQUIRES  
MUTUAL CONSENT  
- Discreet Pete™

Our ultimate hope is that our UnderCover Rubber products will help eliminate the stigma for sexually active men and women to carry condoms.

**Many men do not carry condoms in their wallet for one or more of the following reasons:**

EMBARRASSMENT / CONCERN	CONDOM HOLDER BENEFITS
<i>Condom seen in open wallet</i>	Completely hides condoms
<i>Circular bullseye ring created by condom in wallet</i>	Prevents or minimizes this ring
<i>Foil wrapper will rupture and condom lubricant will leak</i>	Fabric is waterproof so any leakage is limited to the open ends of the condom holder
<i>Sitting on condom in wallet will damage it</i>	Never sit on condoms. Carry condom holder in front pants pocket, jacket, backpack or purse
<i>Condoms will be damaged by heat or cold in wallet</i>	Keep condom holder with you, not stored in your car or anywhere it could be subject to extreme heat or cold
<b>Discreet Condom Holder - Because you can't use one unless you have one.</b>	

The Guttmacher Institute reported in the US:

- 57% of twelfth graders have had sexual intercourse.
- 75% of 19-year-olds have had sexual intercourse.
- Condom use among high school students declined between 2013 and 2017 in all racial, ethnic and gender groups.

Anything that can be done to encourage condom use needs to be done, especially for young people. The prevention of STIs and unintended pregnancies is key to promoting a healthy sexual lifestyle and avoiding negative outcomes for sexually active young people.



## WHY USE A CONDOM?

Condoms are the only birth control option that protect against both pregnancies and sexually transmitted infections. While condoms are not 100% effective, they are the best way for a man to protect himself against an unintended pregnancy and sexually transmitted infections. Also, many men do not realize the compression of a condom at the base of the penis can enhance their erection and delay ejaculation. Durex Performax and Trojan Extended Pleasure condoms include a climax control lubricant on the inside to help prevent premature ejaculation.

Many people do not use condoms because they say condoms are too expensive. Too expensive versus what – the cost of an unintended pregnancy or the cost of treating a sexually transmitted infection? Simple calculation – a condom costs \$0.42 to \$2; a diaper costs \$0.32 to \$0.45 and the average newborn uses 8-12 diapers a day.

## HOW TO CHOOSE A CONDOM

### CONDOM FEATURES INCLUDE THE FOLLOWING:

1. **Thickness of latex** – Standard (like Trojan-Enz), Thin (like Trojan UltraThin) or Thinnest (like Trojan Bareskin)
2. **Lubricated or non-lubricated** – Never use Vaseline as a lubricant because it will weaken the condom and may cause the condom to break or tear during sex.
3. **With spermicide or without spermicide** – The use of spermicide increases your protection from unintended pregnancy by slowing the sperm down so they do not reach the egg. However, spermicides can cause vaginal irritation and may increase the risk of urinary tract infections (UTIs).
4. **Shape of condom** – Straight (like Trojan-Enz) or with Balloon Head (like Trojan Magnum)
5. **Texture** – Smooth (like Trojan-Enz) or Ribbed/Studded like Trojan Ecstasy (ribbed on outside for her) or Trojan Double Ecstasy (ribbed outside for her and inside for him)
6. **Latex or non-latex (polyurethane/polyisoprene)**
7. **Colored or non-colored**
8. **Flavored or unflavored** – Flavored condoms may be preferred by some partners when performing oral sex on a man who is wearing a condom.

Condoms come in latex and non-latex (for men & women with latex allergies). Avoid natural skin (membrane) condoms as they are made from lamb's intestine which is a permeable membrane and do **not** protect against STIs. The non-latex condoms that do prevent STIs are made of polyurethane/polyisoprene. Final condom selection may depend upon the personal preferences of both partners.

To protect yourself, you need to use a fresh condom every time you have sexual intercourse. If you are having sexual intercourse with multiple partners at the same time, you need to use a fresh condom with each partner. If you are having both vaginal and anal intercourse during the same session, you may use the same condom when going from vaginal to anal sex with the same partner, but you must always put on a new condom before going from anal to vaginal sex to avoid spreading germs from the anus to the vagina.

Remember, condoms are free at many college student health centers and many clinics including some Planned Parenthoods.



### WHICH CONDOM SIZE IS RIGHT?

Condoms are made in different shapes and sizes because penises come in different shapes and sizes. Most people focus on penis length, but girth (circumference) is usually more important in selecting a condom that fits properly. Most condoms range in length from 7.0"-8.25" long when fully unrolled and will fit most penises. The primary difference between standard and magnum (large) condoms is not their length but their girth.

It is important to select a condom that fits properly. If a condom is too tight it can be uncomfortable for the man and cause an increased chance of breakage. If a condom is too loose it might slip off and does not allow maximum sexual sensations. The better the condom fits, the safer and more pleasurable the sex will be for both partners. Use the chart below to help choose a condom that fits properly based on penis size (length and girth).

### OUR DELUXE "TOOL" KITS INCLUDE A CONDOM HOLDER, TAPE MEASURE AND THESE 3 CONDOMS:

①

#### Trojan ENZ (Latex)

*This classic design has a straight barrel shape with a snug fit and a reservoir tip.*

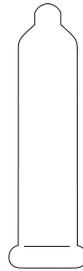


**W: 2.0"/50.8mm**  
**L: 7.87"/200mm**

②

#### LifeStyles SKYN Elite (Non-Latex)

*Ultra-Thin and Ultra-Soft with an Ultra-Smooth lubricant all designed to take the experience to the next level. Marketed as the "Closest Thing To Wearing Nothing."*



**W: 2.08"/53mm +/- 10mm**  
**L: 7.48"/190mm**

③

#### Trojan Magnum Bareskin (Latex)

*This is larger than standard condoms to provide extra comfort. It is the thinnest magnum condom for extra sensitivity.*



**W: 2.13"/54mm**  
**L: 8.07"/205mm**  
*(Head Width: 2.36"/60 mm)*

*Note: Condom descriptions are from the manufacturer*

**Consent:** Remember that sex requires mutual consent.

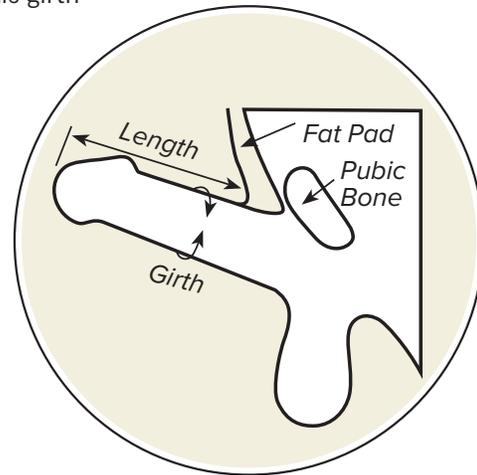
**Condom Care:** Never sit on condoms - carry condom holder in front pants pocket, jacket, backpack or purse. Never leave condoms in direct sunlight or in extreme heat/cold, like an unoccupied car. Discard condoms after the expiration date stamped on the foil wrapper. But, it is better to use a condom that "might" break than to not use a condom at all.





## HOW TO MEASURE YOUR PENIS

An 8.5" paper tape measure is enclosed in the "Tool" kit for your convenience. Measure erect penis length (foreskin retracted) and girth as shown in the diagram. Largest girth can occur at the head, mid-shaft or base so measure girth at all 3 places. Penis girth divided by 3.14 equals penis width. If a condom is too tight, it will be uncomfortable for the man and has an increased chance of breakage. A condom that is too loose might slip off and does not allow maximum sexual sensations.



## THE DIFFERENCE BETWEEN EJACULATION AND ORGASM

Ejaculation is the physical ejection of semen (containing sperm) from the penis while orgasm is the feeling of euphoria that occurs near or during the time of ejaculation. Ejaculation and orgasm do NOT always occur simultaneously. They are governed by separate neurological mechanisms, which is why the withdrawal method of birth control often fails. Many men while masturbating have observed themselves begin to ejaculate **before** feeling the orgasm. Most of the sperm is contained in the first portion of the ejaculate so it is very important not to rely on the withdrawal method or "pulling out."

Another important factor to consider is pre-ejaculate fluid (precum). This is the clear, colorless, fluid that is emitted (without feeling) from the urethra of the penis during sexual arousal. Pre-ejaculate can contain sperm and can cause unintended pregnancy. Causes of pre-ejaculate include foreplay, masturbation, penetrative sex, visual stimulation and sometimes straining with urination or bowel movement. Not all men produce pre-ejaculate. For men who do produce pre-ejaculate, the volume of fluid emitted can range from a few droplets to as much as 5 mL (1 teaspoon).

### IMPORTANT EJACULATION FACTS:

- Each ejaculation can contain 200-600 million sperm. It only takes 1 to get pregnant.
- Ejaculation and orgasm do NOT always occur at the same time.
- Pre-ejaculate (precum) is emitted without feeling and can contain sperm.

**Most men will last longer with each successive orgasm. If you do not last as long as you might prefer, have sex multiple times as soon as you can achieve another erection. Be sure to use a fresh condom each time.**



**SEXUALLY TRANSMITTED INFECTIONS (STIs)**

According to the American Sexual Health Association (ASHA), in the United States each year there are roughly 20 million new sexually transmitted infection (STI) cases, and approximately half of these cases are in people ages 15-24 ([http://www.ashasexualhealth.org/stds\\_a\\_to\\_z/](http://www.ashasexualhealth.org/stds_a_to_z/)). Some STIs are treatable with medication while others remain with you the rest of your life. Sexually transmitted infections (STIs) are at an all-time high according to the Centers for Disease Control and Prevention (CDC).

**THE ONLY WAY TO PREVENT STIs IS ABSTINENCE OR USING A CONDOM.**

You can get an STI by having sex (vaginal, anal or oral) and, for some STIs, by skin-to-skin contact. Latex and non-latex (polyurethane/polyisoprene) condoms are intended to prevent both pregnancy and sexually transmitted infections (STIs). They reduce the risk of transmitting STIs by providing a barrier against the source of infection. Condoms are most effective against STIs such as HIV and gonorrhea that are spread by contact with the head of the penis. Condoms are less effective against STIs such as Human Papillomavirus (HPV), herpes and Molluscum contagiosum as these can also be spread by contact with infected skin that is not covered by the condom. If you believe you have an STI, contact a health care provider. For more information on condoms and/or STIs, contact a health care provider or public health agency.

STI	ORGANISM TYPE					TRANSMISSION	
	Bacterial	Viral	Protozoan	Can be cured	Cannot be cured, but can be managed	Fluids	Skin to Skin
Chlamydia	X			X		X	
Gonorrhea	X			X		X	
Syphilis	X			X			X
Trichomoniasis			X	X		X	
HSV (Herpes Simplex Virus)		X			X		X
HPV (Human Papillomavirus)		X			X		X
HIV (Human Immunodeficiency Virus)		X			X	X	
Molluscum Contagiosum		X		X			X



### DIRECTIONS FOR CONDOM USE

#### PRECAUTIONS

- Do not use a condom if the package is damaged.
- Lesions, pre-ejaculate (pre-cum), secretions, semen, vaginal secretions and blood can all transmit infectious organisms. Be sure to put on a condom prior to any sexual contact.
- Do not reuse condoms.
- Store condoms in a cool dry place (below 100°F) and avoid exposure to direct sunlight.
- Check the expiration date on the condom wrapper. Do NOT use expired condoms.
- If the latex material is sticky, brittle or obviously damaged, do not use the condom.
- If the color of the latex is uneven or changed, do not use the condom.
- Make sure there is adequate lubrication. If you add lubricant, use water-based or silicone lubricant. DO NOT USE OIL-BASED LUBRICANTS such as those made with petroleum jelly (e.g. Vaseline®), mineral oil, vegetable oil or cold cream, as these may damage the condom.
- CAUTION: MANY CONDOMS CONTAIN NATURAL RUBBER LATEX WHICH MAY CAUSE ALLERGIC REACTIONS. If you or your partner are allergic to latex, consult a physician before use. Consult a doctor or pharmacist about the compatibility of topical medicines that may come in contact with the condom.

Sir Richard's Condoms, 2017

#### HOW TO PUT ON A CONDOM

- 1. HANDLE WITH CARE.** Tear open the package carefully. Do not use scissors, fingernails, teeth or anything that can damage the condom. Use a new condom for every new act of intercourse. Never reuse condoms as this can result in condom breakage, risk of pregnancy and STIs.
- 2. PREPARE.** Remove the condom from the package and apply a small amount of lubricant to the inside tip. Using additional lubricant will reduce the risk of condom breakage during use.
- 3. ROLL ON.** Before any sexual contact, place the condom on the head of the erect penis (foreskin retracted) with the rolled side out. Pinch the receptacle tip of the condom between your thumb and forefinger. This prevents air from becoming trapped at the tip of the condom and leaves an empty space to collect semen.
- 4. UNROLL.** Unroll the condom to the base of the penis with your other hand. If the condom does not unroll easily, it may be on backwards, damaged or too old. Throw it away and start over with a new condom.
- 5. APPLY LUBRICANT.** Using additional lubricant on the outside of the condom will reduce the risk of the condom breaking.
- 6. INTERCOURSE.** If the condom breaks during use, stop immediately and pull out. Do not resume sexual activity until you put on a new condom and apply more lubricant.
- 7. HOLD ON.** Immediately after ejaculation, hold on to the base of the condom tightly and pull out while the penis is still erect. This will keep the condom from slipping off and keep any fluids from being spilled.
- 8. DISPOSE PROPERLY.** Wrap the used condom in tissue and throw it in the trash so others won't handle it. Please don't flush condoms down the toilet as doing so can be harmful to plumbing as well as the environment.
- 9. WASH UP.** Wash hands with soap and water. For added protection, wash genitals with soap and water.

Sir Richard's Condoms, 2017

#### ADDITIONAL INFORMATION

For helpful information on how to use condoms consistently and correctly, visit:  
<https://www.cdc.gov/condomeffectiveness/male-condom-use.html>



**A FINAL NOTE** - While condoms are an invaluable tool for helping you avoid unplanned pregnancies and sexually transmitted infections, they also help limit your sexual exposure. When having sex with a partner you are not only being exposed to them, but you are also being exposed to EVERYONE they have had sex with previously. Please see the chart below as it effectively demonstrates how the greater number of partners you have increases your sexual exposure.

Number of Sexual Partners	<b>SEXUAL EXPOSURE CHART*</b> <small>*If every person has only the same number of partners as you</small>	Number of People Exposed to
1		1
2		3
3		7
4		15
5		31
6		63
7		127
8		255
9		511
10		1023
11		2047
12		4095

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*Disclaimer: No warranty or representation is made as to the accuracy of the information contained herein. We are not medical experts and have drawn this information from many sources. We do not warrant or represent that in every case the use of a condom will eliminate the possibility of contracting STIs or prevent pregnancies, as no form of contraceptive or disease/infection protection is perfect. We do not condone sexual activity by underage individuals. For additional information, you should consult a medical professional.*