

# sex talk.

answers to your questions about sex and relationships

## wildfact

69% of sexually active UA students usually or always use a condom. (2016 Health and Wellness Survey, n = 3,113).

## How do you improve sexual sensations for a man when using condoms?

Good news! There are several ways to increase sensitivity when using condoms and manufacturers have dozens of styles to choose from. Try these on for size:

**Put some water-based lubricant in the reservoir tip** of the condom before you roll it on your penis. Personal lubricants include the following brands: K-Y, Astroglide, ID, Wet, etc. Many men use this easy little secret for enhancing pleasure.

**Look for condoms that are labeled “ultra-sensitive.”** Every major condom manufacturer markets thinner or ultra-sensitive styles.

**Experiment with the new and exciting varieties of condoms.** Some have a larger, baggier tip to create more friction where it feels good. Others are ribbed or twisted. There are condoms with compounds that heat up or feel cold. See what works best for you and have fun trying!

**Try out some of the new polyisoprene (non-latex) condoms.** Lifestyles has a brand called “Skyn” and several sexperts (and

anonymous users we interviewed) report that they work well! Durex makes a brand called “Avanti Bare” and claim they will give you a “next-to-nothing feel.”

**Ask your partner to try the “female condom,”** which gives you more wiggle room. This polyurethane (thin plastic) sheath offers both pregnancy and sexually transmitted disease (STD) prevention. It is designed for vaginal use but can be used for anal sex (once the ring is removed).

Male condoms, when used consistently and correctly with each act of intercourse can be up to 98% effective. Next to abstinence, they are the best way to reduce risk of sexually transmitted diseases (STDs) and unintended pregnancies. Most pharmacies carry all the products mentioned above. Campus Health even sells 100 condoms for only \$15.99. You can also pick up free male and female condoms as well as lube at Free Condom Friday, every Friday from 12-2pm at Campus Health.



[www.health.arizona.edu](http://www.health.arizona.edu)

Have a question? Email it to [sextalk@email.arizona.edu](mailto:sextalk@email.arizona.edu)



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