

sex talk.

answers to your questions about sex and relationships

wildfact

From 1980-2010 the rate of newborn male circumcision declined from 64.5% to 58.3% across the US (based on Centers for Disease Control and Prevention data from hospital discharge records).

I am not circumcised and have trouble getting a condom to stay in place and feel comfortable. Is there something I can do?

Condom use can be a bit awkward at times when you have a foreskin, or “uncut” penis. Think of it this way: you will need to “unroll twice” – first your foreskin, then the condom. With a little practice, you’ll feel more comfortable as you develop your (or your partner’s) coordination skills.

Shop around to find what condom works for you. Condoms come in a variety of shapes and sizes. Look for condoms that have a larger tip or head instead of “snugger fit” or contoured condoms.

Here are some tips for success:

- Carefully open the condom and place a dab of personal lubricant in the unrolled tip. This will help increase sensations during sex.
- When your penis is erect, pull the foreskin back to expose the head.
- Keep the foreskin pulled back while unrolling the condom down and over your penis. This will help keep the condom in place when the foreskin naturally moves forward.
- Stay patient and keep your sense of

humor. Sometimes, the condom may “slingshot” off your penis. Keep extras around if you need to start over.

- Once the condom is rolled all the way to the base of the penis, put some lube on the outside of the condom to enhance pleasure for both you and your partner.
- Practice makes perfect, so try it out a few times on your own to get comfortable with the process. You’ll know what feels best for you.

Circumcision is largely a religious or cultural custom, commonly performed on young male babies, that has long been believed to have health advantages. The American Academy of Pediatrics (AAP) found the health benefits of newborn male circumcision outweigh the risks, but the benefits are not great enough to recommend universal newborn circumcision. The AAP policy says the final decision should be left to parents to make in the context of their religious, ethical, and cultural beliefs.



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Have a question? Email it to sextalk@email.arizona.edu



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