

SAFER SEX PRODUCTS

UBC STUDENT WELLNESS CENTRE



Healthy relationships include....

Adapted from: sexualityandu.ca

FEELING SAFE: You aren't worried that your partner will harm you physically or emotionally, and you aren't tempted to harm your partner. You can change your mind about something—like having sex—without being afraid of how your partner will respond.

HONESTY: You aren't hiding anything important from your partner, and can say what you think without fear.

ACCEPTANCE: You accept each other as you are. You appreciate your partner's unique qualities, and don't try to "fix" them. If you don't like your partner's qualities, you shouldn't be with that person.

RESPECT: You think highly of each other. You do not feel superior or inferior to your partner in important ways. You respect each other's opinions and ideas.

ENJOYMENT: A good relationship is enjoyable for both people. You feel energized and alive in your partner's presence. You have fun together.

Sexual consent is...

Adapted from sexualityandu.ca & amssasc.ca

- An enthusiastic and freely given yes to any sexual activity.
- Ongoing and able to be withdrawn at any time before or during sexual activity
- Paying attention to your partner's responses, and respecting their feelings. Be clear, honest, and open about your desires, likes, and dislikes.
- Knowing about safer sex. Plan what you need in advance so that you don't forget to be safe and healthy in passionate moments.
- Consent to one form of sexual activity does not imply consent to other forms of sexual activity.

DISCLAIMER: We acknowledge that there are all types of sexual activities and that this guide may have gendered language.



Condoms

Both latex and polyisoprene (latex-free) condoms protect against sexually transmitted infections (STIs) and pregnancy. For people with latex allergies, polyisoprene and polyurethane condoms are great alternatives that feel similar to latex condoms.

LATEX CONDOMS

<p>LIFESTYLES REGULAR LUBRICATED: Latex condom with lubricant.</p>	<p>\$0.25</p>	
<p>LIFESTYLES ULTRA-THIN: Thinner latex for enhanced pleasure. Shaped for comfort with reservoir tip.</p>	<p>\$0.25</p>	
<p>LIFESTYLES RIBBED: Raised latex ribs for additional sensation.</p>	<p>\$0.25</p>	
<p>LIFESTYLE FLAVOURED: Latex condoms with strawberry, vanilla, or banana flavoured lubricant. Great for oral sex!</p>	<p>\$0.25</p>	
<p>LIFESTYLES NON-LUBRICATED: Latex condoms without lubricant.</p>	<p>\$0.25</p>	
<p>LIFESTYLES LARGE: Extra wide and long latex condoms.</p>	<p>\$0.25</p>	

LATEX-FREE CONDOMS

<p>LIFESTYLES LATEX-FREE: Thin polyisoprene condoms. Recommended for use with water-based lubricant.</p>	<p>\$1</p>	
<p>INTERNAL CONDOMS: Nitrile and latex-free, covers external genitalia for better protection against STIs. Recommended for use with water-based lubricant.</p>	<p>\$2</p>	

ORAL DAMS

Latex sheets used as a barrier during oral sex. May provide more sensation. Available in various flavours. \$1.50 each.

CONDOM AND ORAL DAM SAFETY

- During oral sex, use a barrier, like an oral dam to prevent STI transmission.
- Never switch the sides of an oral dam. Use a new, clean dam when switching between oral-anal and oral-vaginal sex.
- Store condoms and dams in a cool, dry place away from direct sunlight.
- Always check the expiration date (condom and dam) and air pocket (condom) before use!
- Each condom and dam can only be used once.
- Use water-based lubricant only. Vaseline and oil-based products create microscopic tears in latex that will cause the condom or dam to tear.

How to make an oral dam from a condom:



Step 1: Carefully take the condom out of its package and unroll it

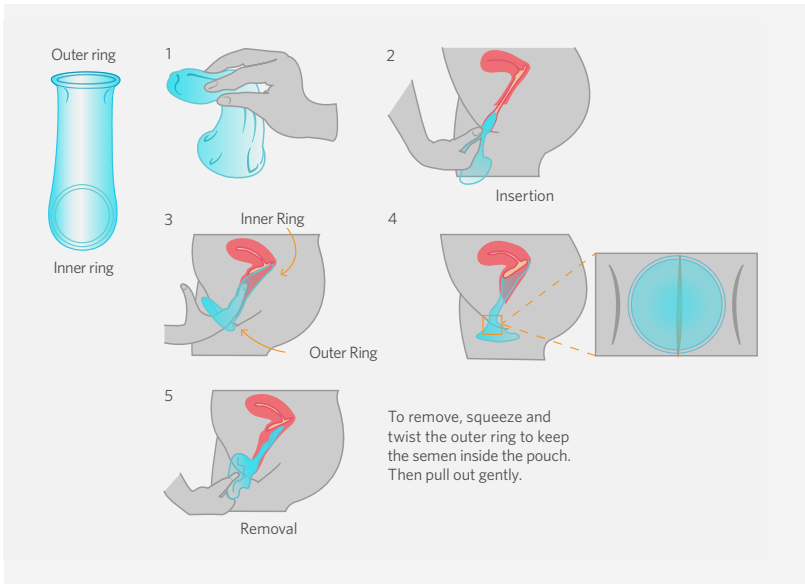


Step 2: Cut off the tip and base of the condom and cut down the length of the tube



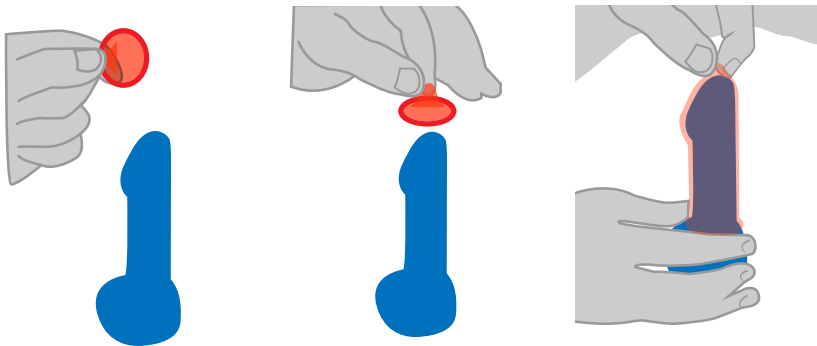
Step 3: Unroll the condom into a rectangular sheet

How to insert an internal condom:



How to put on an external condom:

Always check the expiration date and that there is an air bubble in the package prior to opening.



Step 1: Place the rolled-up condom over the tip of the penis, leaving a half-inch space for semen collection

Step 2: Pinch the air out of the tip of the condom

Step 3: Unroll the condom all the way to the base of the penis

Menstrual cup

DIVA CUP:

A reusable menstrual cup made of medical grade silicone. Sits low in the vaginal canal and collects menstrual flow.

Model 1: For those menstruating who are younger than 30 years of age and who have never given birth.

Model 2: For those menstruating who are over 30 years of age or who have given birth.

\$30- Model 1

\$30- Model 2



How to insert a menstrual cup



Step 1: Wash hands prior to inserting or removing the DivaCup. Fold using the “U” or “push down” fold



Step 2: Slide into vagina, then release. The cup should open inside the vagina. Give the cup a slight twist to ensure it has stabilized in place

- To remove, pinch the base of the cup, rotate to loosen, and pull down
- The DivaCup should be emptied and cleaned at least once every 12 hours using a mild, oil-free soap

Sex toys

Sex toys can be used for solo, partner, or group play.

PLASTIC VIBRATORS

<p>LADY'S CHOICE 5" VIBRATOR:</p> <ul style="list-style-type: none"> - Multi-speed, smooth, and available in multiple colours - AA battery not included 	<p>\$6.50</p>	
<p>NATURAL CONTOURS PETITE 4" VIBRATOR:</p> <ul style="list-style-type: none"> - Contains 3 speeds and is 1 to 1 ½" wide. - Designed to fit around the mons pubis - Made with ABS plastic - AA batteries not included 	<p>\$15</p>	

MASTURBATION SLEEVES

<p>TENGA EGGS:</p> <ul style="list-style-type: none"> - Each egg design has a different internal structure for varied penile stimulation - Made from antibacterial elastomer 	<p>\$6</p>	
<p>TENGA 3D ZEN:</p> <ul style="list-style-type: none"> - Fine ribs are ideal for those seeking gentle sensations for the penis - Made from antibacterial elastomer 	<p>\$35</p>	
<p>TENGA 3D POLYGON:</p> <ul style="list-style-type: none"> - Randomly constructed polygonal faces, and strong edges for transcendental sensations for the penis - Made from antibacterial elastomer 	<p>\$35</p>	
<p>TENGA 3D SPIRAL:</p> <ul style="list-style-type: none"> - Spiraled steps along interior create hard and soft sensations to stimulate the penis - Made from antibacterial elastomer 	<p>\$35</p>	

SILICONE VIBRATORS

Pure silicone is non-porous and easier to keep clean. Silicone items must be used with only water-based lubricants; a silicone lubricant will deteriorate the silicone toy.

<p>SCREAMING O BULLET BUDDIES:</p> <ul style="list-style-type: none"> - Small vibrator with rhythm for stimulation - For external use - Made with silicone and plastic 	<p>\$7</p>	
<p>OHHH TOUCH VIBE:</p> <ul style="list-style-type: none"> - Waterproof multi-speed vibrator - AAA batteries not included 	<p>\$10</p>	
<p>JOUPIE SMART SILICONE VIBE:</p> <ul style="list-style-type: none"> - Waterproof vibrator with 1 vibration level - Has curved tip for G-spot stimulation - AA batteries not included 	<p>\$24</p>	
<p>AKO OUTIE PICOBONG:</p> <ul style="list-style-type: none"> - Powerful, small, waterproof vibrator with 12 rhythms - For external use - AAA batteries not included 	<p>\$30</p>	
<p>LAYASPOT:</p> <ul style="list-style-type: none"> - Splash proof with 3 vibration levels - For external use - AAA batteries not included 	<p>\$33</p>	
<p>BUZZ 1 TANTUS SILICONE VIBE:</p> <ul style="list-style-type: none"> - Dildo with a smooth body and a head - Suitable for harness play - Variable speeds and strengths - Coin batteries not included 	<p>\$35</p>	
<p>GODDESS TANTUS SILICONE VIBE:</p> <ul style="list-style-type: none"> - Dildo with subtle curves for added pleasure - Suitable for harness play - 100% silicone vibrator - Coin batteries not included 	<p>\$40</p>	

RINGS

Can be used alone or with a partner. When sharing with a partner, use a condom to prevent STI transmission. Use with water-based lubricant.

<p>TANTUS SUPER SOFT C-RING:</p> <ul style="list-style-type: none">- Designed to help prolong erection- Made of silicone	\$6	
<p>4US VIBRATING C-RING:</p> <ul style="list-style-type: none">- Powerful vibrating bullet designed for clitoral stimulation and prolonged erection- Made of silicone- AA battery included	\$20	
<p>VIBRATING C-RING:</p> <ul style="list-style-type: none">- Made of silicone- Removable vibrating bullet- Designed to help prolong erection	\$25	

ANAL TOYS

ANAL TOY SAFETY




- Anal toys need a wide base or ring that can prevent the toy from being drawn into the rectum
- Rectal tissue tears easily, and even the smallest tear can cause serious complications
- Use toys that are seamless, with no sharp edges, rough points, or parts that can easily come off
- Use an external condom over the toy for additional safety and ease of cleaning

SMALL TANTUS INFINITY PLUG: - Non-vibrating - 100% silicone	\$18	
SMALL RIPPLE PLUG: - Non-vibrating - Graduated design - 100% silicone	\$20	
TANTUS NEO PLUG: - Non-vibrating - 100% silicone	\$22	
LARGE RIPPLE PLUG: - Non-vibrating - Graduated design, larger than the Small Ripple Plug - 100% silicone	\$25	

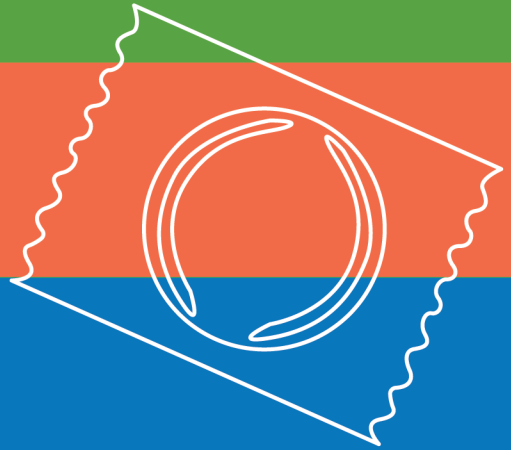
Lubricants & Arousal Gel

Water-based lubes are recommended because they're safe to use with all condoms, dams, and toys.

Flavoured lubes are meant for oral sex. Since some can increase the likelihood of yeast infections or UTIs in the vagina due to the sugars added for flavour, these lubes are not intended for vaginal sex.

<p>SLIPPERY STUFF GEL 4OZ:</p> <ul style="list-style-type: none"> - Water-based lubricant - Glycerin-free - Safe for use with a condom - Sample size available for \$0.25 	<p>\$5</p>	
<p>SLIQUID ORGANIC NATURAL LUBRICANT & GEL 4 OZ:</p> <ul style="list-style-type: none"> - Gel: Thick water-based gel - Lubricant: Thinner water-based lubricant - Safe for use with a condom - Sample size available for \$0.75 	<p>\$8</p>	
<p>NATURAL BLOSSOM PLEASURE AROUSAL GEL 22 ML:</p> <ul style="list-style-type: none"> - Water-based gel - A pH balanced gel that will heighten sensual pleasure when applied to the clitoris - Not to be used as a lubricant 	<p>\$9</p>	

**WANT TO LEARN MORE?
COME VISIT US.**



Wellness Centre

Wellness Peers are here to answer your sexual health & wellness questions.

604.822.8450
wellness.centre@ubc.ca
students.ubc.ca/health-wellness

Student Health Services

UBC Vancouver's on-campus medical clinic for students. Provides birth control and STI and pregnancy testing.

604.822.7011
UBC Hospital, Koerner Pavilion
2211 Wesbrook Mall, Room M334
student.health@ubc.ca

ADDITIONAL SEXUAL HEALTH RESOURCES

- Options for Sexual Health website: optbc.ca
- Options for Sexual Health phone line: 1-800-SEX SENSE
- Sex and U website: sexandu.ca
- SmartSexResource.com