



LESSON 1 · TOOLS · REFERENCE CARD

MATERIALS TABLE

Latex, polyisoprene, polyurethane, lambskin — what each one blocks.

WHAT BLOCKS WHAT

MATERIAL	STIS + HIV	PREGNANCY	KNOW THIS
Latex	Yes	Yes	Most common, strong, cheap. Not for a latex allergy. Oil-based lube destroys it.
Polyisoprene	Yes	Yes	Latex-free and stretchy — good for allergies. Oil-based lube damages it too.
Polyurethane / nitrile incl. internal condoms	Yes	Yes	Latex-free, thin, carries body heat. Works with any lube.
Lambskin	No — pores too large	Yes	Not a prevention tool for STIs or HIV. Pregnancy only.

Default: latex, or polyurethane / polyisoprene if you're allergic. One condom at a time — never two at once, and never external + internal together.

EXTERNAL CONDOM

- 1 Check the date and the package (feel for the air bubble)
- 2 Open by hand — no teeth, no scissors
- 3 Pinch the tip to leave room
- 4 Roll it all the way down
- 5 Hold the base on the way out
- 6 New condom every time

INTERNAL CONDOM

- 1 Check the date and the package
- 2 Squeeze the inner ring
- 3 Insert and push it in comfortably
- 4 Outer ring stays outside
- 5 Twist the outer ring to remove gently
- 6 New condom every time

Storage: cool and dry — not a wallet or a glove box. Heat and friction break latex. Check dates when you restock.

THE PREGNANCY LAYER

Stack layers: **barrier + daily or scheduled method + long-acting method + emergency contraception (EC).**

- **Levonorgestrel EC** is available over the counter.
- **Ulipristal (ella)** needs a prescription.
- A **copper IUD** placed by a clinician is the most effective EC option.
- **Sooner is better** — windows differ by method, and hours matter.