



# next inSTALLment



a campus wellness letter

vol. 12; no. 11

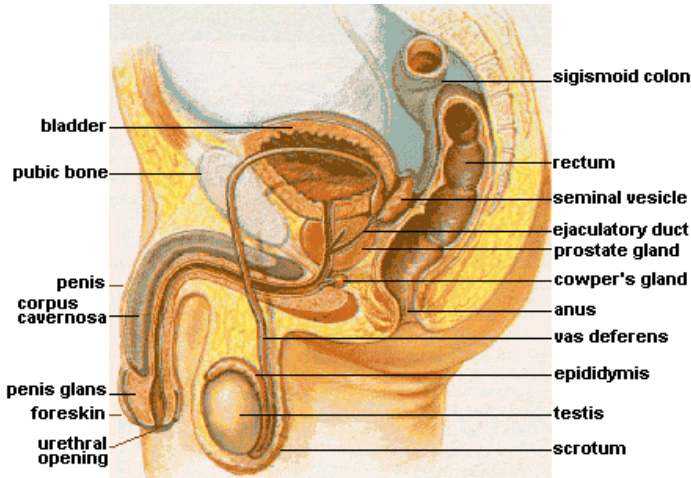
March 2005

Published by the Whittier College Wellness Coalition

Colleen Leidy, RN., Guest Editor

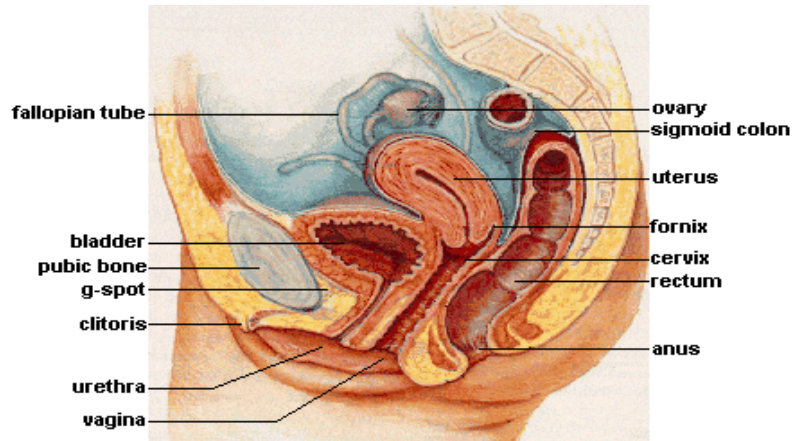
## Reproduction 101

### His



Choice: Condoms

### Hers



Choices: Birth Control Pills, Spermicides, Diaphragm

**Birth control pills** work by preventing ovulation. They come in various formulations of the female hormones estrogen and progesterone, as well as a progesterone-only formulation. They have a 1 to 3 percent failure rate!!

**Barrier methods** include **condoms** and **diaphragms**. Condoms are worn over the penis and prevent semen from entering the vagina.

### **Condoms: Use only latex condoms and follow instructions.**

1. Make sure the condom has a reservoir or leave at least a half-inch extra space for semen.
2. Put on the condom when the penis is fully erect. Squeeze the reservoir end free of air and roll condom down to the base of the penis.
3. Withdraw the penis soon after ejaculation while the penis is still erect. Hold on to the base of the condom while withdrawing, to avoid spilling the semen.

*You can use a lubricant to help keep the condom from tearing. Be sure to use only water-base lubricants. Oil-base lubricants like petroleum jelly or baby oil can damage condoms and can cause them to break.*

Note: only condoms provide protection from sexually transmitted diseases!

**Diaphragms** are inserted into the vagina where they fit snugly against the cervix or entrance to the uterus. They have a 12 to 18 percent failure rate!!

**Spermicides** are inserted into the vagina before intercourse. They come in foams, jellies, suppositories, creams and foaming tablets. They provide protection for up to 2 hours. They have an 18 percent failure rate!!

For a tutorial, contact WC Health Services x4400 or Planned Parenthood 562-866-0556

Source: Well Advised (Staywell, 1998); diagrams from [www.nlm.nih.gov/medlineplus/reproductivehealthgeneral.html](http://www.nlm.nih.gov/medlineplus/reproductivehealthgeneral.html)

The next inSTALLments can now also be found at [www.whittier.edu](http://www.whittier.edu): then click My.Whittier.Edu, log on, click School Services, click Student Resources then click Wellness Letter; or go to Student Life, and then Student Resources and Wellness Letter.