

## GUYS AND CONDOMS

Why do most guys not like using condoms? Is there a way for them to like condoms?

Believe it or not, a grant of \$423,500 US dollars was allotted to the Kinsey Institute in order to answer this question! If you ask the average male, they will tell you that wearing a condom “breaks the rhythm”, “kills the heat of the moment”. You have to stop your foreplay, usually at a stage of heightened arousal to slip the condom on. If you didn’t prepare for it, you may even have the awkward moment where you have to approach the subject with your sexual partner for the first time when your body’s wants may be stronger than your level of reasoning at that moment. Imagine if your girlfriend is all warmed up and ready for penetration after your sex play, then jumps out of bed and tells you she has to go to the bathroom to put in her diaphragm... Yeah, you’ll have time to cool down. Most guys will lose their erection in the interlude!

Men also complain of a loss of sensation during intercourse when wearing a prophylactic. I have to say that for some gentleman out there, this can actually be a good thing. This decrease in sensation can help them last longer. This added time can become a bonus for the woman, giving her enough time to reach her orgasm.

Either partner could be sensitive to latex. Irritation of the genitals with symptoms like itching, dryness, and a rash is usually not a turn on. Fortunately for those people, they can use polyurethane condoms instead. There are some natural skin condoms on the market but they should not be used if you are concerned about sexually transmitted infections (STI’s). Be aware if using polyurethane condoms, they have been found to have a higher rate of breaking than latex condoms and to slip off easier as well.

There are ways to improve the situation. Always carry your condom of choice with you. Regardless if you are a man or a woman, you bear the responsibility to protect yourself from STIs and unwanted pregnancies. Have the discussion about wearing a condom before you get to the bedroom. Be prepared. Have the condoms and lubricant close by so that when the moment comes, you don’t miss a beat. Practice putting it on properly so that when you are all aroused with shaky hands, you don’t waste valuable time on the condom application. Make her put it on you with her hands or with her mouth or even in the dark! As long as she is touching you, it should be a lot of fun!

Make sure the condom is the appropriate size for him ... not too big and not too small. You can add lubricant both inside and outside the condom. This will make the rubbing feel more natural, less enclosed and therefore it will increase the sensation on the penis. Make sure the lubricant is water based or silicone based. The condom’s integrity breaks down when using oil based lubricant like petroleum jelly or massage oils.

The most important thing to remember here is that the side effects of not wearing a condom can last a lifetime. Unwanted pregnancy can rob you of your freedom and drain your bank account. STI’s can cause major relationship issues, social isolation, infertility, birth defects, brain damage, heart disease and death. Choose wisely!

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