

# Sex Mythbusters

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## From ABCNews.com:

VODKA TAMPONS: It's not a punk rock band, rather the use of vodka-soaked tampons inserted vaginally to get drunk faster and without having booze on your breath. It's known as "slimming."

[A KPHO Phoenix Report] echoed far and wide through the global media, including The Colbert Report... doubtless made many young people try it.

<http://abcnews.go.com/Health/shocking-ways-kids-drunk>

Partners in Sex Education

<http://www.partnersinsexeducation.org>

It is never safe to use oil-based lubricants with latex because oil dramatically weakens latex and definitely increases the chances of condom failure/breakage. According to the CDC, within as little as 60 seconds of exposure, a 90% decrease in latex strength will occur in a condom when using an oil based lubricant. To demonstrate this phenomenon, blow up a latex condom, place a dab of oil or lotion on it, and watch it explode.

Southern Tier Aids Program, CondomFAQ, <http://stapinc.org/Prevention-Services/Condom-FAQs>

## From: London/Middlesex HIV Fact Sheet (2012)

### How can I make oral sex safer?

You can reduce the risk of STIs and HIV during oral sex:

1....

2 Use a modified condom, dental dam or plastic (Saran) wrap for oral sex on the vagina or the anus

**Do not** use microwave safe plastic wrap

<https://www.healthunit.com/oral-sex>

## The Naked Truth (Idaho Board of Health)

DON'T use your fingernails or teeth when opening a condom wrapper. It's very easy to tear the condom inside.

Using two male condoms at the same time isn't recommended for pregnancy prevention or as a safer sex method. In fact, "double-bagging" as it is sometimes called, can increase the friction between the condoms during intercourse, making them more likely to rip or tear. This could be why you haven't heard of using two condoms at once before – because it is, in fact, counterproductive. The same goes for using a male condom and a female condom at the same time.

-Go Ask Alice,

<http://goaskalice.columbia.edu/are-two-condoms-better-one>