



**PIAAMP**

**INFORMATION**

**GUIDE:**

**CONDOMS**



# Myths

## **Condoms are 100% effective against STIs - FALSE**

- Although condoms reduce the risk of STIs, they are not absolute protection. It is important to use them correctly at all times. Condoms are still one of the best ways to protect yourself from STIs during sex.

## **Condoms are a perfect method of contraception - FALSE**

- Condoms are 98% effective as a method of contraception if used properly and at all times. However, because it is not always used perfectly, it is 85% effective. It is suggested that another more appropriate method of contraception be used in addition (birth control pills, IUD, hormonal ring, etc.). It should be remembered that this is the only protection against STIs.

## **Using two condoms is more effective - FALSE**

- Condoms are designed to be used alone. Using two condoms at the same time can cause friction and increase the risk of them breaking.

## **Condoms are only for vaginal/anal penetration - FALSE**

- Many STIs can be transmitted through oral sex or skin-to-skin contact. Therefore, it is important to wear a condom on the penis, packer and toys or a dental dam on the vulva at all times. Condoms or flavored lube can make this more enjoyable.

## **Using a condom is not necessary if my partner and I don't have an STI - FALSE**

- Many people are not aware that they have an STI because they have no symptoms. This puts them at risk of passing it on to other partners and/or not being treated. Condoms should only be removed in a monogamous relationship after both partners have been tested.

# Negotiating the use of a condom

Here's what to say if your partner says no when you offer to wear a condom:

1. "I can't get an erection while wearing a condom." /  
"I don't feel protected enough to get aroused and have fun without a condom."
2. "It makes me uncomfortable to stop everything to put on a condom." /  
"I can put it on you if it would make it more enjoyable."
3. "I'm allergic to latex / It's not the right size." /  
"That's fine, I have different kinds of condoms planned."
4. "If you trusted me, we wouldn't use condoms." /  
"I want us to wear condoms because I like you enough to protect you from STIs and unwanted pregnancies."

**You are in control of your body and your sexuality and you always have the right to demand to wear a condom, no matter what your partner thinks!**

# Where to get tested in Montreal ?

## **SIDEP+ Clinic**

- Targeted clientele: Men who have sex with men (MSM)

CIUSSS du Centre-Sud-de-l'Île-de-Montréal

1705, de la Visitation Street, Montréal, QC

514-527-9565 x 1480

## **L'Actuel Medical Clinic**

- Target clientele: Sex workers (SW), Injection drug users (IDU), Men who have sex with men (MSM)

1001, De Maisonneuve Blvd, East, Suite 1130

Montréal, QC, H2L 4P9

Berri-UQÀM — Exit Place Dupuis

514-524-1001

## **Quartier Latin Medical Clinic**

1733 Berri Street, Montréal, QC, H2L 4E9

514-285-5500

## **L'Alternative Medical Clinic**

2034 St-Hubert Street, Montréal, QC, H2L 3Z5

514-281-6476

## **Chez Stella, l'amie de maimie**

- Target group: Sex workers (SW)

Tuesdays only, limited space.

2065, Parthenais Street, suite 404

Montréal, QC, H2K 3T1

514-285-1599

## **La licorne Medical Clinic**

808 Ontario Street East, Montréal, QC, H2L 2N9

514-532-0828

**In the sexual health clinics of the various CIUSSS and CISSS.**

# PrEP

**What is PrEP?**

**PrEP is also called pre-exposure prophylaxis.**

**PrEP, when used consistently, is an effective way to prevent HIV infection before and after exposure to risky sex.**

## PrEP

**Taken before and after potential HIV exposure**

**Taken daily on an ongoing basis**

**1 tablet of antiretroviral medication**

**Must be used regularly for ongoing HIV prevention**

Source :CATIE. s.d. Prophylaxie pré-exposition (Prep). <https://www.catie.ca/fr/prophylaxie-pre-exposition-prep>

**Talk to a professional at a sexual health clinic**

## PEP

Post-exposure prophylaxis (PEP) prevents HIV transmission in people who have potentially been exposed to the virus in the past 72 hours. PEP consists of 2 anti-HIV pills taken orally for 28 days to reduce the risk of getting HIV. It is only to be used in emergency situations and is not a strategy that should be used regularly.

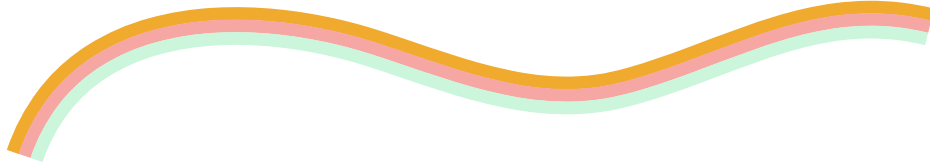
- **Taken as soon as possible after potential HIV exposure (within 72 hours)**
- **Take 2 tablets every day for 28 days**
- **Used to prevent HIV transmission after a single exposure to risk**

Source :CATIE. s.d. Prophylaxie pré-exposition (Prep).  
<https://www.catie.ca/fr/prophylaxie-pre-exposition-prep>

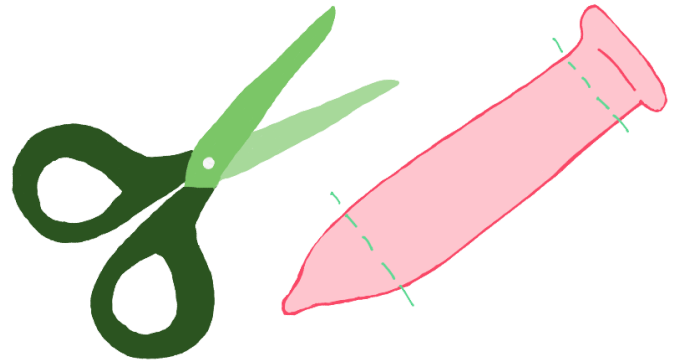
## Where to get PEP ?

- **L'Actuel Medical Clinic**
- **L'Alternative Medical Clinic**
- **OPUS Medical Clinic**
- **Quartier Latin Medical Clinic**
- **SIDEP + Medical Clinic**
- **Hôpital Saint-Luc (EMERGENCY)**

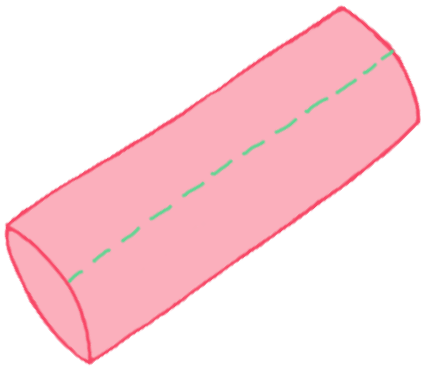
# How to make a dental dam ?



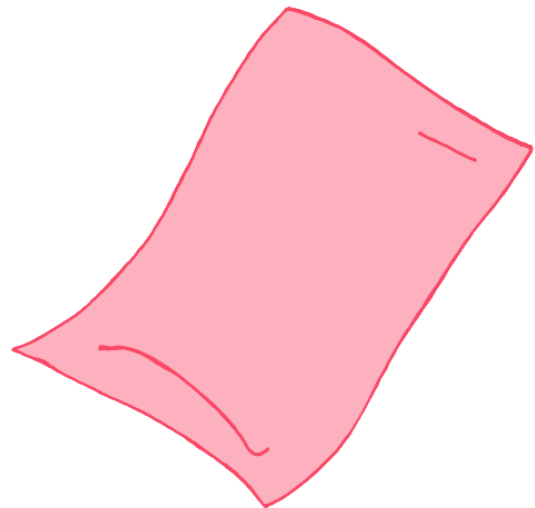
**Carefully open the package and unroll the condom**



**Using a pair of scissors, cut both ends of the condom.**

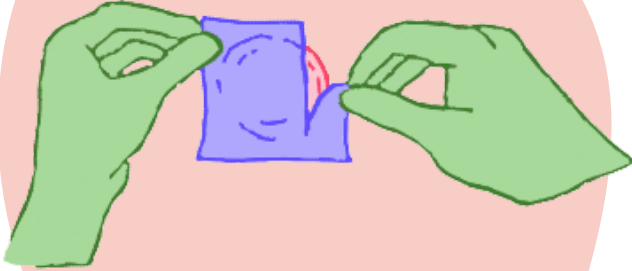


**Then cut the condom along the entire length.**

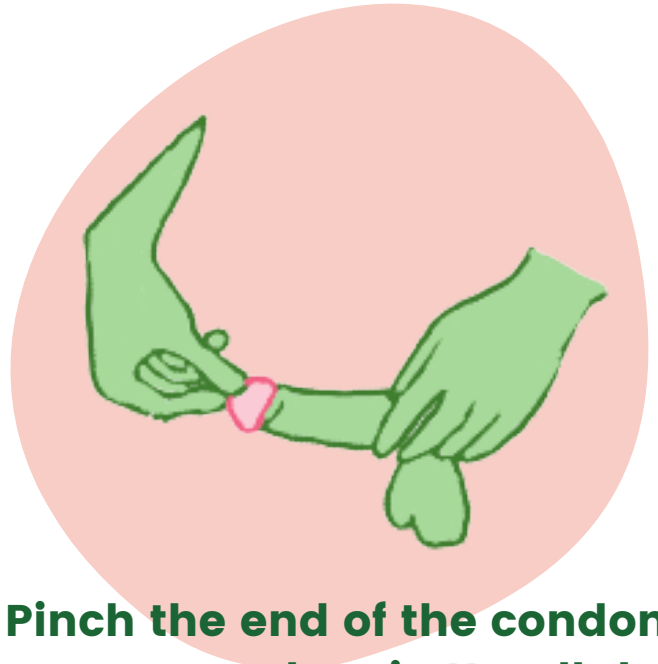


**Place the latex square on your partner's vulva or anus.**

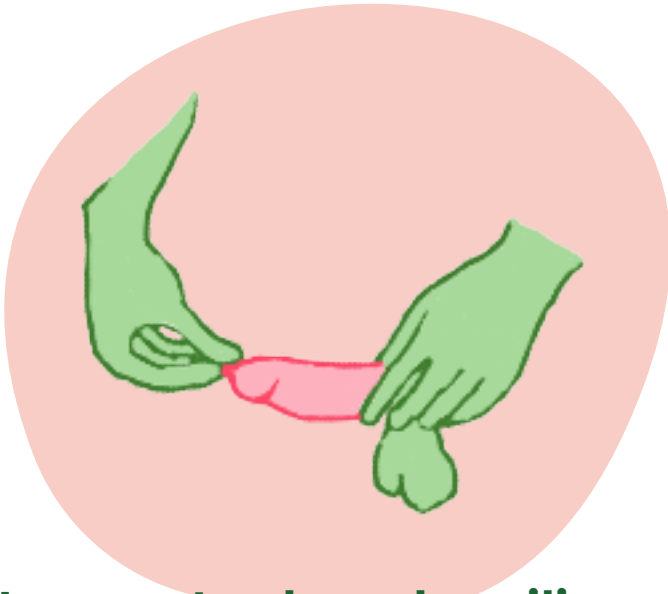
# How do I use a condom ?



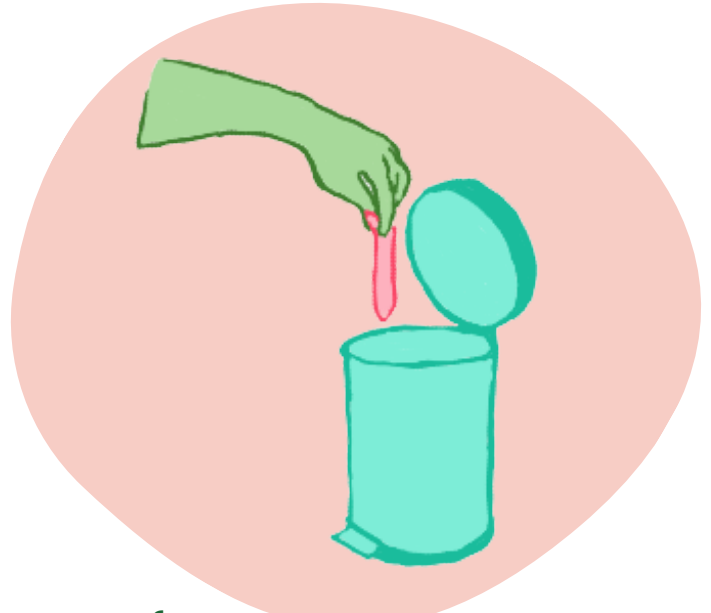
**Check the expiration date. Be careful when opening the package. Put a drop of lubricant inside the condom to increase sensitivity.**



**Pinch the end of the condom to remove the air. Unroll the condom to the base of the penis/toy.**



**Use a water-based or silicone-based lubricant to facilitate penetration. Be careful, Vaseline or oil-based products can break the condom.**



**After sex, remove your penis/toy from the opening, holding the base of the condom tightly. Throw the condom in the garbage.**



## The PlAMP

### Our mission:

PlAMP's mission is to intervene, educate and raise awareness of youth under 25 who are exchanging sex or are likely to do so. Our mission also includes parents, caregivers, professionals, and others who are part of the youth ecosystem.

### Our services :

- Psychosocial support
- Monthly activities
- Discussion groups
- Food bank
- Distribution of risk reduction material
- Community work
- Street work
- Workshops and kiosks

### To reach our workers

Em 438-504-7483  
 Lola 438-408-6378  
 Jeanne 438-508-3289

You can also chat with us on [piamp.net](http://piamp.net)