

My sexual partner is slightly too small to fit into normal sized condoms, and we still are unable to find ones that fit very well. We accommodate for this by securing the end with a rubber band so it does not slip off during sex. I am on birth control so this is not our only form of safe sex, and I refuse to have sex without the condom. Is this a safe way to secure a condom?

It sounds like you are making great efforts to properly protect yourself. The birth control will help prevent unintended pregnancy and condoms will help prevent both STIs (Sexually Transmitted Infections) and pregnancy. To best protect against infection and pregnancy, it is important to find a condom that fits properly.

It may take a bit of searching, but there are plenty of snugger fit male condoms on the market. These are slightly smaller than the average condom in width, and on some models in length. Another option you could try is a female condom. It is a condom that you would insert vaginally and would use instead of a male condom. Regardless of the penis size, the female condom has been shown to be effective. If these methods do not work for you and your partner, then continue using the rubber band. It is definitely better than using no STI protection.

Student Health has free condoms available for UI students. If you don't see any snugger fit condoms and/or female condoms in our waiting room, just ask our front desk staff. Someone from Health Iowa will help get some in your hands.