

# Condoms Can Add More Excitement

by Terje Anderson  
Vermont CARES

For gay and bisexual men, using condoms as part of the A.I.D.S. risk reduction involves more than just learning the proper way to use them. For many of us, condoms are something new and strange. Our reactions to them are frequently negative, and we may think of condoms as sexually unappealing.

They don't have to be that way.

With creativity, imagination, and a willingness to experiment, condoms can become an exciting part of sex, not just a necessary part of preventing sexually transmitted infections.

The first step is to try to become familiar and comfortable with them. Play with them. Blow them up like balloons. Buy different colors and styles.

Try masturbating wearing a condom before you use them with a partner. It will help you get used to the way they feel during sex, and will probably make you feel less self-conscious with them.

All condoms are not alike, and it may take time before you or your partner find the kind you like the best. Latex condoms are thinner than "natural" so they allow for greater sensation. (There is also some evidence that latex works more efficiently in stopping viral transmission because they are less porous than animal skin condoms.) Condoms come both pre-lubed and unlubed (although generally speaking even pre-lubed need additional water soluble lubricants added to prevent drying out and breaking during anal intercourse). Different brands have different smells and tastes (an important consideration especially for oral

sex). Some people enjoy condoms with ribs (small ridges or bumps on the outside of the condom) because of the sensations they produce, while others prefer a smooth surface.

Reservoir tipped condoms have a small nipple at the end to hold ejaculate fluid. Condoms with a mushroom head (a descriptive name for their appearance) are well suited for a penis with a large head. Non-reservoir condoms require leaving space at the tip when putting them on, something which some men say increases sensation.

We're all different, in anatomy and in individual preferences. Different condoms help suit those different needs.

One of the major obstacles I frequently hear voiced to condom use is that "they are an interruption, it is a real turn off to stop and put them on in the middle of sex." It does not have to be that way. Putting a condom on can be an exciting part of having sex instead of an interruption.

Unrolling a condom down a partner's penis can be an intimate and enjoyable experience for everyone involved. The key is to make it part of the action, not an artificial break from it.

A condom can be unrolled with a mouth as well with fingers (please, no teeth,

## AIDS INFORMATION

just lips and tongue, to avoid ripping the condom.)

After the condom is on, there's no need to rush into oral or anal intercourse immediately. Spend some time applying lubricant, or just admiring the way the condom looks.

Penetration with a condom is just like penetration without one. One partner may have to hold onto the base of the condom to keep it from slipping off during sex, but for most people, there is no significant loss of sensation.

Having sex with a condom may be a new experience for many gay and bisexual men. Like most other aspects of healthy sex, we can look upon that as an erotic opportunity, exploring and enjoying new ways of expressing our sexuality. It is an opportunity not to be missed.

**'Out in the Mountains' Resource/Calendar will list, free of charge, any groups or events of interest to lesbians and gay men. If your group is not included here, or if you have an upcoming activity you would like to see listed, send the details to: 'Out in the Mountains,' Box 438, Hinesburg, VT 05461.**

## VT C.A.R.E.S. to Hold Annual Meeting

The Vermont Committee for A.I.D.S. Resources, Education and Services (Vermont C.A.R.E.S.) will hold its annual membership meeting in Montpelier on Sunday, April 12th.

The meeting, which is open to anyone interested in working on A.I.D.S. in Vermont, will be held at 1:30 pm at Bethany Church.

The meeting will elect an executive board for the organization, and will see the formation of task forces to work on education, services, fundraising and a number of other areas.

Vermont C.A.R.E.S. is planning to open an office in Burlington during April. They have a tremendous need for donations of furniture, especially tables, desks, chairs, file cabinets and bookcases. Anyone who has spare furniture in their basement should contact Vermont C.A.R.E.S. by calling 862-5917.

The organization also needs financial contributions. "We're waiting for our grant to arrive, but at the moment we have a real need for financial support" said Terje Anderson, the organization's director.

Contributions can be sent to Vermont C.A.R.E.S., Box 1125, Montpelier, VT 05602.

## Flavor Gel Makes Condoms Tasty!

'A Tasty Kind of Love', a flavor gel designed to eliminate the harsh rubber taste of condoms for those that enjoy oral sex is being introduced.

With safer sex awareness increasing the public's use of condoms, men and women are becoming aware of the unpleasant taste of rubbers. 'A Tasty Kind of Love' is designed solely for oral use to make the condoms more palatable. It is not designed to be a lubricant for intercourse. The gel is food-based and does not contain any oil that could harm the condom. The secret flavor

is an FDA approved natural blend.

Jeff Satkin, a volunteer with Gay Men's Health Crisis, created the gel. "The question that kept on coming up at safe sex forums I attended was why can't condoms be flavored. The condom manufacturers don't care, so I decided to develop this product."

The gel is available in a 4 oz. reusable plastic squeeze bottle for \$5.95 plus \$1.50 shipping from A Tasty Kind of Love Inc., PO Box 2596, Muhlenberg Station, Plainfield, NJ 07060-0596.

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