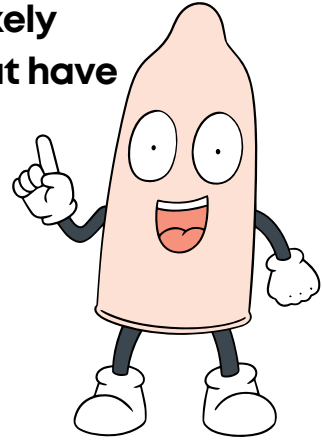


Is your condom distribution program barrier-free*?

*Yeah, we meant to say that :)

Let's face it, going to get condoms when you are a teen is scary stuff. Research shows the easier it is for teens to get condoms, the more likely they will use them. Always aim for condom distribution programs that have high accessibility and high anonymity.

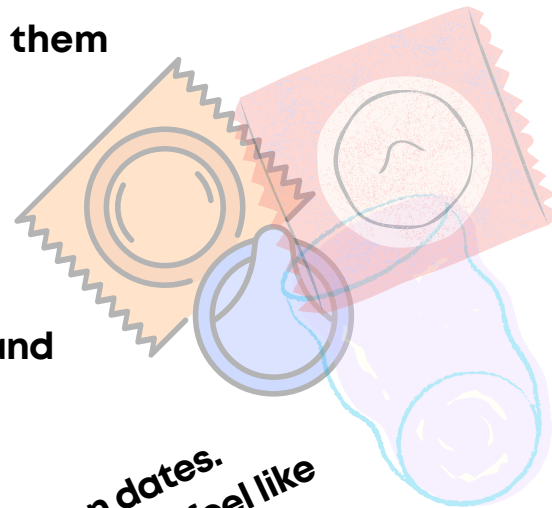


High accessibility

- **FREE! FREE! FREE!**
- **Multiple locations** - health clinic, counselling office, bowls in washrooms/change rooms and hangout spaces.
- **Private locations** - no one wants to ask for condoms in a busy office full of people.
- **No limit on quantity** - sometimes teens are getting them for others or feel awkward coming back for more.

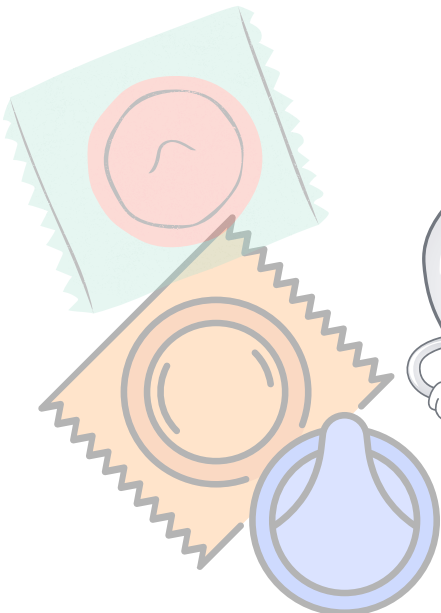
High anonymity

- **Grab and go!** Put them out in bowls.
- **No requirement to meet with a counsellor or nurse or other staff** - but make literature on how to use them and other sexual health topics easily available.
- **No paper work to complete.**
- **No need to give your name.**
- **No need for parent/guardian consent.**



Other Tips!

- **Don't forget to check expiration dates.**
- **Ensure packaging is intact** - should feel like a pillow if gently squeezed.
- **Avoid storing condoms in direct sunlight or extreme temperatures.**
- **Provide both internal and external condoms.**
- **Don't forget to provide lube!**
- **Talk about sex! Provide evidence-based sexual health education, promote safer sex practices, advertise where to get condoms.**



Interior Health