

HOW TO USE A CONDOM PROPERLY

1



Open the package carefully.

Pinch the tip of the condom with your thumb and fingers to make sure that there is no air in the tip (this creates a space to collect semen.)

Put a drop of **water-based lubricant** in the condom (don't coat the penis), to increase the pleasure for the person wearing the condom.

2

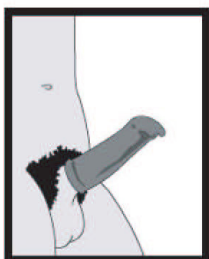


If you or your partner are **uncircumcised**, pull back the foreskin.

Put the condom on by unrolling it as far as possible down the shaft of the penis.

It is important to smooth out any air bubbles or wrinkles as you go.

3



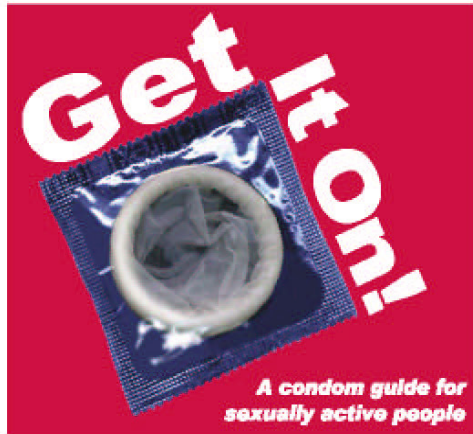
Lubricate with **water-based lube** (the more slippery the condom, the less likely it is to break or come off during sex).

Do not use any oil-based lubricants.

Soon after cumming, hold the condom at the base so it won't slip off, and **pull out**.

Throw the used condom in the garbage: not the toilet.

Contrary to some reports, condoms rarely break if they are used properly.



PROTECT YOURSELF

You will be better able to protect yourself if you:

- know about HIV/AIDS, STIs and safer sex
- make your safer sex choices before you are in a sexual situation
- talk to your partner about your choice
- be a person who respects your partner's safer sex choices

CONDOM SENSE

Condoms reduce the risk.

Latex condoms can help to protect you from HIV/AIDS and other sexually transmitted infections. They can also help to prevent an unwanted pregnancy.

If you see condoms as:

- confusing - practice, on yourself or your partner
- intimidating - talk with your partner and discuss safer sex options
- embarrassing - take a deep breath. It really is easier after the first time you buy them, use them, or talk about them
- an interruption - have them handy and make them a part of foreplay

TESTING INFO

STI Clinic at 50 King Street:

663-5446

Confidential testing and treatment

Options Clinic:

673-4427

Anonymous testing

Call to make an appointment

CONTACT US

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