

HOW TO USE A CONDOM



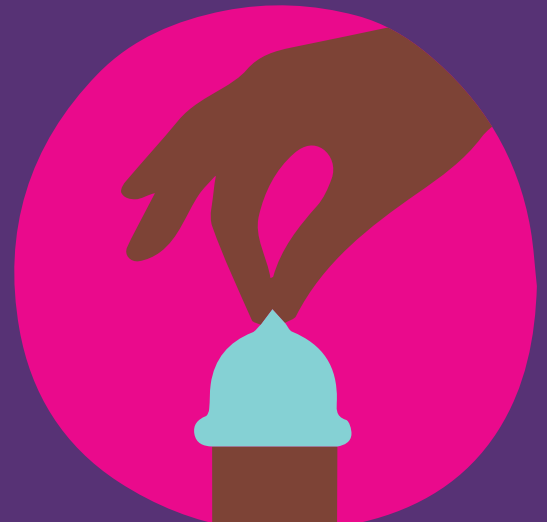
Step 1

Check the expiry date.
Carefully tear the packet open.
Don't use your teeth or scissors!



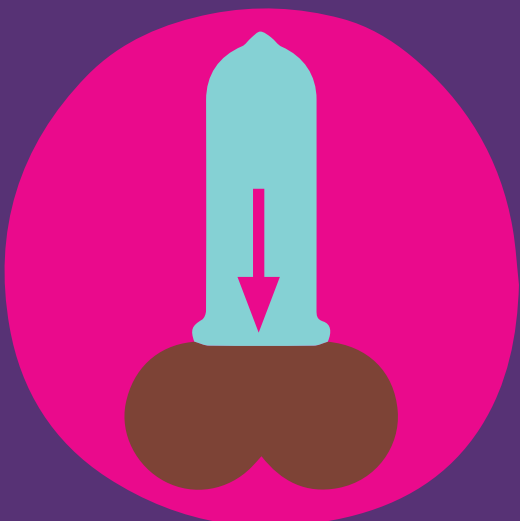
Step 2

Make sure the penis is erect (hard)
before you put the condom on.
Check condom is the right way so
it unrolls easily.



Step 3

Pinch the air out of the end of the
condom.
This leaves space for semen/cum.



Step 4

Roll the condom down to the base
of the penis near the balls. *Wear it
the whole time you are having sex.*



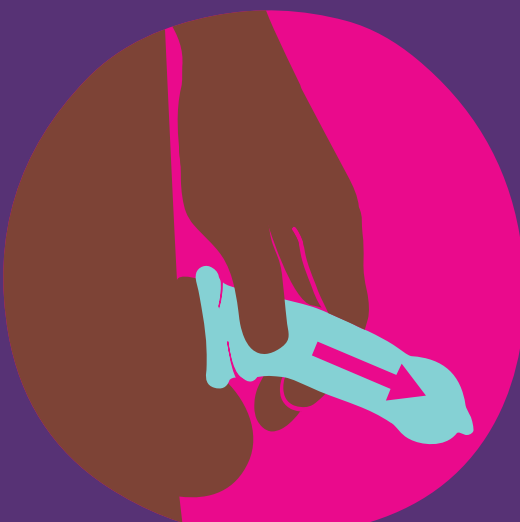
Step 5

Put some water-based lubricant
on the outside of the condom –
especially for anal sex to avoid
tearing.



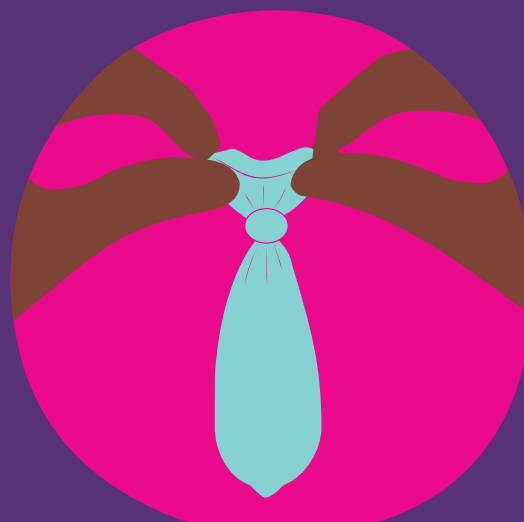
Step 6

Time for some fun!
*If you think the condom has
broken or come off during sex pull
out and replace the condom.*



Step 7

After sex, when you pull out hold
the condom near the base of the
penis. This is best done when the
penis is still hard.



Step 8

Tie a knot in the end of the
condom and throw it in the bin
(not the toilet!)

Doin' it Right



AH&MRC