

HOW TO USE CONDOMS

● PUTTING ON A CONDOM



1. Check each condoms packet for an air pocket and expiration date before using.



2. Put the condom on before the penis touches your partner. Pre-cum carries enough germs and sperm to pass STIs and cause pregnancy.



3. Inspect the condom, if the condom is torn, brittle, stiff, or sticky, throw it away and use another one.



4. If you like, put a drop or two of water-based lubricant inside the condom for increased pleasure.



5. Place the rolled condom over the tip of the hard penis.



6. If you accidentally put the condom on upside down, throw it away and use another one.



7. Pinch the air out of the tip with one hand while placing it on the penis.



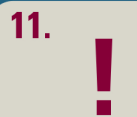
8. Leave a half-inch space at the tip to collect semen.



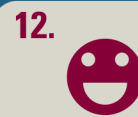
9. Unroll the condom over the penis.



10. Roll it all the way down to the base of the penis.



11. Smooth out any air bubbles (Friction against air bubbles can cause the condom to break).



12. If you like, put a drop or two of water-based lubricant outside the condom.

13. ENJOY!

● TAKING OFF A CONDOM



1. Pull out before the penis softens. (For additional protection, pull out before ejaculation occurs.)



2. Don't spill the semen - hold the condom against the base of the penis while you pull out.



3. Throw the condom away.



4. Towel off or wash the penis with soap and water before having sex play again.

● PRACTICE MAKES PERFECT

To learn how to use a condom without feeling pressured or embarrassed, practice putting on and taking off a condom on a penis or a penis shaped object like a banana or cucumber before you engage in sexual acts.

● IF THE CONDOM BREAKS

Sometimes condoms break. If the condom breaks during intercourse, pull out quickly, wash off any fluid (possibly pre-cum) on the penis and the vulva with soap and water and replace the broken condom with a new condom.

If the condom breaks and semen leaks into the vagina, emergency contraception is a good option. Emergency contraception can prevent pregnancy. The sooner you start it, the better it will work.

Emergency contraception is available at all major pharmacies, including the Student Health Center and should be taken as soon as possible. The sooner it is taken (up to 5 days) the more effective it is.