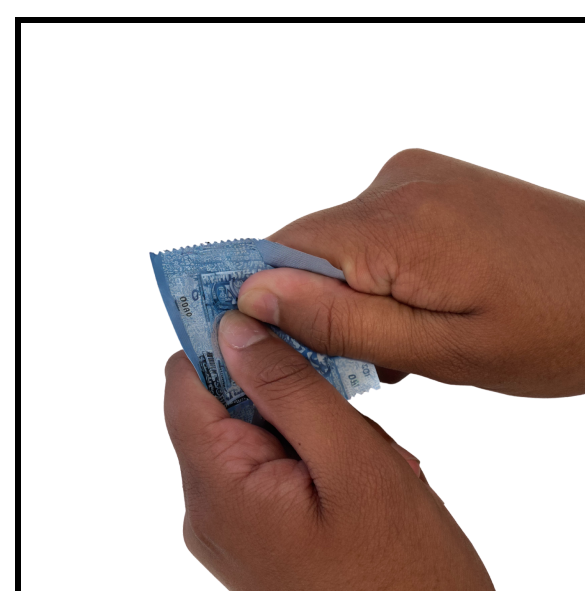# How to use a condom for safer sex

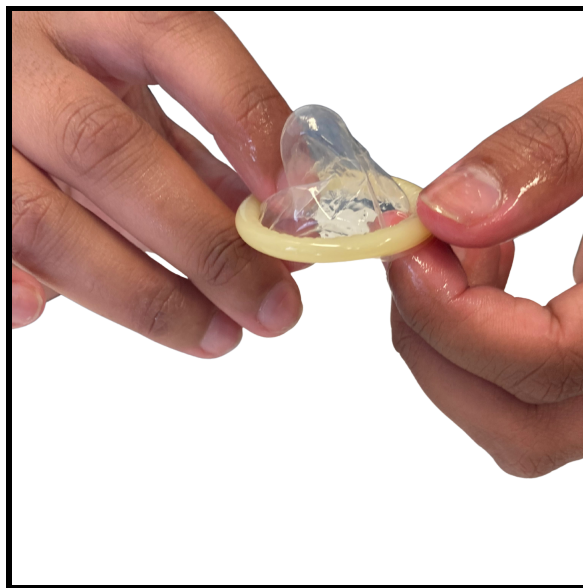You and your partner both agree to have sex and use a condom.
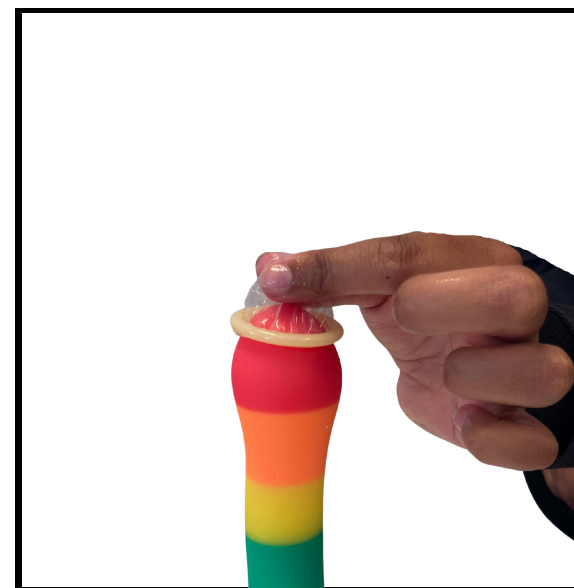

Get a condom.
Check the expiry date.

Check the packet is sealed and undamaged.

Carefully open the packet with your hands.

Check the condom is the right way up (your finger will be able to pull the condom down).

With one hand, pinch the top of the condom (to allow room for ejaculate) and place on the top of the penis/sex toy.

With the other hand, roll the condom all the way down to the base of the penis/sex toy. Have sex.

After ejaculation or after you're finished with penetration, before the penis goes soft, roll the condom off. Make sure any ejaculate stays inside the condom.

Tie a knot in the condom so that any ejaculate remains inside the condom. Throw the used condom in the bin.