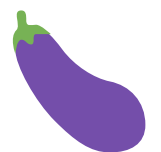# How to Use a Condom for Safer Sex

LOT1203124

Reasons people use condoms

🍆 Condoms help prevent sexually transmitted infections (STIs) and blood borne viruses (BBVs), unintended pregnancy, and infections such as bacterial vaginosis.

🍆 Condoms can be used during vaginal sex, anal sex, and oral sex.

🍆 Condoms can be used with sex toys such as dildos or vibrators.

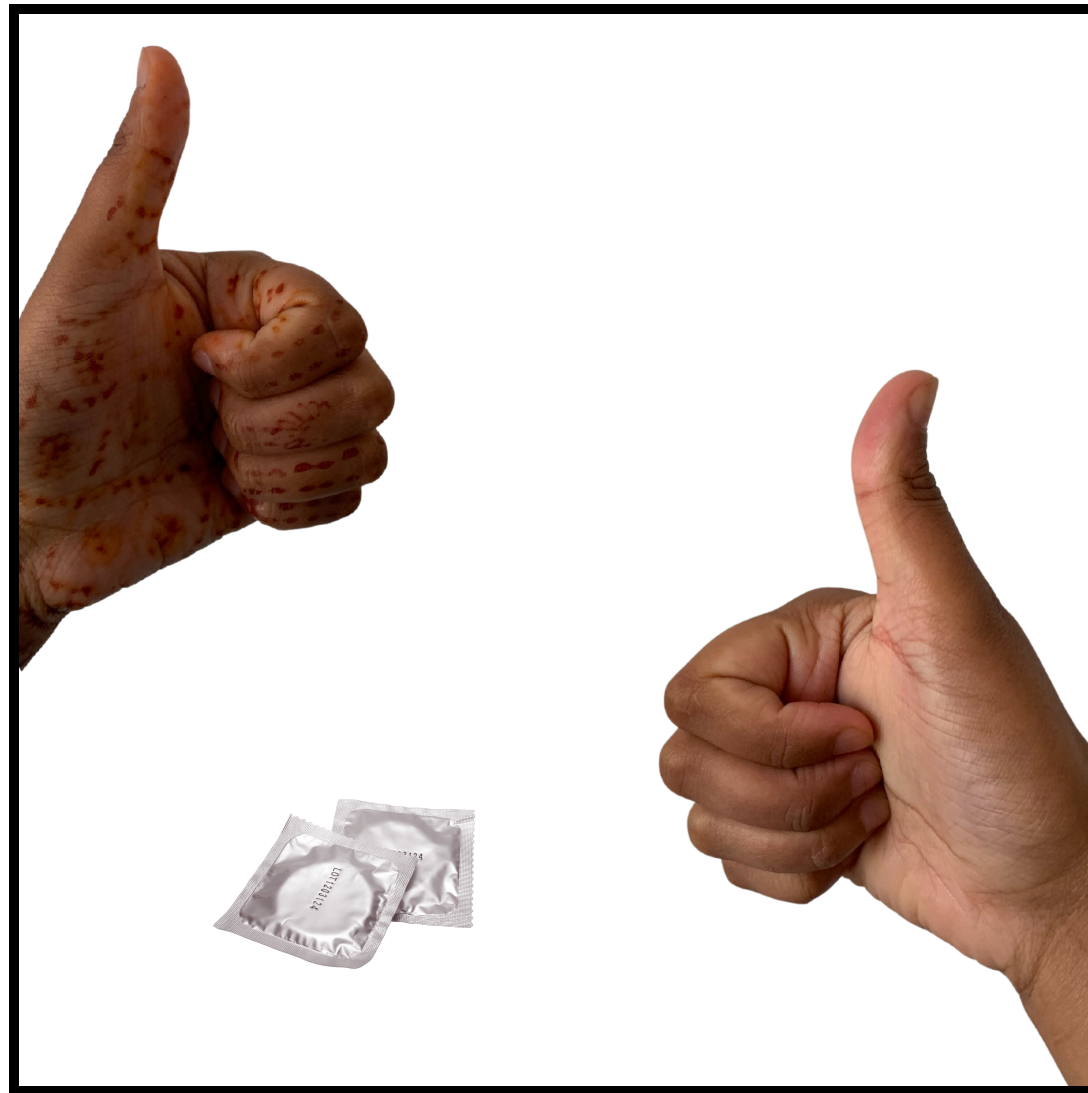🍆 Condoms are affordable and accessible.

🍆 Condoms put people at ease.

Note

Condoms are a single use item. Change your condom if:
- You put the condom on a penis the wrong way
- Are having sex with multiple people
- Are inserting the penis / toy into different body parts (vagina/anus/mouth)
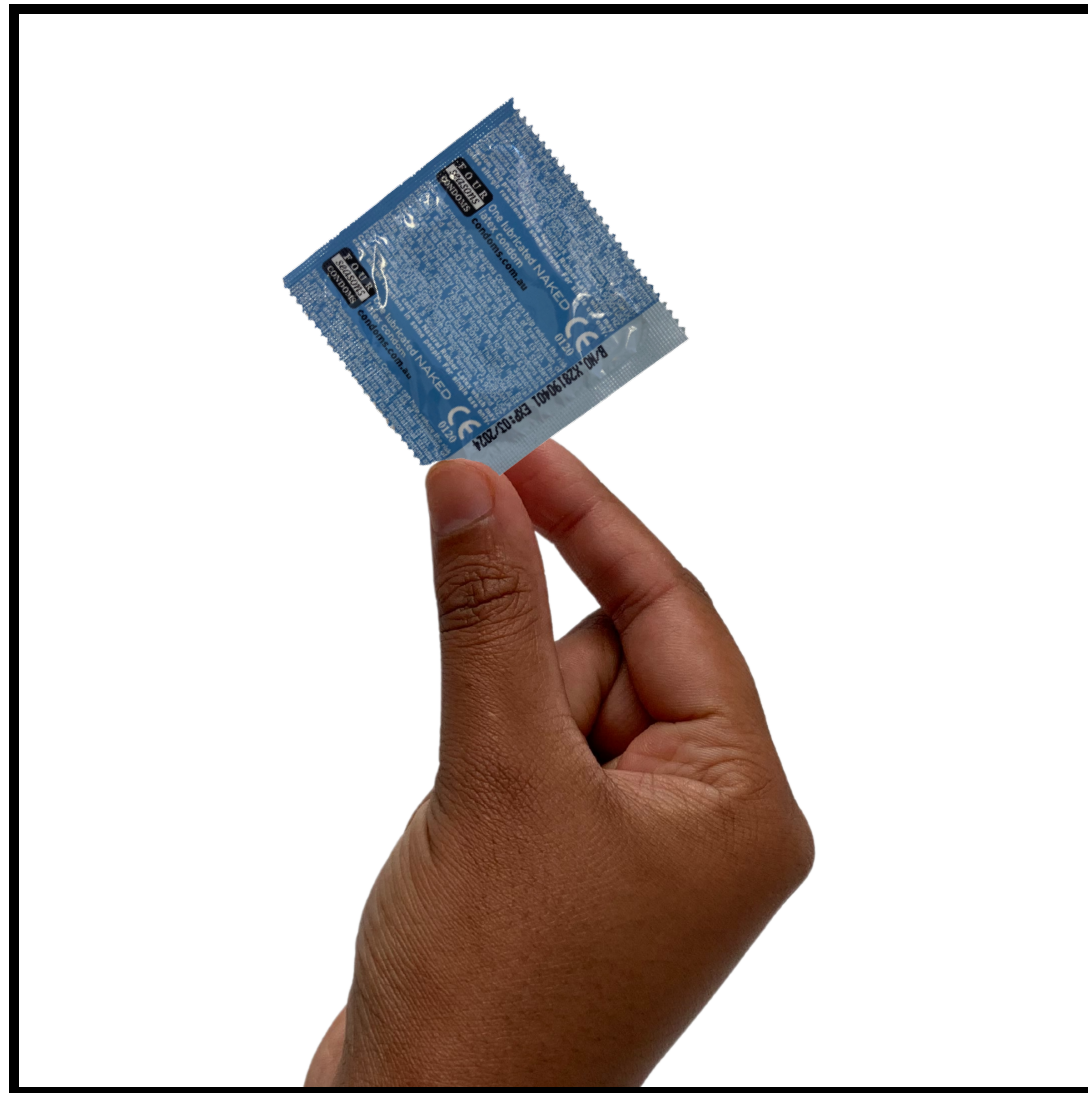
How to use a condom

STEP 1

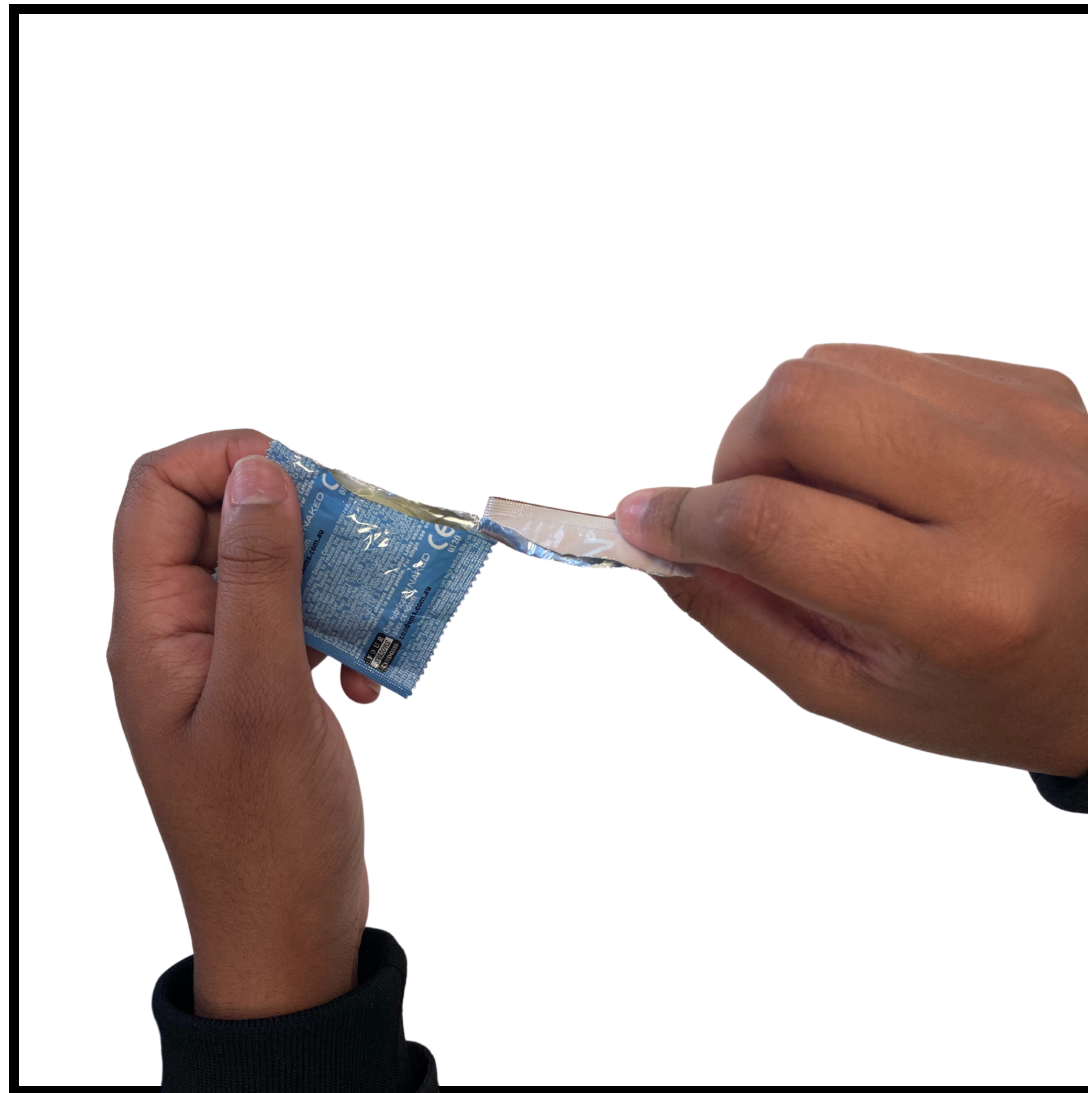You and your partner both agree to have sex and use a condom.

How to use a condom

STEP 2

Get a condom.
Check the expiry date.
Check the packet is sealed and undamaged.

How to use a condom

STEP 3

Carefully tear open the packet with your hands.
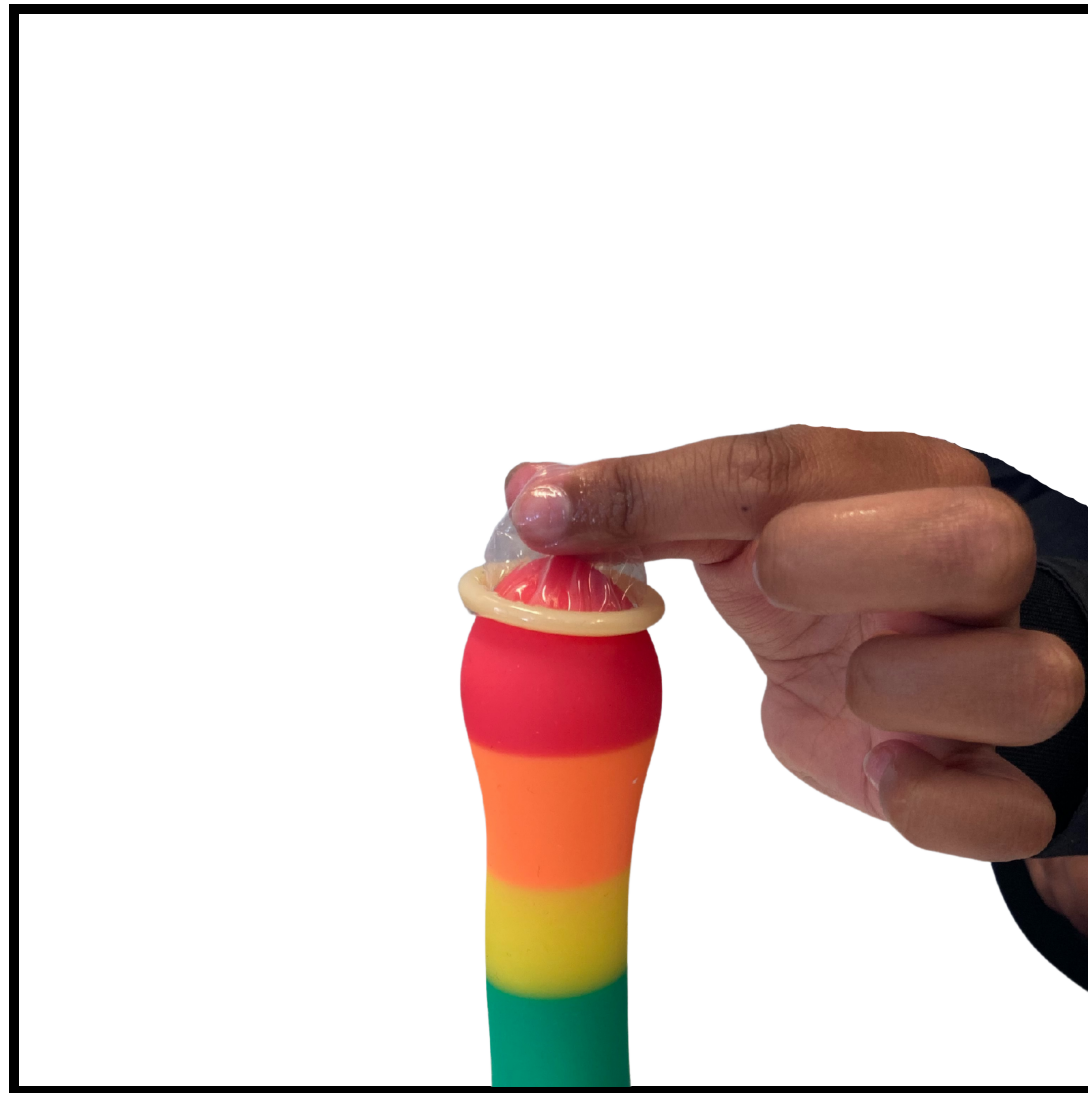
How to use a condom

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

TIP: Use water based lube before or after putting on the condom to increase pleasure!

@theyepproject

How to use a condom

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

How to use a condom

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

How to use a condom

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.

How to use a condom

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