

# How To Use an Internal Condom for Safer Anal Sex



# Reasons people use internal condoms

- 🍑 The internal condom (a.k.a. female condom or femidom) helps prevent sexually transmitted infections (STIs) and blood borne viruses (BBVs).
- 🍑 The internal condom gives women and people with vaginas agency to choose their own barrier method.
- 🍑 Some people may prefer the feeling of an internal condom compared to a traditional condom.
- 🍑 Some people or their partner may struggle to maintain an erection or prefer a looser fit. Unlike a traditional condom, an internal condom does not need to be replaced each time the penis goes soft.
- 🍑 Some people may want to try something new and switch things up!

## Note

Condoms are a single use item. Change your condom if:

- You put the condom on a penis or insert into the vagina the wrong way
- Are having sex with multiple people
- Are inserting the penis / toy into different body parts (vagina/mouth) after anal sex



# How to use an internal condom for anal sex

## STEP 1



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

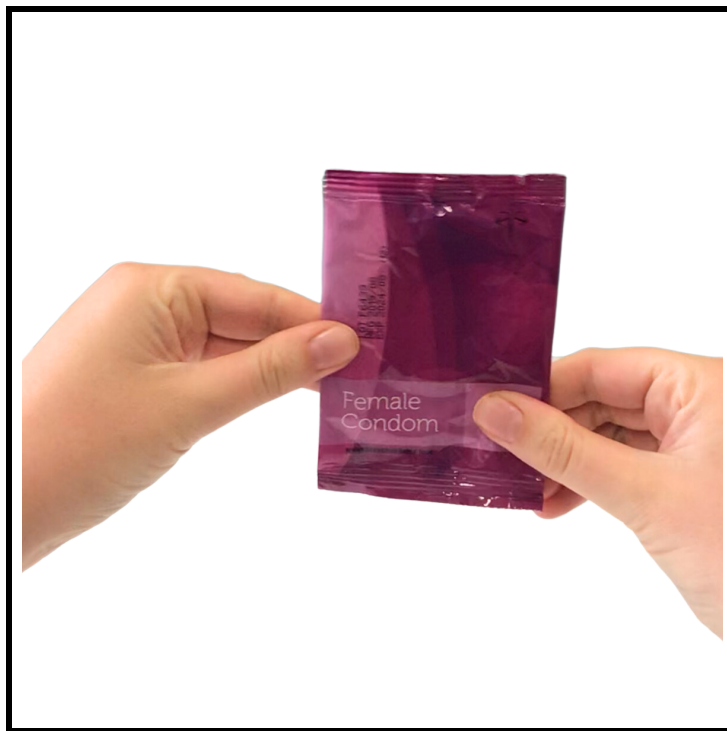
## STEP 2



Get an internal condom.  
Check the expiry date.

# How to use an internal condom for anal sex

## STEP 3



Check the packet is sealed and undamaged.

## STEP 4



Carefully open the packet with your hands.



# How to use an internal condom for anal sex

## STEP 5



Check the condom has no tears.

## STEP 6



For anal use, remove the ring from inside the condom.

# How to use an internal condom for anal sex

## STEP 7



Place the condom over the penis, hand or sex toy.

## STEP 8



Insert the penis, sex toy or hand into the anus.

TIP: Use lube with an internal condom to increase pleasure!

# How to use an internal condom for anal sex

## STEP 9



Have sex!

## STEP 10



Once you're done,  
hold the outer ring in place  
with your hand.

# How to use an internal condom for anal sex

## STEP 11



While holding the condom in place, remove the penis, hand or sex toy from the condom.

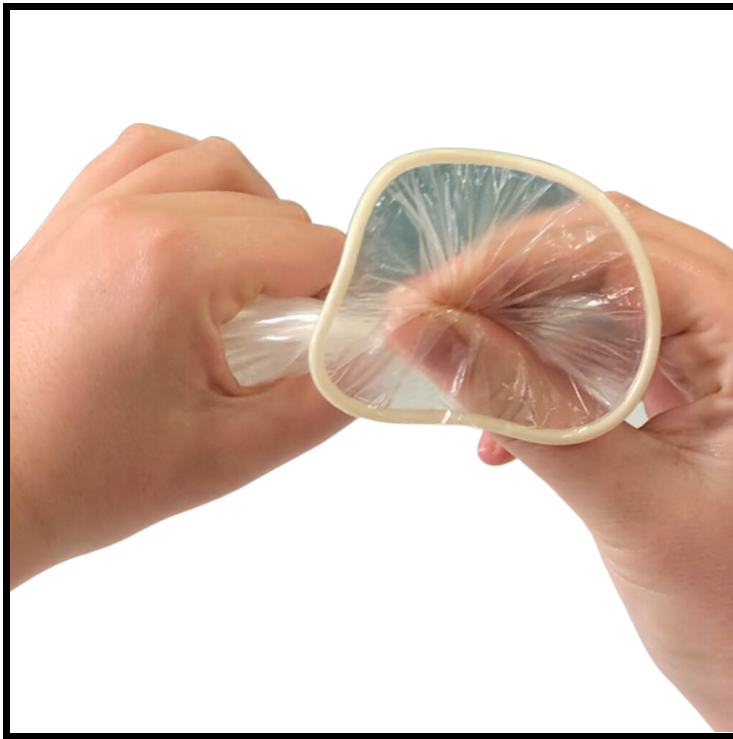
## STEP 12



Twist the opening of the condom closed to avoid spilling any ejaculate.

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## STEP 13



Pinch the opening of the condom to keep it closed, then gently pull the condom out.

## STEP 14



Fold the condom in on itself so it remains twisted and does not spill.

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## STEP 15



Throw the condom in the bin.