

How to use a condom

Before putting the condom on

1. Make sure your condom is in date and undamaged.
2. Do not touch your partner's vulva, vagina, anus (genitals) or mouth, before putting a condom on.
3. Make sure your penis is erect (hard).

Putting it on

4. Don't use anything sharp to take it out of the packet.
5. Check you have it the right way around. It should look like a little hat and roll down easily. If it doesn't throw it away and start again. Don't reuse it.
6. Pinch the end of the condom to leave room for the ejaculate (cum).
7. If you want, you can use a bit of lube on the end of your penis before putting the condom on.
8. Don't use anything oil based for lube - it might make the condom break.
9. If you aren't circumcised, pull your foreskin back a bit before putting on a condom.
10. Put the condom on the tip of your penis.
11. Hold it in place around the end.
12. Use your other hand to roll it down the shaft until you reach the base of your penis.
13. Put more lube on the outside of the condom. You don't have to, but it means sex will feel better, and it will reduce the risk of the condom breaking.

After sex

14. As soon as you have cum hold the condom at the base of your penis.
15. Pull out of your partner and move away.
16. Push the condom off your penis, by holding the base of it so you don't spill.
17. Tie it in a knot and throw it in the bin.
18. Wash your hands.
19. Use a fresh condom before your penis goes near your partner's genitals or mouth again.

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