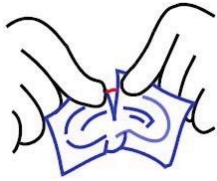


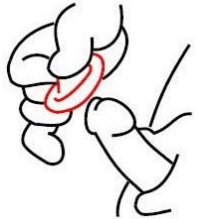
## What You Need To Know About Condoms...

### How to Put on a Condom



#### 1 Before having sex...

- Discuss using condoms with your partner
- Buy latex or polyurethane condom
- Check the expiration date. Do not use an expired condom!
- Open condom package carefully. Don't use your teeth.



#### 2 When the penis is erect...

- Squeeze the air out of the tip of the condom and place rolled condom on the tip of the penis or dildo. If you use lube, add a couple drops of water-based lube inside the tip of the condom.
- Leave a half inch space at the tip of the condom to collect semen.
- Hold the tip of the condom and unroll it until the penis or dildo is completely covered.
- Smooth out the air bubbles and put more lube on the outside of the condom after putting it on.



#### 3 After Ejaculation and when the penis is still erect...

- Hold the condom at the base of the penis.
- Carefully remove the condom without spilling any semen.
- Wrap up the condom in tissue and throw it away. (Don't flush condoms down the toilet - the toilet might clog.)
- Use a new condom every 20 minutes or for every act of vaginal, oral, and anal intercourse from start to finish.



### Condom Talk

Talking about condoms can be a lot harder than learning how to use a condom. Here are some tips on how to bring up condoms with your partner:

- ★ Don't be shy. Be direct about your feelings. There's no reason to be embarrassed!
- ★ Don't wait until the heat of the moment to bring it up. Talk about condom use before you are in a situation where you might need one.
- ★ Don't be afraid of rejection. If a partner doesn't care enough about you to use a condom and protect your health, then she or he probably isn't worth your time. As 18-year-old Ari says, "If your partner turns condom use into a trust issue instead of a health issue, why would you want to have sex with that person anyway?"
- ★ Be positive! Many people find sex more enjoyable when they're protected because they don't have to worry about pregnancy and infections.
- ★ Talking about condom use is easier if you are in a healthy relationship that makes you feel good about yourself. And it gets easier with time, as well. But no matter what, it's very important to communicate with partners about condoms. It's all about protecting your health!

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