

SO YOU THINK YOU KNOW HOW TO USE A CONDOM?

Since condoms leak or break, they aren't a sure guarantee against transmission of the "AIDS virus". However, they do reduce your risk, and, used properly, they rarely break. Some simple do's and don't's of condom usage are:

- DO** Put the condom on *BEFORE* you enter your partner.
- DO** Make sure there is no air in the condom, including the tip.
- DO** Use plenty of water-based lubricant. (Examples: K-Y jelly, For-Play, PrePair, and Probe) **NEVER USE SALIVA!**
- DO** Hold on to the base of the condom when you're pulling out after intercourse to prevent it from coming off inside your partner.
- DO** Use a fresh condom each time you have sex.
- DON'T** Use oil- or petroleum-based lubricants. (Examples: Baby Oil, Vaseline, Vaseline Intensive Care, Elbow Grease, Crisco)
- DON'T** Use old or misused condoms. (For example, condoms you've kept in your wallet.)
- DON'T** Wait until halfway after you begin sex to put a condom on.
- DON'T** Blow a condom up to test it. This weakens them.
- DON'T** Re-use condoms *EVER!*

THE A-B-C'S OF PUTTING ON A CONDOM



← **A**

Gently squeeze the tip of the condom with one hand, making sure there is no air in the tip. (This leaves room for the semen when you ejaculate [cum], and forces out any air bubbles, which are a major reason condoms break.)

While you continue to squeeze the tip of the condom, forcing out any air, begin to unroll the condom down the length of your penis...

→ **B**



← **C**

...carefully unrolling it all the way down to the base of your penis to the hair.