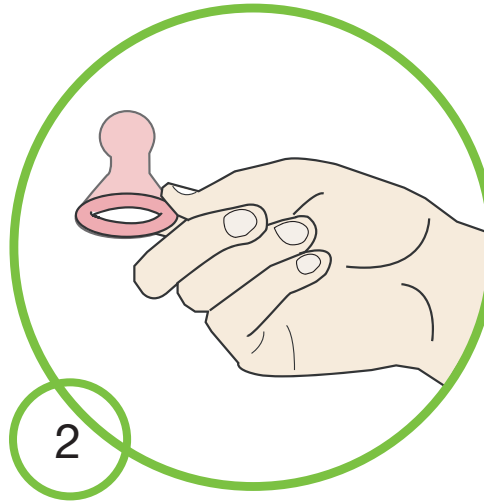
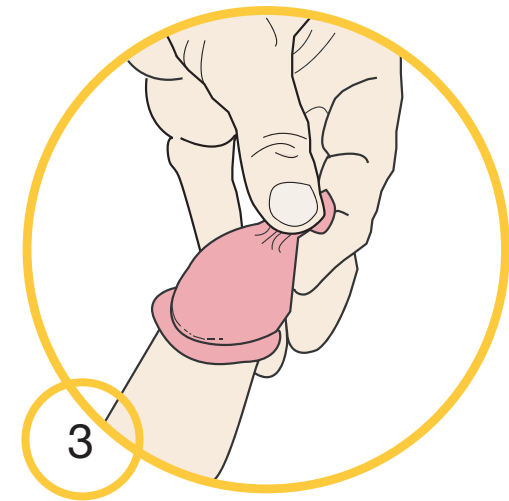


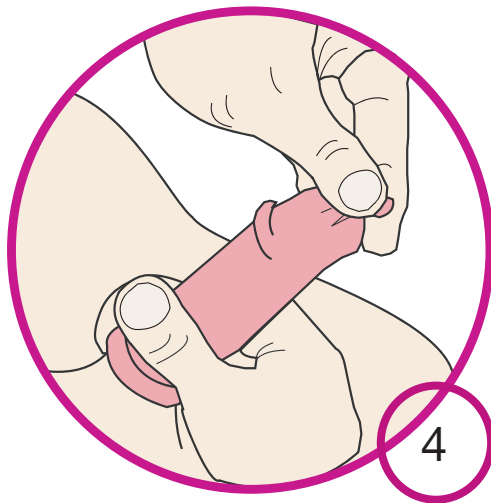
First, check the use-by date and make sure the packaging isn't damaged. Push the condom to one side of the pack and use your hands (not your teeth!) to tear along the other side, so you don't damage the condom.



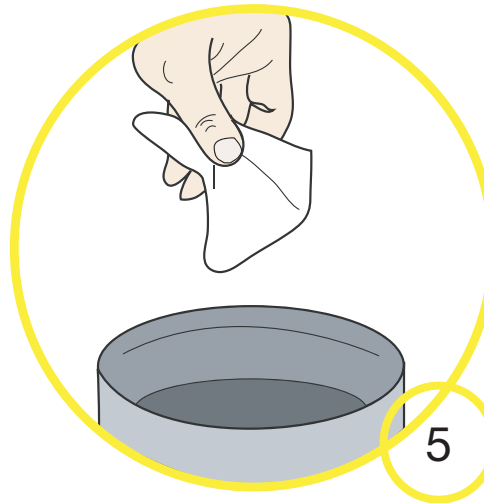
Put the condom on when your penis is erect, and before there is any genital contact between you and your partner. Check you are holding the condom the right way up, with the teat pointing up through the ring.



Air trapped inside a condom can cause it to break. So pinch the teat between your forefinger and thumb to push the air out, before you place the condom on the head of your erect penis, with the roll on the outside.



Keep pinching the teat and use your other hand to unroll the condom down the full length of your penis. During sex, check the condom. If it has rolled up, roll it back down. If it comes off, withdraw your penis and put on a new one.



Soon after you ejaculate, and while you are still hard, withdraw your penis while holding the condom firmly in place. Remove the condom carefully, wrap it in a tissue and place it in a bin (do not flush it down the toilet).

REMEMBER

- never use a condom more than once.
- never use two condoms at the same time — the extra friction between them makes it more likely that they will break.
- if you are going to have anal sex, remember to use plenty of condom-friendly lubricant (lube).