

Little
Blue
Book

Fact:

Condoms are available in a variety of shapes, sizes, textures, colours and flavours. Non-latex condoms are available for people with latex allergy

Fact:

Condoms are 98% effective in preventing unwanted pregnancy and sexually-transmitted infections when used correctly

Fact:

Condoms need lubrication – insufficient lubrication is the most common reason for condoms to split!



Make sure you put on a condom once the penis is erect but before it touches the partner's body. Make sure your hands are clean and free of grease before opening a condom.



*Check the date on the wrapper –
discard the condom if it's out of
date*



Also check for the British Kitemark and European 'CE' symbols – these show the condom has been properly tested



Feel for the serrated edge on the wrapper – remember you might be doing this in the dark!



Push the condom to one side so you don't damage it when you open the wrapper



Open by tearing down from the serrated edge of the wrapper. Don't use teeth or scissors as you could damage the condom



*Keep going – making sure
you aren't tearing the condom*



Once it's unwrapped, make sure the condom is the right way round – teat pointing up and rolled up on the outside. It should look like a little Mexican hat!



Pinch the end of the condom with your thumb and forefinger – squeezing the air out to make space for semen to collect



Place the condom on the tip of the erect penis (if it's the wrong way round after it touches the penis, it may already have pre-cum on it, so discard and use a new one)



Holding the pinched end against the tip of the penis, start unrolling the condom down the shaft with the other hand



Keep going...



Keep going...



*...until you get to the base of
the penis*



*That's it – now you are all set!
This is a good time to apply
water or silicone-based lube to the
outside of the condom once it's
in place*



After sex, withdraw as soon as possible, but before pulling out, hold the condom in place at the base of the penis



*After pulling out, keep the penis
away from the partner's body and
slide the used condom off*



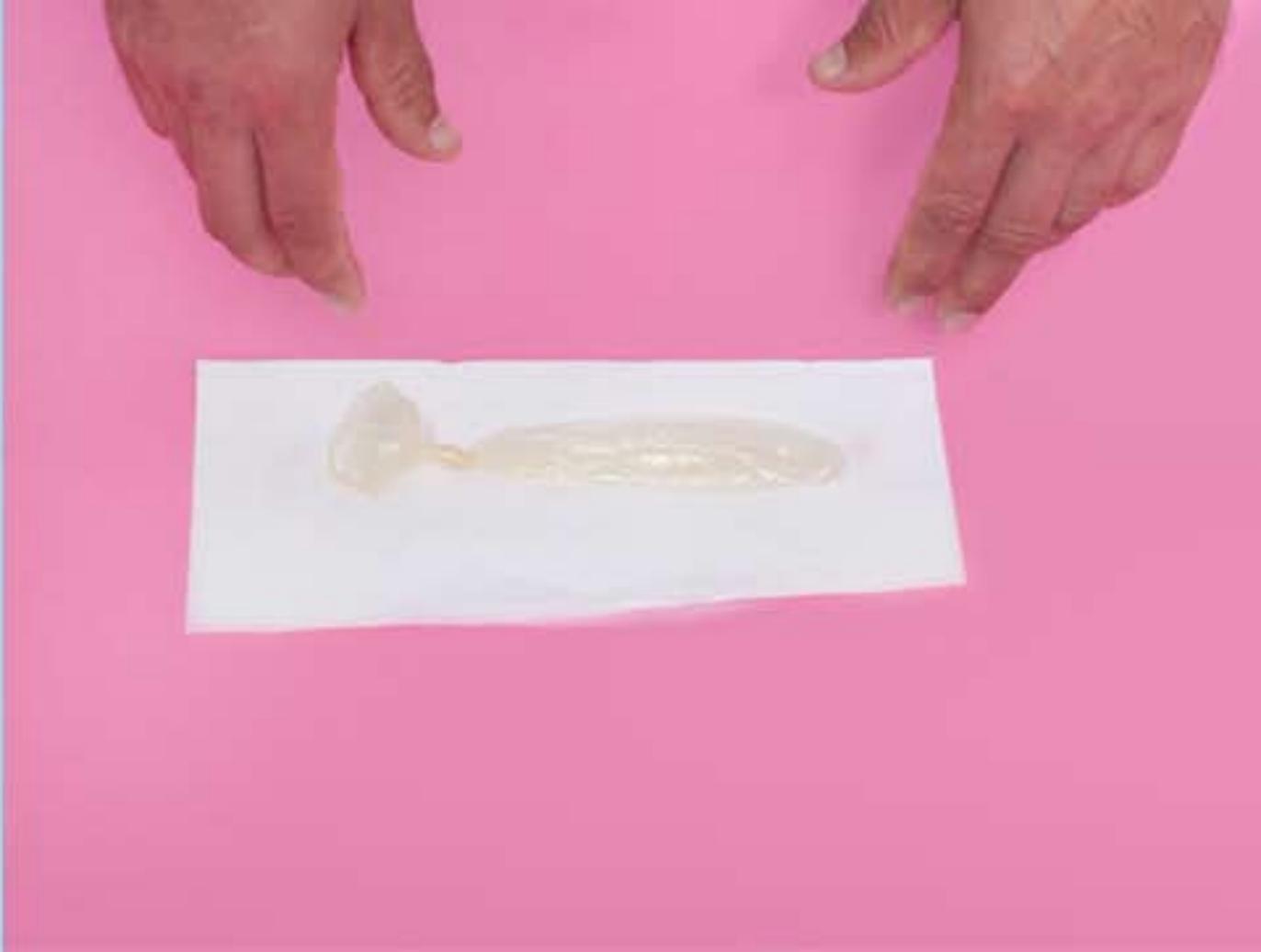
*Here's how to dispose of the
used condom...*



*Tie a knot in the condom to
keep the contents inside*



Place it on a tissue



Wrap it up



Put it in the bin (don't try to flush it down the toilet!)

Remember, oil-based lubrication should not be used with condoms. Even grease from food or makeup can damage condoms. Use only water or silicone-based lubes.



OMI ref: 5814