

HOW TO USE A CONDOM



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Find a brand and type that suits you e.g. size, shape, flavour.

Ensure it hasn't passed its expiry date and has a "CE" or "kite mark" on the packet.

Open the packet carefully.

Only use one condom at a time.

Use a new condom each time and for each partner.

Apply the condom before any sexual contact.

Only use water-based lubricant - never oil-based.

Condoms should also be used on sex toys.

1. PLACE THE CONDOM ON THE ERECT PENIS (WITH THE ROLLED EDGE ON THE OUTSIDE) .



2. ROLL THE CONDOM DOWN TO THE BASE OF THE PENIS.



3. AFTER EJACULATION (CUMMING), HOLD THE BASE OF THE CONDOM AS YOU PULL OUT.



4. WRAP THE CONDOM IN A TISSUE AND THROW IT IN THE BIN. DO NOT FLUSH IT DOWN THE TOILET!

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