

Roll it  
on,  
slip it off.



Help Condom  
Man protect the  
sexually active  
by using  
condom sense.

### What Is a Condom?

The condom is a latex, plastic, or natural membrane barrier that fits over the man's penis. It prevents sperm (semen or "cum") from entering the vagina and reaching a woman's egg.



**FACT:** The latex condom protects against BOTH pregnancy and sexually transmitted infections.

### Getting Started with Condoms

Condoms are very effective when they are used **correctly**, and **every time** you have sex. Condoms are 96% effective at preventing pregnancy when used perfectly. To get the most positive, worry-free start with condoms, take some time now to learn how to use them correctly:

#### How to Put On a Condom:

- Pinch the tip of the rolled up condom. This squeezes out the air and leaves room for the semen.
- Place the condom over the head of the man's erect penis or "hard on".
- Keep holding the tip with one hand, and use the other hand to unroll the condom all the way to the **base** of the penis, where the pubic hair starts.

#### How to Take Off a Condom:

- After ejaculation, hold onto the base of the condom and pull out of the vagina while the penis is **still hard**.
- Take off the condom **away** from the vagina. Slowly roll it towards the tip of the penis, and pull condom off.

### Condom Do's and Don'ts

<b>Do</b> check the expiration date on the condom package.	<b>Don't</b> use a condom that has expired, or is brittle or sticky.
<b>Do</b> open a condom package gently.	<b>Don't</b> open the condom package with your teeth.
<b>Do</b> use plenty of water-based lubricants.	<b>Don't</b> use oil-based lubricants like baby oil, massage oil, lotion or Vaseline— oil will
<b>Do</b> store condoms in a cool, dry place.	<b>Don't</b> leave your condoms in the sun, a wallet or glove compartment— heat breaks
<b>Do</b> apply the condom on the erect penis before any sexual contact.	If you begin to put the condom on the wrong way, <b>DO NOT</b> flip it over and use it. Get a
<b>Do</b> pull out immediately after ejaculation, holding the condom in place to prevent it from slipping off and leaking semen.	<b>Don't</b> use more than one condom! Friction between condoms can cause the condoms to tear. Only use one at a time!

### What's so great about condoms?

1. Condoms are the only contraceptive that also help prevent the spread of STD's
2. Condoms are one of the most reliable methods of birth control when used properly.
3. Condoms have no medical side-effects
4. Condoms are available without a prescription
5. Condoms make sex less messy.

### Quick Tips from Timmy

- Keep condoms handy at all times. If things start getting steamy - you'll be prepared *and* safer.
- When you buy condoms, don't be embarrassed, be proud. It shows that you are responsible, confident, and that you care about your sexual health. It can be fun to go shopping for condoms with your partner or friend. But remember, the UWF Health Center and Counseling and Wellness Services have condoms for FREE!
- Talk with your partner about using a condom before having sex. Knowing where you both stand before the passion starts will make you a lot more confident that you both agree and are happy about using a condom.
- If you are new to condoms, the best way to learn how to use them is to practice

You know  
where it goes!

Just wear it!



