

## Condoms and lubricant: What to look out for.

When used and stored properly, condoms are an effective barrier to prevent:

- Pregnancy
- STIs
- HIV



## Condoms and lubricant: What to look out for.

These show that your condoms have been quality tested and assured.



Date

Kite mark

CE mark

# Condoms and lubricant: What to look out for.

Tear here  
or  
Tear here



Serrated edges  
can be found on  
top and bottom



## Condoms and lubricant: What to look out for.

Keeping a condom in your wallet can weaken the latex. This may cause the condom to break during sexual intercourse, putting you at risk of unplanned pregnancy, STI & HIV transmission.



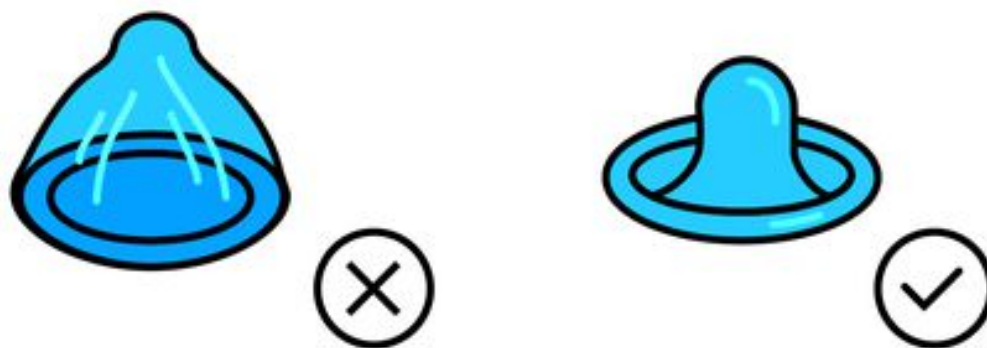
## Condoms and lubricant: What to look out for.

Open the condom wrapper slowly and carefully, so that you don't damage the condom. Do not use your teeth or scissors.



## Condoms and lubricant: What to look out for.

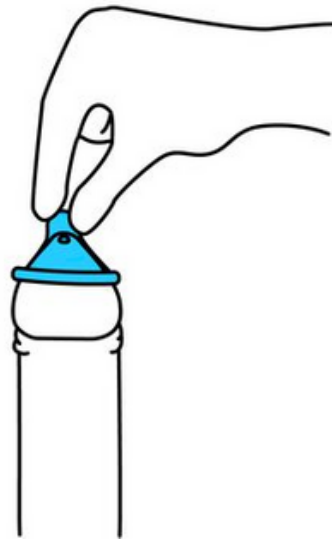
Make sure the condom is the right way up, with the roll of latex on the outside. If you accidentally put a condom on inside out, do not flip it around and reuse it — get a new one.



Pic: [Planned Parenthood](#)

## Condoms and lubricant: What to look out for.

When the penis is erect (hard), pull back the foreskin before putting the condom on. Pinch the tip of the condom and place it on the head of the penis. Leave a bit of space at the top to collect semen (cum).



Pic: [Planned Parenthood](#)

## Condoms and lubricant: What to look out for.

Unroll the condom from the top of the penis all the way down to the base. Add lube to the outside of the condom after it's on the penis.

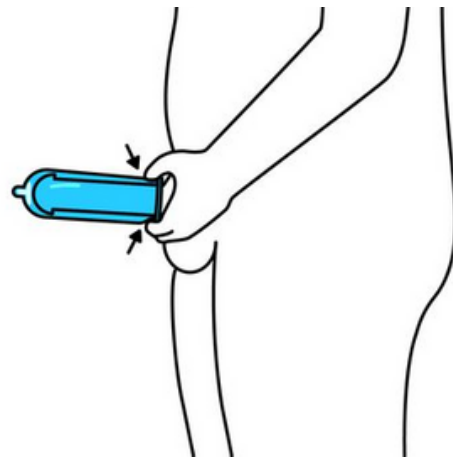


Pic: [Planned Parenthood](#)



## Condoms and lubricant: What to look out for.

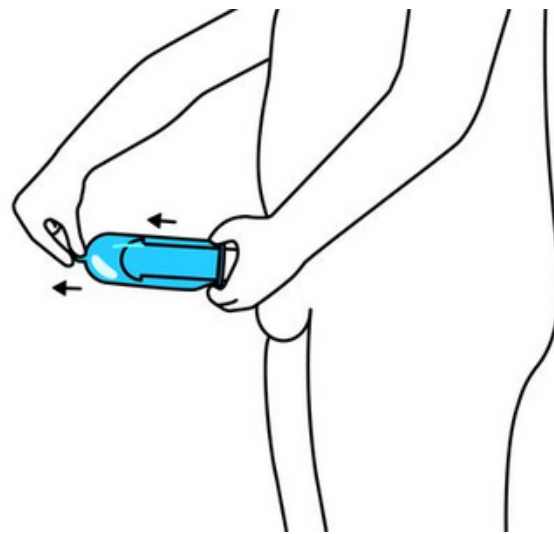
After ejaculation (cumming), hold onto the rim of the condom and pull the penis out of the other person's body. Do this before the penis goes soft, so the condom doesn't get loose and let semen out.



Pic: [Planned Parenthood](#)

## Condoms and lubricant: What to look out for.

When moving the penis and removing the condom, make sure not to spill semen (cum) on the other person.



Pic: [Planned Parenthood](#)

## Condoms and lubricant: What to look out for.

### Condom 'DO's

**DO** use a condom every time you have sex.

**DO** put on a condom before having sex.

**DO** read the package and check the expiration date.

**DO** make sure there are no tears or defects.

**DO** store condoms in a cool, dry place.

**DO** use latex or polyurethane condoms.

**DO** practice on your own.

**DO** use water-based or silicone-based lubricant.

## Condoms and lubricant: What to look out for.

### Condom 'DON'T's

**DON'T** store condoms in your wallet.

**DON'T** use nonoxynol-9 (a spermicide), as it can cause irritation.

**DON'T** use oil-based products e.g. baby oil, lotion, petroleum jelly.

**DON'T** use more than one condom at a time.

**DON'T** reuse a condom.

# Condoms and lubricant: What to look out for.

## Why use lube?

- Extra protection against condom tears, making for safer, more comfortable sex. Prevention of chafing and friction burn, which can be a gateway for STIs.
- Can increase pleasure during sex.
- Can increase pleasure during masturbation.



## Condoms and lubricant: What to look out for.

### Oil-based products

- Oil-based products not intended for sexual intercourse can affect the body's natural pH balance and cause discomfort.
- Oil-based products should never be used as lubricant as they cause latex condoms to tear, e.g. vaseline, coconut oil, cooking oil, baby oil and body lotions.

# Condoms and lubricant: What to look out for.

## Lube application

- Lubricant should never be applied to the penis before putting a condom on, as it can increase the risk of the condom slipping off.
- Saliva (spit) should never be used as lubricant, as it dries quickly, causing the condom to tear or break.