

# CONDOMS

Condoms are made from a very thin latex. Latex is a type of rubber. They work by covering the penis during sex. Their aim is to stop fluids transferring from you and your partner.

Condoms are the only method of contraception that stop you from getting:

- pregnant
- a sexually transmitted infection (STI)

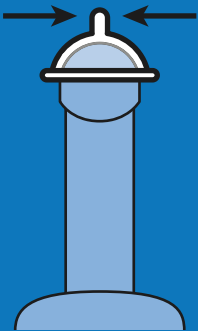
You should always use condoms on sex toys too. Just to be safe.

## 6 GOLDEN RULES



**1 CHECK** the expiry date. Make sure there is a BSI kite mark or CE mark. This is a sign it is good quality. You also need to make sure there are no rips or holes in the pack.

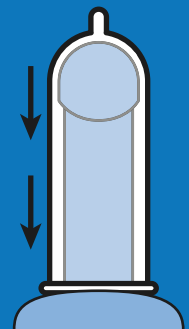
**2 FEEL** the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside. It should look like a little hat.



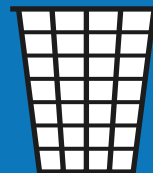
**3 PINCH** the tip of the condom and place on the head of the penis. Leave a little space at the top. You must do this before any sexual contact. Do it when the penis is hard.



**4 ROLL** the condom to the base of the penis using your other hand. Get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.



**5 WITHDRAW** the penis after ejaculation and before it gets soft. Make sure you hold the condom at the base. Wrap the condom in tissue and throw it in the bin.



**6 NOTE:** Only use water base lube. If you are allergic to latex, alternatives are available.



## DID YOU KNOW?

You can now order **FREE** condoms online from the South Tyneside Sexual Health **FREE** condom scheme and have them delivered to your door. Visit [www.southtynesidesexualhealth.nhs.uk](http://www.southtynesidesexualhealth.nhs.uk) to order now.



# CONDOMS

## TALKING ABOUT CONDOMS

### WHEN?

The sooner you bring it up, the better. Then you can relax and you're more likely to use them when the time comes.



### HOW?

#### Say it straight:

*"If we're going to have sex, we're using condoms"*

#### Ask:

*"Do you use condoms when you have sex?"*

#### Work it into conversation:

*"My friend told me that their partner wouldn't use a condom"*

### PRACTICE:

Think through the conversation in your head and imagine what the other person might say. Say it out loud or run it past a friend.



### BE CONFIDENT:

Remember you're being responsible and taking care of your own health. If they make a big deal about it, are they really the sort of person you want to be having sex with?



## DID YOU KNOW?

Never use a condom more than once. Always get a new one! And don't use two condoms together, as this increases the chances of them splitting.



## WHAT IF THE CONDOM BREAKS?

**DON'T PANIC!**

(OR YOU FORGOT TO USE ONE?)

### Step 1

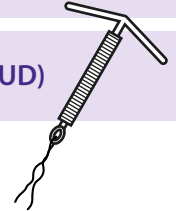
## GET EMERGENCY CONTRACEPTION

This prevents pregnancy. You can use some up to five days after unprotected sex, but the sooner the better. **There are two types:**



Emergency contraceptive pill  
(aka 'morning after pill')

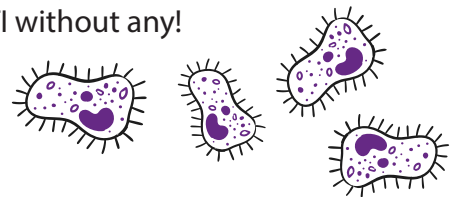
Intrauterine device (IUD)



### Step 2

## GET TESTED FOR STI

Don't wait for symptoms. You can have an STI without any!



### Step 3

## TAKE PREVENTATIVE MEASURES

PEP (post-exposure prophylaxis, also called PEPSE) is a treatment that can stop HIV taking hold if you've been at risk of HIV transmission.

For PEP to work, you need to start it within 72 hours (three days), and ideally within 24 hours.

