

What you need to know about **Condoms**





Condoms for men and women are available. **This leaflet is about condoms for men.**



Condoms are a type of contraceptive. This means that they cut the chances of a woman becoming pregnant following sex.



Condoms are also very good at cutting the chances of getting a sexually transmitted infection (STI).

Condoms are the only contraceptive that can reduce the chances of a STI.

How to use a condom



The condom should be put on when the man's penis becomes hard. Private parts shouldn't touch until the condom is put on.



Open the packet the condom is in very carefully. Don't tear the condom. Check the condom will roll the right way down the penis. Then squeeze any air out the tip. Now roll the condom down the penis.

The condom is now ready to use



After having sex, take the condom off the man's penis carefully. Try not to spill any of the stuff inside it.



Wrap the used condom in a tissue. Put it in the bin.



You can get condoms from a lot of different places – the sexual health clinic, the doctors or pubs.



If you buy condoms make sure they have this mark on the box.

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.