

## What to do if it tears

Go to a Family Planning clinic or your doctor. They can provide emergency contraception to help prevent pregnancy. This should be taken within 3 days (72 hours) of unprotected sex.

For STI worries you can get a check done. You'll need to wait until 2 weeks after the unprotected sex – a pregnancy test can also be done at this time.

If the condom breaks or tears before you come, stop and put on a new one.

## Condom talk

Talking about it shows that you care about your health AND your partner's health. That should never be embarrassing.

People can give lots of reasons for not using condoms, but there are lots of ways to handle this.

*"It doesn't feel the same."*

– "It might feel a bit different, but it still feels good."

*"Trust me, I don't have an STI."*

– "It's not that I don't trust you, I care about both of us and our health."

## How to use a condom



**1** Check that the condom has not expired. Open the packet carefully from the jagged edged side. Be careful of sharp fingernails, jewellery or teeth.



**2** Make sure the penis does not touch your partner's mouth, vagina or anus before being covered by the condom.

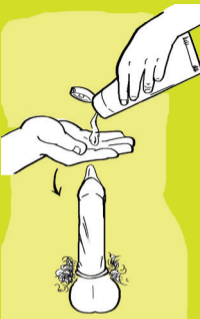


**3** Check that the condom is the right way up. The roll should be on the outside with the tip coming up through the middle. Pinch the tip of the condom to remove the air, so that there will be some space for the semen later.



**4** While pinching the tip, roll the condom down the hard penis to the base.

**5** Spread water based lube (lubricant) over the condom. Don't use cooking oils, Vaseline or baby oils as this will cause the condom to tear more easily.



**6** After coming, and before going soft, hold the condom around the base so it doesn't slip off, then pull out of your partner.



**7** Roll the condom up from the base to remove it. Wrap the used condom in a tissue, making sure no semen spills out, and toss in the rubbish, not the toilet.



**Use a new condom and lube every time you have sex!**

# Condoms

So you want to know about condoms? **Good for you!** Here is some information that young people said they wanted to know.

## Why are condoms so good?

Condoms are thin tubes of latex that fit over a guy's hard penis before sex, to help protect against unplanned pregnancies and sexually transmitted infections (STIs).

In everyday use, they are 85% effective at preventing pregnancy and when used correctly every time they can be 98% effective.

Condoms come in different shapes, sizes, colours and flavours. Some even have bumps or ridges on them to increase pleasure during sex.

Anyone of any age can buy condoms. They are easy to get and easy to use. You can get up to 144 condoms for \$5 on a prescription from Family Planning or your doctor.

## Why use them?

- Condoms are the most effective way to help protect against STIs, including HIV.
- They can prevent unplanned pregnancies.
- Because you care about your health and your partner's health.
- Because you're a responsible, stand up partner.
- They can help prevent cancer of the cervix in women.

## Lube – the pleasure slide!

Condoms work really well when you use them correctly. Part of that is using lubrication (wetness) with them. Water-based lubricants like KY jelly, Glyde, Sylk or Play are safe to use with condoms and can be bought in most supermarkets and chemists.

Condoms can break or tear if lube isn't used, or if you use oil-based lubes like Vaseline, baby oil, or cooking oils as these cause the latex to break down.

Spit or a woman's own lubrication usually isn't enough.

Extra lube should be used if you are having anal sex as the anus doesn't make any lubrication of its own and the condom is much more likely to tear.

Using lube helps to prevent the condom tearing but it also makes sex more pleasurable.

## Which condoms should I use?

**Condoms** come in lots of different shapes and sizes. If you're not sure, ask your nurse or doctor to write on your prescription that you'd like a selection, and try different brands, sizes and types to find the one that fits best and lets you feel the most pleasure. Sizes on condoms are about penis width (how wide around it is), not length. You don't want something too tight or too loose.

**Flavoured condoms** are designed for oral sex, and the **ridged** or **bumpy** ones are meant to increase feeling for your partner.

**Guys** - Try masturbating with a condom on so that you know what they feel like, and which type you prefer. It also helps to practise putting them on so that you feel confident when using them with a partner.

## Why condoms slip or tear

- Not enough lube (lubrication or wetness) during sex, or oil-based lube used.
- Torn by fingernails, jewellery or teeth.
- Not put on correctly - they need to be the right way round.
- Having sex for a long period of time or going too "hard out".
- Penis going soft before pulling out.
- Condom slips off while pulling out.
- Condoms have been stored in warm places like glove boxes or hip pockets which can make the latex lose its strength.
- Condom is past its expiry date.