

AGE
16-24

Let's

use a

condom



Condoms can prevent pregnancy and protect you and your partner against sexually transmitted infections (STIs), including HIV. But only if you use them *correctly every time you have sex*.

Using a condom is something you and your partner need to talk about before you have sex. It's a joint decision: you both need to take responsibility for safer sex.

What are condoms?

There are two types of condoms:



Male condoms – made of thin rubber or plastic – that are pulled over an erect penis before you have sex.

Female condoms – made of plastic – that are inserted into the vagina before having sex.



Condoms are easy to use and don't harm your health. They act as a barrier in vaginal, anal and oral sex. Used correctly, they stop fluids, including semen (containing sperm) and vaginal fluids, from coming into contact with the penis, vagina, anus or mouth.

Stuff you need to know about condoms

- ▲ Get your condoms from a place where they're kept out of the sun.
- ▲ Make sure the packet isn't open or torn.
- ▲ Check the expiry date and use the condom before the end date on the package.
- ▲ If the condom sticks to your fingers like glue, throw it away.
- ▲ Male condoms are very stretchy and fit most sizes.
- ▲ Use water-based lubrication to stop the condom from breaking and to make sex more comfortable, especially during anal sex. Never use hand lotion or Vaseline.
- ▲ Use a new condom each time you have sex.
- ▲ Only use one condom at a time.



How to use a male condom

1. Don't rush! Wait until the penis is erect and you're both ready.
2. Be careful not to tear the condom when you open the packet.
3. Make sure the condom is the right way up: with the tip upwards and the roll on the outside.
4. Place the condom on the tip of the penis. Hold the tip of the condom between your finger and thumb to get rid of any air.
5. Still holding the tip, use your other hand to gently roll the condom all the way down the penis. Do this **before** it touches the vagina or anus.
6. **After sex**, while the penis is still hard, hold the rim of the condom firmly at the base of the penis and pull out. Do this slowly so that semen doesn't spill.
7. Take off the condom, wrap it up and throw it away safely.



How to use a female condom

1. Hold the outside of condom at closed end, squeeze sides of inner ring together with your thumb and forefinger and put it into your vagina.
2. The thick, inner ring with a closed end goes inside the vagina. The thin, outer ring remains outside, covering vaginal opening.
3. To remove, gently twist outer ring and pull female condom out of vagina. Throw away female condom away safely after using it.. Do not reuse.



Any questions?



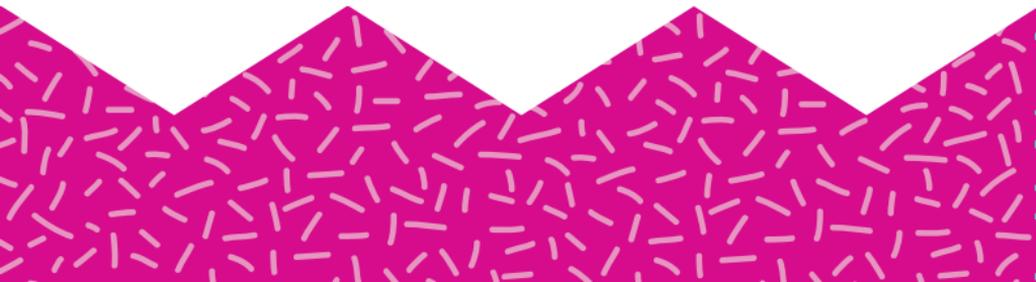
“I feel too embarrassed to ask for a condom.”

Asking for a condom shows that you're being responsible: thinking about your health and your partner's too. If you feel shy asking for a condom, try to find a youth-friendly clinic or service where you won't be judged.



“I've been going out with my boyfriend for three months. He doesn't want to use a condom any more, and says we don't need to because we trust each other. How can I persuade him?”

It can be difficult, especially for girls, to insist on using a condom. Talk to your boyfriend and be clear about why you choose to use a condom. If he still doesn't want to keep using one, you'll need to decide what to do. Remember it's your body. Having sex without a condom could change the rest of your life. You can't 'trust each other' not to have HIV or an STI.





“I’m HIV positive. I take my treatment regularly and I feel healthy. Do I still have to use a condom?”

Yes. Your viral load (the amount of HIV in your blood) can vary so you could still pass HIV on to your partner. There’s also a risk that you could become reinfected with HIV. And condoms can protect both of you against other STIs, and prevent pregnancy.



“Where can I get condoms?”

Go to your local health facility. You don’t need a prescription. Some clinics or other public spaces provide condoms in waiting rooms or bathrooms, and you may take as many as you need.



“What if the condom breaks?”

You should both go to your local clinic. Ask about an STI test and emergency contraception (to prevent pregnancy).



For more information:



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