

AGE
10-15



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. The information here will help you.

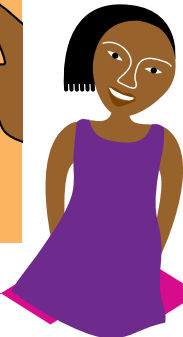
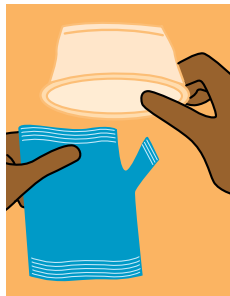
What are condoms?

There are two types of condoms:



Male condoms –
made of thin rubber or plastic
– that are pulled over the penis
when it's erect (hard) before
having sex.

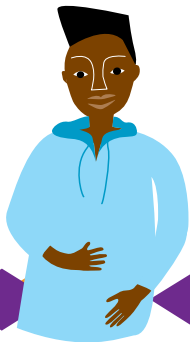
Female condoms –
made of plastic – that
are inserted into the
vagina before having sex.



Condoms are easy to use and healthy. Used correctly, condoms stop fluids, including semen (containing sperm) and vaginal fluids, from coming into contact with the penis, vagina, anus or mouth.

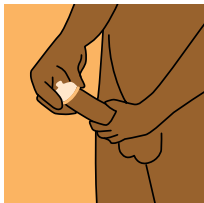
STUFF YOU NEED TO KNOW ABOUT CONDOMS

- ▲ 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 come in different sizes. If it's too loose, try a smaller one.
- ▲ Use water-based lubrication to stop the condom from breaking and to make sex more comfortable. Never use hand lotion or Vaseline.
- ▲ Use a new condom each time you have sex.
- ▲ Only use one condom at a time.



HOW TO PUT A MALE CONDOM ON

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.



AFTER SEX ...

1. 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.
2. Take off the condom, wrap it up and throw it away safely.



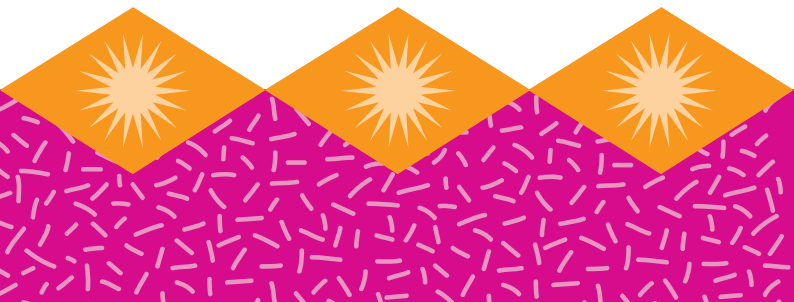
Asking for a condom is brave. It shows that you're thinking about your health and your partner's too. If you feel shy asking for a condom, try to find a youth-friendly clinic or service where you won't be judged.


"I feel too embarrassed to ask for a condom. People might think I'm too young to be having sex."

"My boyfriend doesn't want to use a condom. How can I persuade him?"

It's hard to stick to your decision to use a condom if your partner refuses to. Talk to him, and be clear about why you choose to use a condom. If he still doesn't want to use one, you'll need to decide for

yourself if you want to have sex at all, or wait until he's ready to use a condom. Having sex without a condom could change the rest of your life. It's your body, and you're doing the right thing by looking after your health.





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

Yes. The amount of HIV in your blood can vary so you could still pass HIV on to your partner. You could also become reinfected with HIV. And condoms can protect both of you against other STIs, and prevent pregnancy.

“What if the
condom
breaks?”

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

For more information, go to:



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