



How to Put on a Condom Correctly

I. Introduction

- a. Are you concerned about HIV, sexually transmitted diseases or unplanned pregnancy? If so, you've come to the right place. I'm not condoning sexual activity, but when you decide to have sex be sure to make responsible choices and practice safer sex by using a condom every time.
- b. In today's video you'll learn the necessary skills on how to correctly put on a condom to protect both you and your partner from HIV, other sexually transmitted diseases and prevent unplanned pregnancy.
- c. Let's review some very important information before starting our demonstration; be sure to use a latex condom every time and check the individual condom packet for holes or tears. The packet should feel like an airtight pillow. You can check the packet by placing both your index finger and thumb in the center top and bottom to feel for an air-pocket.
- d. Remembering that essential information will guide you to effective condom use.

II. Steps for Effective Condom Use

- a. First, be sure the condom is made of latex; if you or your partner is allergic to latex, you can use condoms made of a plastic material such as polyurethane or polyisoprene.
- b. When you're ready to have sex, check the expiration date on the individual condom packet. Never use an expired condom.
- c. Once the penis is erect, open the condom packet by tearing down the side with your fingers. Don't use your teeth or a sharp object to open the package, because you might accidentally break the condom.
- d. Hold the tip of the condom with your fingers and place the condom on the head of the penis.
- e. Leave a $\frac{1}{2}$ inch space at the tip of the condom to collect semen after ejaculation.

- f. Roll the condom down the shaft to the base of the penis. If the condom does not easily unroll down the penis- it is upside down. If the condom is upside down, remove it, throw it away, and try again using a NEW condom. Flipping the condom onto the correct side will contaminate the condom.
- g. After ejaculation, while the penis is still erect, withdraw from your partner.
- h. Step away from your partner's body, remove the condom by carefully rolling it from the base down the shaft of the penis and then off.
- i. Wrap the condom in a tissue and throw it away. Do not flush condoms down the toilet because they can clog the plumbing.
- j. Never reuse a condom. Use a NEW condom for every act of vaginal, anal, and oral intercourse.

III. Review

- a. Remember to use a condom each and every time you have sex.
- b. Always check the condom's expiration date.
- c. Use water-based lubricants, such as KY Jelly or ID glide when you have vaginal or anal sex.
- d. Never reuse a condom.
- e. Only use one condom at a time. Using two condoms will cause friction and tear one or both of the condoms.
- f. Don't use oil-based lubricants, such as petroleum jelly or baby oil. Oil-based lubricants will cause the condom to break.
- g. Don't use a condom if the packet is ripped or tampered with.
- h. Now that you know the steps for effective condom use, remember to use these steps correctly every time you have sex. If you would like additional information, please access our website at www.snhd.info or visit one of our family planning clinics.