

## BEFORE YOU HAVE SEX

- ◆ agree with your partner that you will use a condom every time
- ◆ always use lubricated latex condoms and water-based lubricant
- ◆ check the expiry date on the package
- ◆ keep condom packages dry and away from heat and light
- ◆ practice using a condom by yourself first

## PARTNER TALK

"I love you! I wouldn't give you an infection!"

"Not on purpose. You could have an infection and not know it. That's why condoms are best for both of us."

"Just this once!"

"Once is all it takes."

"We already use birth control."

"With HIV and so many other infections around, we need to do all that we can."

### For More Information

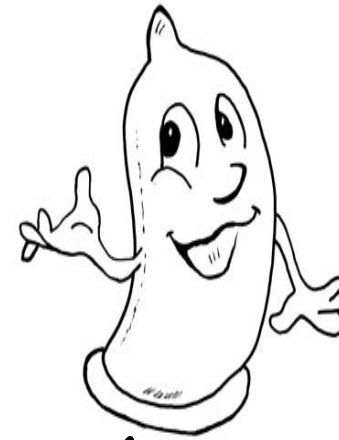
[www.serc.mb.ca](http://www.serc.mb.ca)

email: [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca)



Source: Women's Health Clinic; East York Health, City of York

# PLAY IT



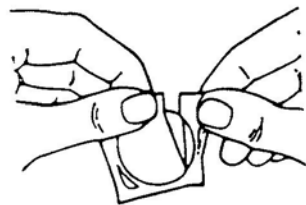
# safer...

## WITH CONDOMS

Use condoms every time you have sex to prevent:

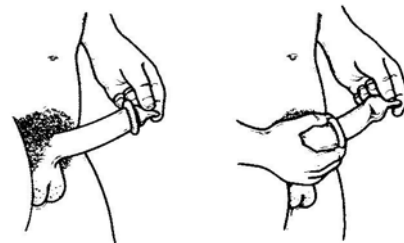
- ◆ unplanned pregnancy
- ◆ sexually transmitted infections such as
  - Chlamydia
  - Gonorrhea
  - Hepatitis B
  - HIV

For better protection against pregnancy, find out what other birth control methods work *with* condoms.



## OPEN CAREFULLY

- ◆ open the package carefully by tearing it along the edge
- ◆ rough tearing or sharp fingernails can damage the condom
- ◆ put the condom on as soon as the penis is hard and before contact with your partner



## PINCH, PLACE, UNROLL

- ◆ pinch air from the tip of the condom, with thumb and two fingers
- ◆ place the condom on the end of the hard penis
- ◆ unroll condom all the way down to the base of the penis



## LUBRICATE

- ◆ for more lubrication, use water-based lube like K-Y Jelly or Lubafax
- ◆ do not use oil products like Vaseline, grease, lotions, oils or lip gloss - they weaken the condom and make it break



## HOLD ON

- ◆ after coming (ejaculating), hold on to the base of the condom as you pull out
- ◆ throw the condom away - never re-use a condom