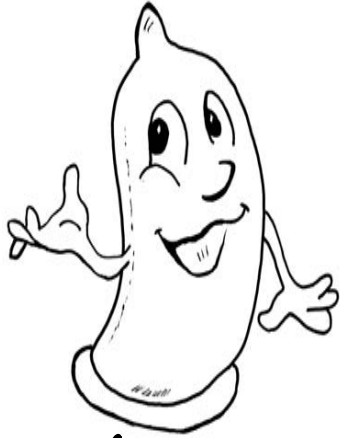


# PLAY IT



# safer...

## WITH CONDOMS

use condoms every time you have sex to prevent:

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

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

## BEFORE YOU HAVE SEX

- ◆ agree with your partner that you will use a condom every time
- ◆ always buy 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."*

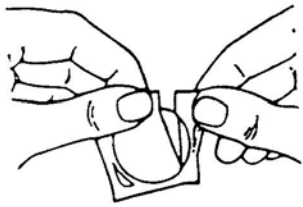
*"With HIV and so many other infections around, we need to do all that we can."*

### For More Information

www.serc.mb.ca  
 e-mail: [thefactsoflife@serc.mb.ca](mailto:thefactsoflife@serc.mb.ca)  
 call: THE FACTS OF LIFE LINE  
 Winnipeg 947-9222  
 Outside Winnipeg 1-800-432-1957

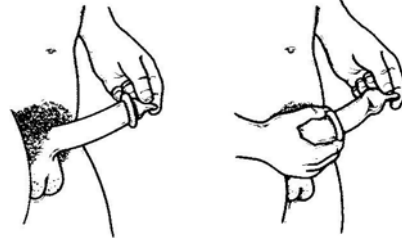


Source: Women's Health Clinic; East York Health, City of York



## 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
- ◆ place the condom on the end of the hard penis
- ◆ unroll condom all the way down



## LUBRICATE

- ◆ use water-based lube like K-Y Jelly or Lubafax so the condom won't break
- ◆ do not use oil products like Vaseline, grease, lotions or oils - they weaken the condom and make it break



## HOLD ON

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