

CONDOM TALK

...WE'VE

GOTCHA COVERED!

PLAY!
BUT PLAY
SAFE!

Sex...it sounds fun...but there's a lot to consider.

There are a number of **UNWANTEDS** that may come along with sex. Like unwanted pregnancy and unwanted sexually transmitted infections (STIs) including Chlamydia, Herpes, Gonorrhea, or HIV.

These **UNWANTEDS** may have negative outcomes that will affect the rest of your life. Don't take a chance. If you have sex, **USE A CONDOM.**

And remember, the decision to have sex may also affect your emotions and mental health both negatively and positively. So the more you know, the more likely you will make good decisions about your health, your body and your partners.

TIP 1

DON'T ASSUME YOUR PARTNER WILL TAKE CARE OF THE CONDOMS



It takes two to have sex. Always be prepared with a condom if there is a possibility of sex. **R-E-S-P-E-C-T.** Respect your partner and respect yourself. Be prepared.

TIP 2

RECYCLING NOT ALLOWED



Only use condoms once and then discard. And **never use two condoms together**; this provides no additional protection and increases the chance of breaking the condom.

SLIP 'N SLIDE



Most condoms are lubricated, as noted on the packaging. To provide more comfort, enjoyment and reduce the chances of tears to the skin, apply a water-based lubricant to the outside of the condom after putting it on. Also, using a drop of lube inside the dome of a condom may provide increased pleasure. **NEVER USE VASELINE® OR OTHER OIL-BASED LUBES**; these can cause the condom to break.

TIP 4

HARD IS GOOD

Roll the condom on after the penis is erect and before any genital contact.

TIP 5

LINE IT UP ROLL IT ON

Make sure the rolled-up ring of the condom is on the outside. Then hold the tip of condom between your fingers as you put the condom on the hard penis head. Finally, roll the condom all the way down to cover the entire penis.

TIP 6

NO RE-USE

Again, use a condom only once and then discard. Also, if changing from vaginal to anal sex, use a new condom.

TIP 7

HOLD ON YOU'RE NOT DONE

Pull out immediately after cumming and while still hard. Make sure the condom stays in place on the penis while pulling out. Next, remove the condom, wrap in a tissue and throw in the garbage.

REMEMBER, THE MORE YOU KNOW, THE BETTER.

It's important to make good decisions about your health, your body and your partners.

Be prepared to **TALK** about condom use with you partner.

Try saying:

Don't you trust me?

I DO trust you to do the right thing to make sure we're both safe.





Don't you love me?

Because I love you, I want to make sure we are both safe and protected.

But, we did it before without a condom.

That was NOT a good decision. Sex without a condom puts our health at risk.

Condoms ruin the mood.

**I can't get in the mood
unless we're both protected.**

**Are you worried about
catching something?**

**Sometimes people don't even know
when they have an infection, so it's
better to be safe.**



I won't enjoy sex if we use a condom.

I need to relax to enjoy sex; I can't relax unless it's safe.

It doesn't feel as good with a condom on.

Then we need to find a type of condom that makes it feel even better!





I don't know how to put it on.

Let me show you!

Visit us at:

www.PlayButPlaySafe.org

Email us at:

education@capcityaidsfund.org

