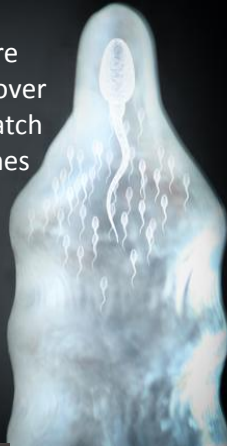


Condoms for Beginners

Condoms are thin rubber bags that are made to be rolled over a hard penis and catch sperm when it comes out.



Do not be Afraid
If you use them carefully, condoms can prevent unwanted pregnancy.



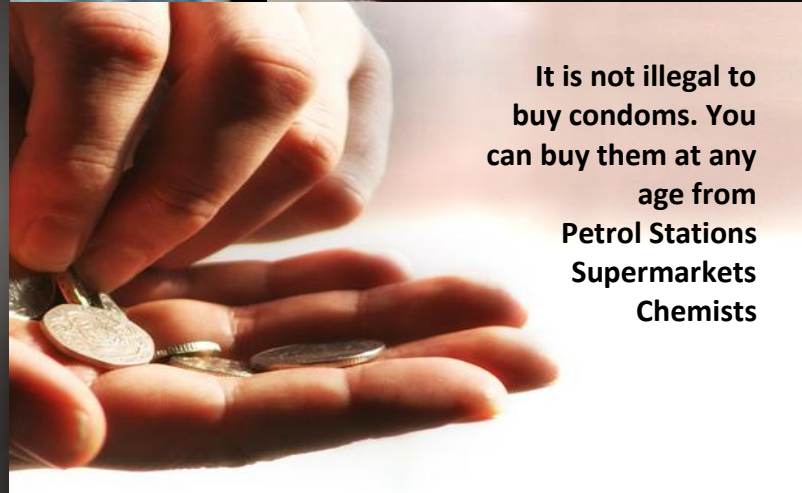
They will also stop you from getting sexually transmitted infections like Gonorrhoea, Genital Warts, Herpes, Syphilis and HIV, the virus that causes AIDS.



They come in all types of sizes, shapes and even flavours so sometimes it can be confusing. Don't worry though, as standard condoms are fine for most people.



It is not illegal to buy condoms. You can buy them at any age from
Petrol Stations
Supermarkets
Chemists



But you can also get condoms for

FREE!

Family Planning Clinics

Your Doctor

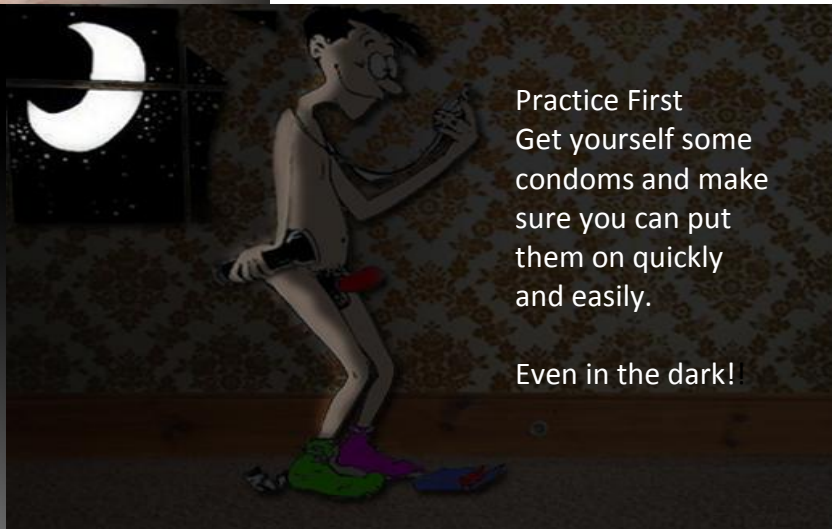


Whatever sort you buy, check they've got the British Kitemark or European Safety Mark.



Practice First
Get yourself some condoms and make sure you can put them on quickly and easily.

Even in the dark!





Take the condom out of its packet carefully. Don't use your nails or you may split the condom.



Find the end of the condom and gently squeeze the air out of the small teat at the end, this makes a space to catch the sperm.



Still holding the ends between thumb and forefinger roll the condom over the full length of the hard penis. Go right to the base of the penis.

Put the condom on early.

Sperm may leak from your penis even before you ejaculate.

Your penis must be fully erect (hard) when you put it on.



Be careful if your erection dwindles as the condom may slip off.



Never use baby oil or Vaseline with condoms, they rot the rubber.



Be careful how you take the condom out of the wrapper.

Sharp fingernails and rings can make holes.

Don't use your teeth!

As soon as you've come, withdraw slowly and carefully. Hold the condom very firmly in place at the base of your penis to stop it coming off.



Ease the condom off slowly, making sure that no sperm spills. Wrap the used condom and put it in the bin.



Don't put them down the toilet!



That's all folks!

Johnny Condom



The Song

 Available on iTunes