

# HOW TO PROPERLY USE A CONDOM

## INTERNAL CONDOM

- 1.Consent
- 2.Check package & expiration date
- 3.Open carefully
- 4.Pinch inner ring (8)
- 5.Insert
- 6.Party time!
- 7.To remove.. twist & pull - keeping contents inside
- 8.Dispose in trash can

## EXTERNAL CONDOM

- 1.Consent
- 2.Check package & expiration date
- 3.Open carefully - no teeth!
- 4.Check for the right side
- 5.Pinch the tip (and keep it pinched) and roll down to the base
- 6.No air inside
- 7.Action!
- 8.While removing the condom, hold condom at base - try to keep the contents inside
- 9.Dispose in the trash can, not the toilet

## SAFETY TIPS

STORE IN A COOL, DRY PLACE

LEAVE ROOM AT THE TIP

KEEP AWAY FROM SHARP OBJECTS

# LET'S TALK ABOUT

# CONDOMS

## PERKS OF USING AN INTERNAL CONDOM

WARMS TO YOUR BODY

INCREASES PLEASURE FOR BOTH PARTNERS

BARRIER METHOD FOR PEOPLE WITH DIFFERING ANATOMICAL NEEDS

## HOW TO FIND YOUR CORRECT CONDOM SIZE

1. USE SOFT MEASURING TAPE OR STRING THAT DOES NOT STRETCH

2. WRAP STRING AROUND THICKEST PART OF THE PENIS

3. STRAIGHTEN OUT STRING AND USE RULER TO MEASURE LENGTH OF STRING

4. AFTER FOLLOWING THE STEPS TO MEASURE YOUR GIRTH, FIND YOUR SIZE BELOW!

- 4 INCHES OR LESS USE SNUG FIT
- 4-5.1 INCHES USE STANDARD FIT
- 5.1 INCHES OR MORE USE LARGER FIT



### PROS

EFFECTIVE AGAINST STI'S

THEY OFFER PROTECTION AND PLEASURE

HELP OTHER METHODS OF BIRTH CONTROL WORK EVEN BETTER

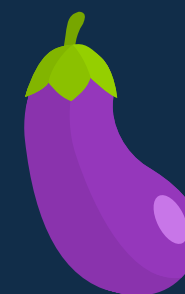
YOU HAVE TO USE A CONDOM EVERY TIME YOU HAVE SEX

CONDOMS CAN TAKE SOME GETTING USED TO

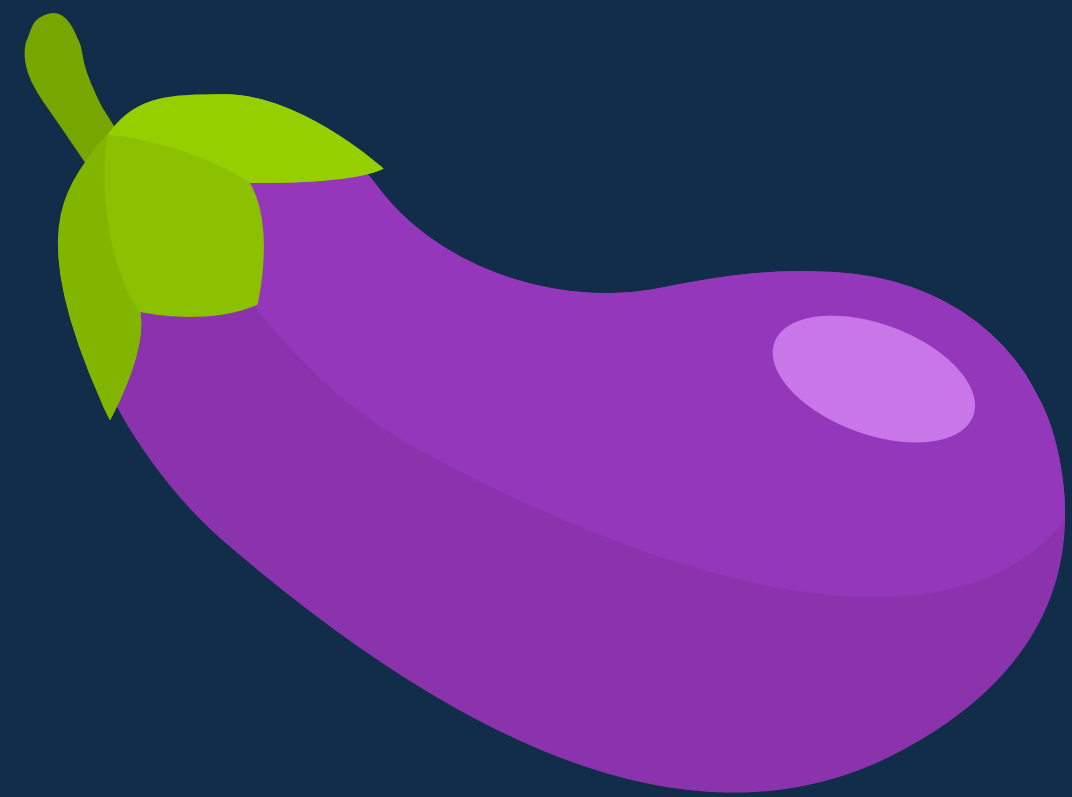
YOU HAVE TO USE A NEW ONE CORRECTLY EVERY SINGLE TIME



### CONS



LET'S TALK

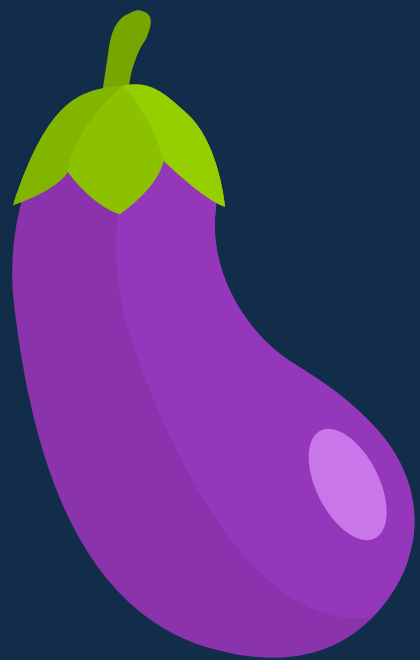
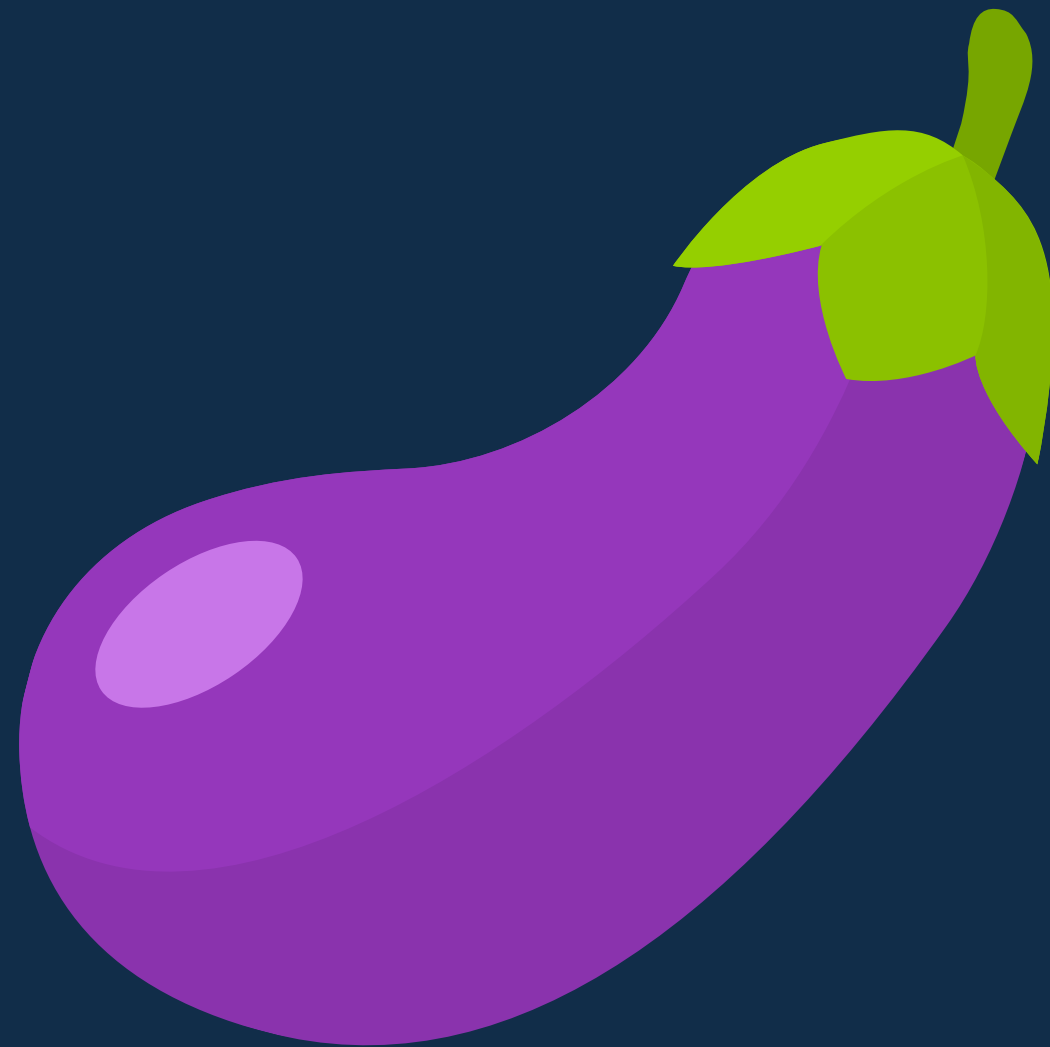
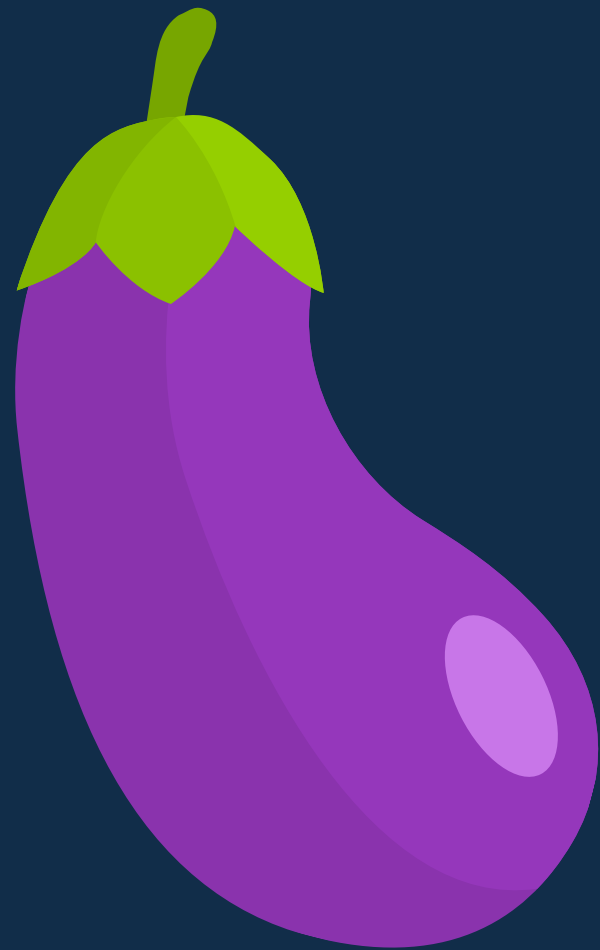


CONDO

KNOW ABOUT



COMES





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**HOW TO PROPERLY**

**USE A CONDOM**

**INTERNAL CONDOM**

**EXTERNAL CONDOM**



**SAFETY TIPS**

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