LET'S TALK ABOUT CONDOMS

PROS

- Effective against STI's
- They offer protection and pleasure
- Help other methods of birth control work even better

CONS

- You have to use a condom every time you have sex
- You have to use a new one correctly every single time
- Condoms can take some getting used to
- They have to be used every single time

SAFETY TIPS

- Store in a cool, dry place
- Leave room at the tip
- Keep away from sharp objects

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

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

HOW TO PROPERLY USE A CONDOM

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

PERKS OF USING AN INTERNAL CONDOM

- Warms to your body
- Increases pleasure for both partners
- Barrier method for people with differing anatomical needs

CONSENT

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- Open carefully - no teeth!
- Check for the right side
- Pinch the tip (and keep it pinched) and roll down to the base
- No air inside
- Action!
- While removing the condom, hold condom at base - try to keep the contents inside
- Dispose in the trash can, not the toilet
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.
HOW TO PROPERLY USE A CONDOM

INTERNAL CONDOM

EXTERNAL CONDOM
SAFETY TIPS
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STORE IN A COOL, DRY PLACE

LEAVE ROOM AT THE TIP

KEEP AWAY FROM SHARP OBJECTS
WARM TO YOUR BODY

INCREASES PLEASURE FOR BOTH PARTNERS

BARRIER METHOD FOR PEOPLE WITH DIFFERING ANATOMICAL NEEDS
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