

# CONDOMS

Condoms are made from very thin latex (rubber) and are designed to cover the penis. They stop fluids being transferred between you and your partner during sex.

Condoms and female condoms are the only methods of contraception that prevent pregnancy AND protect you from sexually transmitted infections (STIs). To stay safe, always use condoms on sex toys too!

## WHERE CAN YOU GET

## CONDOMS?

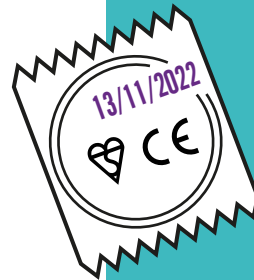
(even if you're under 16)

- ▶ Brook services (FREE)
- ▶ Sexual health clinics (FREE)
- ▶ Some GPs (FREE)
- ▶ Pharmacies
- ▶ Petrol stations
- ▶ Vending machines
- ▶ Online

DON'T FEEL  
EMBARRASSED!

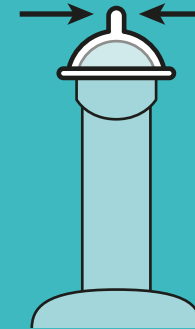


## 5 GOLDEN RULES



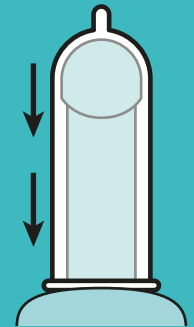
**1 CHECK** the expiry date, ensure there is a BSI kite mark or CE mark (a sign it is good quality) and no rips or holes in the pack.

**2 FEEL** the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside, so it looks like a little hat.

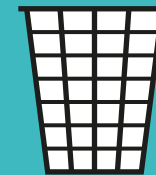


**3 PINCH** the tip of the condom and place on the head of the penis, allowing a little space at the top. This must be done before any sexual contact and only when the penis is hard.

**4 ROLL** the condom to the base of the penis using your other hand, and get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.



**5 WITHDRAW** the penis after ejaculation and before it gets soft, holding the condom at the base. Wrap the condom in tissue and throw it in the bin.



## DID YOU KNOW?



You can also get female condoms that work in the same way, but line the vagina.



## TALKING ABOUT CONDOMS

### WHEN?



The sooner you bring it up, the better. Then you can relax and you're more likely to use them when the time comes.

### HOW?

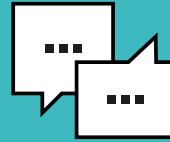
**Say it straight:** "If we're going to have sex, we're using condoms"

**Ask:** "Do you use condoms when you have sex?"

**Work it into conversation:** "My friend told me that their partner wouldn't use a condom"



### PRACTICE:



Think through the conversation in your head and imagine what the other person might say. Say it out loud or run it past a friend.

### BE CONFIDENT:



Remember you're being responsible and taking care of your own health. If they make a big deal about it, are they really the sort of person you want to be having sex with?

## DID YOU KNOW?



Never use a condom more than once; always get a new one! And don't use two condoms together, as this increases the chances of them splitting.

## WHAT IF THE CONDOM BREAKS?

(OR YOU FORGET  
TO USE ONE?)

**DON'T  
PANIC!**

### Step 1

#### GET EMERGENCY CONTRACEPTION (GIRLS ONLY)

This prevents pregnancy. Some can be used up to 5 days after unprotected sex, but the sooner the better. There are 2 types:



**Emergency contraceptive pill**  
(AKA 'morning after pill')

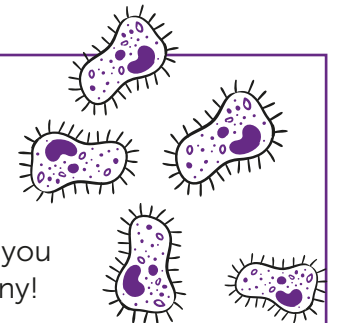
**Intrauterine device**  
(IUD)



### Step 2

#### GET TESTED FOR STIS

Don't wait for symptoms; you can have an STI without any!



Enter your postcode at [brook.org.uk/find-a-service](https://www.brook.org.uk/find-a-service) to find out what services are in your area.