

KNOW ABOUT CONDOMS?




Condoms are usually made from a very thin latex (latex free ones are also available) and are designed to stop bodily fluids being transferred between partners during sex. Both external condoms (placed over a penis) and internal ones (placed inside the vagina), are the only methods of contraception that can prevent pregnancies **AND** protect against sexually transmitted infections (STIs). External condoms are available in a range of sizes, so you can safely use one that's the right size for you.


TALKING ABOUT CONDOMS

It's a good idea to talk about using condoms with partners before any type of sex starts to happen. This way, you can feel more relaxed about it and are more likely to use them when the time comes.


Some people might feel embarrassed, or might find it awkward to talk about using condoms - the best thing is to just be direct and honest:



If we're going to have sex, we're using condoms.



So we can both enjoy this, we're going to use a condom.



Have you used condoms before? I want us to use them now.

REMEMBER

You have every right to use condoms when you want to. If a partner is refusing to use them, or makes you feel bad for wanting to, you might want to ask yourself if they are respecting what you want, and are they the type of person you want to be having sex with?

WHERE YOU CAN GET CONDOMS FROM (even if you're under 16)

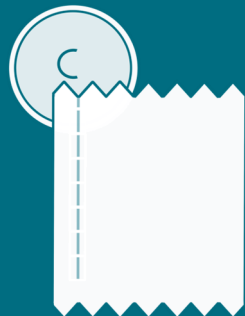
- Sexual Health Sheffield (free)
- Some GP practices (free)
- Some schools and colleges (free)
- Pharmacies, vending machines, supermarkets, online

THE GOLDEN RULES OF USING A CONDOM



1 **CHECK** the expiry date and that there is a BSI kite mark or CE mark which mean it is good quality and safe to use. If there are any rips or holes in the packet, do not use and get a new one.

2 **CAREFULLY** tear the packet open - it's safest to feel for the rim of the condom and push it to one side as you do this. Check the condom is the right way round with the rim on the outside.



3 **PINCH** the tip of the condom and place it on the head of the penis, allowing a little space at the top - this will stop any air bubble forming and must be done before any sexual contact. It can only be done when the penis is hard.



4 **ROLL** the condom to the base of the penis with your other hand (keep pinching the tip). You can remove any other air bubbles with your fingers.

Some people find applying some **water based** lube on the outside of the condom can make sex more pleasurable.



5 **DURING SEX** from time to time you might want to check that the condom hasn't slipped off or torn. If it has, stop having sex and consider what you might want to do next to prevent a pregnancy or to look after your sexual health.



6 **WITHDRAW** the penis carefully after ejaculation and before it gets soft, holding the condom at the base to make sure it doesn't slip off. Wrap the condom in tissue and then put it in the bin.

REMEMBER - Never use the same condom more than once, always get a new one every time you have sex. Never use two condoms together as this can increase the chances of them splitting.

If you are sharing sex toys, make sure you use a condom and change it between use.

WHAT TO DO IF THE CONDOM BREAKS (or if you forget to use one)

DON'T PANIC! There are a few things you can do to prevent a pregnancy, and to look after your sexual health.

1 GET EMERGENCY CONTRACEPTION

This prevents a pregnancy and some can be taken up to 5 days after sex, but the sooner the better. There are two types:

Emergency Contraception Pill (aka Morning After Pill)



Intrauterine Device



2 TAKE PREVENTATIVE ACTION

PEP (post-exposure prophylaxis) sometimes called PEPSE, is a course of treatment that can stop HIV taking hold if there has been a risk of transmission.

PEP needs to be started within 72 hours (ideally within 24 hours) to work.



3 GET TESTED FOR STIs



Some STIs can only be detected after a few weeks have passed, but don't wait for any symptoms to show as there may never be any!

Visit bit.ly/SHSheff to find out more about sexual health services in Sheffield.

