

Male Condom Demonstration

We all know about the risk of HIV and other STIs, and that there is no longer an excuse not to practice safer sex.

But even if you are motivated to use condoms, you might still be at risk because you are using it incorrectly. Incorrect use can lead to condom breakage or condoms slipping off during sex. And remember never to use any oil-based lubricants, such as vaseline or massage oil on a condom. Always check whether a lubricant has a water-base only.

Step 1:

Open the package carefully.



Step 2:

Put the condom on the tip of the erect penis.



Step 3:

Pinch the tip of the condom to remove any air from the tip.



Step 4:

Unroll the condom all the way to the base of the erect penis.



Step 5:

After ejaculating, hold the base of the condom and withdraw from your partner.



Step 6:

Knot the used condom and dispose of it in a safe container.



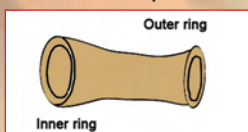
Femidom Demonstration

Are you motivated to practice safer sex but would like to try something different? Why not give the femidom a go.

Femidom have several advantages to male condoms: they are much stronger; can be inserted eight hours before intercourse and are more lubricated. Many women also feel that they are more in control of safer sex when using these condoms. Unlike male condoms, femidom are made from polyurethane and can therefore be used with oil-based lubricants. Unfortunately you might still be at risk of HIV or STIs if you are using it incorrectly.

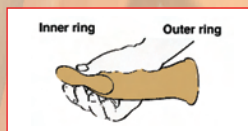
Step 1:

The open end covers the vagina and the inner ring is used for insertion and to hold the condom in place.



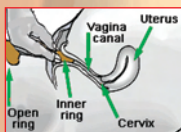
Step 2:

Hold the inner ring between your fingers and squeeze or twist the ring into a figure 8.



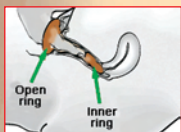
Step 3:

Push the inner ring into the vagina with your fingers (like you would a tampon).



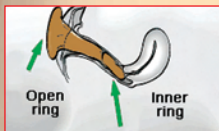
Step 4:

With your index finger, push the inner ring up as far as it can go.



Step 5:

The female condom is in place.



Step 6:

Remove the condom before standing up. Squeeze and twist the outer ring, pull gently, and dispose.

