

How to put on a condom



Condoms come in many varieties and sizes

Always check the expiry date which is printed on the condom packet



Carefully open the packet by tearing down from the jagged edge



Take the condom out of the packet.



Squeeze the tip of the condom to get rid of any air, then place it over the tip of the penis.

Roll the condom all the way down to the base of the penis. If it won't roll down, it's the wrong way round.



After sex while the penis is still erect hold the condom in place as you withdraw your penis then simply take the condom off.



Wrap the condom in a tissue and put in the bin.

Don't put it down the toilet because this can cause blockages.