

How to Use a Condom

Putting on a condom—the RIGHT way—is important! You need to know how to do it whether you are a guy or a girl. You can even use this sheet to teach a friend or someone you are having sex with. Remember: Better safe than sorry.

1. Talk to your partner. Tell him/her you want to use condoms.
2. Buy or get latex condoms.
3. Check the expiration date and package.
 - Do not use past expiration date.
 - Do not use if package is torn or damaged.
4. Open package carefully. Handle the condom with care.
5. Determine which way the condom unrolls. (Do not unroll the condom before putting it on.)
6. Pinch the top of the condom to squeeze air out.
7. Leave about 1/2 inch of room at the top to catch the semen.
8. Continuing to hold the tip of the condom, place it against the head of the erect penis.
9. Use your other hand to carefully unroll the condom over the penis, all the way down to the base.
10. After ejaculation, hold the rim of the condom around the base of the penis.
11. Take the penis out while it is still erect (hard).
12. Make sure the penis is away from the partner's body. Remove the condom.
13. Throw the used condom away in the trash—NOT in the toilet!

Never use a condom more than once.