

Condoms

So you think you know how to use a condom?

Since condoms can leak or break, they are not a sure guarantee against the HIV virus or other sexually transmitted diseases. However, they greatly reduce your risk if used properly. *Some simple do's and don'ts of using condoms are:*

- DO** check the expiration date and use them every time you have sexual intercourse.
- DO** put on the condom BEFORE you enter your partner or have genital to genital contact.
- DO** leave a space at the end of the condom and gently remove any air.
- DO** use plenty of water-soluble lubricant to prevent dryness.
- DO** use a fresh condom each time you have sex.
- DON'T** use oil or petroleum based lubricants such as baby oil, Vaseline or hand lotions. They cause the condom to quickly break.
- DON'T** store condoms in you car glove compartment or wallet.
- DON'T ever** reuse a condom.

The A-B-Cs of Putting on a condom

- A. With your thumb and forefinger, gently press any air out of the receptacle tip. (A dab of water soluble lubricant in the tip can solve the air problem and greatly increase sensation.)
- B. Unroll condom so that it covers the entire penis.
- C. After ejaculation, hold on to the rim of the condom as you withdraw and throw the condom away.

NOW YOU KNOW!

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Negotiating Condom Usage

If a partner says: "It spoils the mood."

Response: "It puts me in the mood" or "Not if I help." or "So does your attitude."

If your partner says: "You can't catch anything from me." Response: "If you love me respect my health." or "Condoms protect. Love doesn't." or "It's so sexy when you care."

If your partner says: "Just this once." Response:

"It only takes once." or "No way."

If your partner says: "It doesn't feel good." Response: "I'd feel better." or "When I feel safer. I go wild."

If your partner says: "It takes too long." Response: "I'll wait." or "What's the rush." or "I love when you take your time."

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