

# HOW TO USE A CONDOM

1

## CHECK THE EXPIRATION DATE

- Usually found on the back of the package in small writing:



2

## EXAMINE PACKAGE & OPEN CAREFULLY

- Check to make sure the package is in good shape, there is no clear damage or wear and tear.
- Teeth, fingernails, scissors, or anything sharp can damage the package- open it carefully!



3

## FIGURE OUT WHICH WAY CONDOM UNROLLS

- You can test this by putting the condom over a finger (or knuckle if you have longer fingernails). The correct way will roll down easily. It looks like a little rimmed hat.



4

## PINCH THE TIP, ROLL IT DOWN

- Pinch the tip of the condom with two fingers and a thumb- This prevents air from taking up space and leaves room for potential semen.



- Roll the condom all the way down to the base of the penis.



5

## VAGINAL, ANAL, OR ORAL SEX WITH CONDOM

- Keep the condom on the entire time during sex, continue to ensure there is consent!



6

## HOLD THE BASE, PULL OUT

- Some people may ejaculate, or cum, during sex. If someone ejaculates, take the penis out while it is still hard.
- Hold the rim of the condom around the base of the penis as it is being pulled out.

7

## TAKE OFF & THROW AWAY

- Make sure the penis is away from your partner's body before removing the condom.
- Throw the used condom away. Never use a condom more than once.

## CONDOM TIPS

- Keep condoms handy- store them near where you usually have sex
- Try lubrication to increase condom effectiveness and pleasure
  - Water-based lube can be added to the inside and outside of a condom
- Don't use oil-based lube like vaseline, coconut oil, or lotions
- Try several kinds to find what you like best.
  - Condoms come in a variety of sizes, textures, flavors, and types!
- Practice putting on a condom by yourself, before you're with a partner.

## CONDOMS ARE:

- **EFFECTIVE AT PREVENTING PREGNANCY**
- **EFFECTIVE AT PREVENTING STIS, LIKE HIV**
- **EASY TO GET**
- **EASY TO USE**

## MINNEAPOLIS SCHOOL BASED CLINICS

|                               |                     |
|-------------------------------|---------------------|
| <b>Edison:</b> Room 107       | <b>612-668-1321</b> |
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| <b>Henry:</b> Room 212        | <b>612-668-1944</b> |
| <b>Longfellow:</b> Room 126   | <b>612-668-4723</b> |
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## CONDOMS

### HOW TO USE THEM!



MINNEAPOLIS  
**SCHOOL BASED  
CLINICS** program

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