

How to Use a Condom

1. Check the condom package to make sure there are no holes in the package. If you find a hole discard the condom and use another.
2. Check expiration date. Never use an expired condom.
3. Use condom when penis is erect (hard), but before any sexual contact.
4. Take condom out of wrapper. Carefully tear open the top of the package so that you do not tear the condom.
5. Hold the tip of condom to squeeze out any air.
6. Roll condom down to base of the erect penis. Make sure it is secure.
7. Leave some space at the tip for ejaculation (cum).
8. After sex, hold the base of the penis and condom and pull the penis away from your partner.
9. Roll condom off penis.
10. Throw condom in a garbage can or bag. Never flush condoms down the toilet.

