

CONDOMS

Condoms are usually made from very thin latex (rubber) and are designed to cover the penis. They stop fluids being transferred between you and your partner during sex.

Condoms and internal condoms are the only methods of contraception that prevent pregnancy AND protect you from sexually transmitted infections (STIs). To stay safe, always use condoms on sex toys too!

WHERE CAN YOU GET CONDOMS?

(even if you're under 16)

- Brook services (FREE)
- Sexual health clinics (FREE)
- Some GPs (FREE)
- Pharmacies
- Petrol stations
- Vending machines
- Online

DON'T FEEL EMBARRASSED!

6 GOLDEN RULES

1 CHECK the expiry date, ensure there is a BSI Kitemark, CE or UKCA mark (a sign it is good quality) and no rips or holes in the pack.

2 FEEL the packet for the rim of the condom and push it to one side. Carefully tear the packet open on the other side. Check the condom is the right way around, with the rim on the outside, so it looks like a little hat.

3 PINCH the tip of the condom and place on the head of the penis, allowing a little space at the top. This must be done before any sexual contact and only when the penis is hard.

4 ROLL the condom to the base of the penis using your other hand, and get rid of any air bubbles with your fingers. For extra pleasure, you can apply some lube to the outside too.

5 WITHDRAW the penis after ejaculation and before it gets soft, holding the condom at the base. Wrap the condom in tissue and throw it in the bin.

6 NOTE: Only use water based lube. If you are allergic to latex, alternatives are available.

DID YOU KNOW?

If a condom feels uncomfortable, it's probably because you need a different size. Condoms come in a variety of sizes and materials so you can find one that works for you.

TALKING ABOUT CONDOMS

WHEN?

The sooner you bring it up, the better. Then you can relax and you're more likely to use them when the time comes.



HOW?

Say it straight: "If we're going to have sex, we're using condoms"

Ask: "Do you use condoms when you have sex?"

Work it into conversation: "My friend told me that their partner wouldn't use a condom"

PRACTICE:

Think through the conversation in your head and imagine what the other person might say. Say it out loud or run it past a friend.



BE CONFIDENT:

Remember you're being responsible and taking care of your own health. If they make a big deal about it, are they really the sort of person you want to be having sex with?



DID YOU KNOW?

Never use a condom more than once; always get a new one! And don't use two condoms together, as this increases the chances of them splitting.

WHAT IF THE CONDOM BREAKS?

(OR YOU FORGET TO USE ONE?)

DON'T PANIC!

GET EMERGENCY CONTRACEPTION

This prevents pregnancy. Some can be used up to five days after unprotected sex, but the sooner the better. There are two types:

Emergency contraceptive pill (aka 'morning after pill')

Intrauterine device (IUD)



GET TESTED FOR STIS

Take an STI test at least two weeks later. Don't wait for symptoms; you can have an STI without any!

Enter your postcode at brook.org.uk/find-a-service to find out what services are in your area.



GET PEP

If you think you are at risk of HIV, PEP (post-exposure prophylaxis) is a treatment that can stop HIV taking hold.

For PEP to work, you need to start it within 72 hours (three days) of the sex that put you at risk, and ideally within 24 hours.

