

Condom Cards



Talk with partner about the desire to use a condom	If you have foreskin, pull foreskin back
Buy/pick up free condoms	Put extra lubricant on and in the condom
Practise putting a condom on before having sex	Unroll condom all the way to the base
Check expiry date (often printed on the back of the condom)	Have sexual intercourse (vaginal or anal)
Check for air pocket in package by pushing condom to one side	Ejaculate into condom
Open package by pushing condom to one side and tearing open the side without the condom when it is clear that both want to have sex	Holding onto the base, pull penis out of vagina or anus
Check which way the condom unrolls using thumbs	Remove condom from penis and throw away in the garbage
Pinch the tip of the condom and place on penis	Use a new condom when engaging in another sexual activity