

Condom Demonstration Information

Section 1 – First Checks

- Check for British kite mark or European CE mark, to ensure that condom is certified to British and European Safety Standards.
- Check for expiry date; explain to young person that no condom should be used if it is out of date.
- Ensure condom package has not been tampered with or have any holes or rips; this is to ensure that the condom is not damaged, ripped or dried out.
- Condoms should be stored in a cold place. This is to ensure that the condom does not dry up in the heat. Condoms should be carefully stored in pockets and purses, avoiding sharp objects i.e. jewellery. They should not be kept in groin areas as your body heat can dry the condoms.
- A condom should only be used once because this is the standard it is manufactured to.
- If using lubricant you should only use water based lubricants (for example KY Jelly, Liquid Silk) anything that contains oil can actually damage the latex and cause a hole in the condom. Oily items include Vaseline, massage oils and baby oil.
- Only one condom should be used at a time, wearing two condoms only causes friction and can make a rip or hole in the condom.
- If you are using a femidom (female condom) you should not use a male condom as well, as this can cause friction and can make a rip in the condom.
- Different types of condoms are available. If you use flavoured condoms for oral sex, it is safer to change to a new condom before you have penetrative sex, in case it has been damaged in any way.
- You should use condoms on sex toys e.g. vibrators, as you can still pass on sexually transmitted infections. If you are allergic to latex you can get latex free condoms.

Section 2 – Correct Use Of Male Condoms

- Open packet carefully, gently squeeze closed end of packet and remove condom, please be aware of sharp finger nails, rough skin and sharp objects i.e. jewellery. This is to ensure that the condom is not torn in the process.
- Hold the closed end of the condom with the rim on the outside. Make sure the condom is the right way up, if it will not roll down very far or very easily it is the wrong way. Do not turn the condom over. You need to get a new condom.
- Squeeze air from the teat and hold till you place the condom onto the penis. This is to ensure that no air is left in the condom as this can cause the condom to split during intercourse.
- Unroll the condom onto the full length of an erect penis, still keeping hold of the teat. If you do not roll the condom the full length of the penis, this means you can still have skin contact, passing on any semen, sperm or sexually transmitted infections.

Section 3 – Removal & Disposal

- Removal of condom: Hold condom firmly in place at base of penis whilst withdrawing (this should be done as soon as ejaculation has occurred). This is to prevent spillage of any sperm and prevent any possibility of sperm entering the vagina. It is important to remember that sperm inside a female's body, can survive for up to seven days. Hands and genital area should be washed to ensure that no sperm remain on your body and that you maintain good hygiene levels.
- Wrap condom in tissue and dispose of it in a bin. This is to ensure that no spillages occur.
- Do not flush the condom down the toilet as the condom does not flush and will float on the top of the water. This could be very embarrassing. Eventually if it does flush it can actually block the drains.

Section 4 – When Things Go Wrong

- If you have had unprotected sex or the condom had split or come off during sexual intercourse, you can obtain emergency contraception to hopefully prevent any unintended pregnancies.
- Emergency contraception can be given to you free by a doctor, nurse, or pharmacist (see the list of sexual health services in Wolverhampton)
- It is most effective when taken as soon as possible, but must be taken within 120 hours. Alternatively, an emergency coil (IUD) can be fitted at a specialist service such as THINK.
- Emergency contraception should never be used as a form of contraception. It is only for emergency use.
- If you have had unprotected sexual intercourse (vagina or anal) you could also be at risk of acquiring a sexually transmitted infection, therefore a sexual health screen is recommended.
- Are you aware that if you have unprotected oral sex you might also be at risk of a sexually transmitted infection. Therefore, it is advisable to use a barrier method of protection such as a flavoured condom or a dental dam in the future.
- Condoms help to prevent sexually transmitted infections (STIs), however using a LARC method of contraception with a condom (Double Dutch) is the best way to protect against unwanted pregnancy.