

Internal condoms still have sell-by-dates and kite marks, and you should still make sure the packet has no rips or tears before using. You should use either an internal condom or an external condom. DO NOT use both!

Internal condoms are like external condoms but slightly bigger and are used by inserting them into a vagina instead of putting them over a penis. They contain a plastic ring, which is squeezed for insertion into the vagina. The ring then holds the condom in place inside the body.

INTERNAL CONDOMS

LATEX-FREE condoms instead of normal condoms. These are available from most of the places you can get latex condoms from.

You can be allergic to latex, the material condoms are made from. If you are allergic, you may experience sore, itchy skin after touching or using a condom. You just need to use a condom that works best for you and your partner. If a condom doesn't fit properly, it may not protect you during sex.

There are lots of different types of condoms—large ones, small ones, flavoured ones (for oral sex)...even glow in the dark ones! It is important to find the type that works best for you and your partner. If a condom doesn't fit properly, it may not protect you during sex.

TYPES OF CONDOMS

CONDOM FACTS

- Condoms are 98% effective, but only when used correctly. Condoms have been around a long, long time. The earliest known illustration of a man using a condom is a 12,000–15,000-year-old painting on the wall of a cave in France.
- There are lots of different sizes of condom, so size is never a valid excuse not to use one!
- Condoms used to be made from sheep's intestines, but these days are made from latex.

one at a time.

MYTH: It's safer if you use two condoms. **FACT:** No, it isn't. Using two condoms at once is actually a bad idea. It increases the chances of them ripping. Only use

MYTH: You don't need a condom if you're having oral sex. **FACT:** Yes, you do. You should use a condom for any type of sex, including oral and anal. STIs are sneaky and can survive in various parts of the body—including the throat!

MYTH: You have to be 16 to get condoms. **FACT:** No, you don't. You can get condoms at any age.

CONDOM MYTHS

FREE CONDOMS BY POST

If you live in Highland or Argyll & Bute, you can order free condoms by post or arrange a collection from us at Waverley Care. Condoms will be sent in plain packaging and your order information is always confidential.

Scan the QR code to order free condoms by post from Wave Highland.

Visit wavehighland.com for more information about a range of sexual health topics, including STIs, contraception and sex and the law.



Wave provides free information about sex and relationships to under 25s

www.wavehighland.com



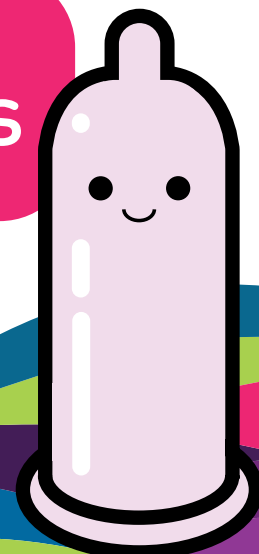
Wave is provided by Waverley Care (Scottish Charity No: SC036500)



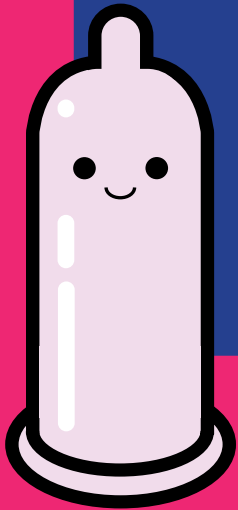
wave

Positive about Young People's Sexual Health and Relationships in Scotland

Wee Johnny's guide to Condoms



How to use condoms



Did you know?

Condoms are the only method of contraception that protects you against STIs as well as pregnancy. Even if you or your partner are using another method (ie. the pill or the implant, etc) you should use condoms too!

1 Before you open the packet, check...

- The sell-by-date.
- There is a kite mark for quality assurance.
- The packet has no rips or tears.



2 Make sure the condom is the correct way up

It should look like a little Mexican hat and unroll from the outside. If the condom is put on the wrong way, it will be hard to roll down the penis.



3 Pinch the tip!

The average penis ejaculates or 'cums' at approx. 31 mph! If there is air trapped in the tip of the condom, there is nowhere for that fluid to go, making it more likely for the condom to split or for the cum to escape down the side.



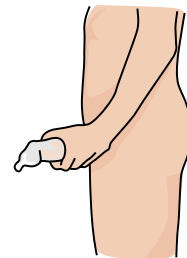
4 Keep pinching and roll

While pinching the air out of the tip with one hand, gently roll the condom down the penis with your other. Remember, a condom should be put on once the penis is fully erect but before contact with your partner.



5 After sex

Try to move away from your partner so your bodies aren't touching and take the condom off while the penis is still erect, making sure no fluid escapes.



Remember...

If you put a condom on the wrong way, you can't just turn it inside out to use it. Doing this can risk your sperm and possibly bacteria including STIs coming into contact with your partner. Always start again with a new condom.

Always throw a condom away in a bin. Flushing it away could block your toilet or the condom might float back up a few days later!



To watch a video of how to use a condom correctly, visit www.wavehighland.com