Why use condoms?

- To help stop pregnancy
- To help keep you and your partner/s safe from sexual infections

*Using condoms is the safest way to have sex*

What else do I need to know about condoms?

- You can buy condoms from supermarkets and pharmacies
- Talk about condoms with your partner/s before you have sex
- If you have a penis you can practise putting a condom on in private – if you need someone to demonstrate how to put on a condom contact PIP
- Use a new condom every time you have sex
- Only use water-based lubricant with condoms
- Never flush condoms down the toilet

*NOTE: the images used in this pamphlet are of plastic condom demonstrators*

What if….  

- We forgot to use a condom during sex
- The condom broke or slipped off the penis during sex

Then….  

- Visit a pharmacy or doctor as soon as possible.

If you have any questions about condoms and safer sex, you can contact:

**People 1st Programme (PIP)**  
70 Roe Street, Northbridge WA 6003  
Ph 08 9227 6414 | pip@shq.org.au  
people1stprogramme.com.au

**Sexual Health Helpline**  
Metropolitan callers 08 9227 6178  
Country callers 1800 198 205  
sexhelp@shq.org.au

shq.org.au

SHQ acknowledges the traditional owners of country throughout Australia and their continuing connection to land and community. In particular we acknowledge the Whadjuk people of the Noongar Nation who are the traditional owners of the land on which we are based.

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1. I feel ready and want to have sex
   I want to have sex with you too

2. Check the expiry date and open the condom packet carefully

3. Squeeze the air out of the condom tip

4. Hold the condom tip and unroll all the way down the erect (hard) penis

5. Put lubricant on the outside of the condom if you want to

6. Leave the condom on during sex

7. After sex, hold the condom and pull out the erect (hard) penis

8. Slide the condom off the penis and wipe the penis with tissues

9. Wrap the condom in tissues and put it in the bin

It is ok to say no if you don’t want to have sex