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 | info@pip.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 is on Whadjuk land. We acknowledge the traditional owners of country across Western Australia.

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Condoms for safer sex

A basic guide





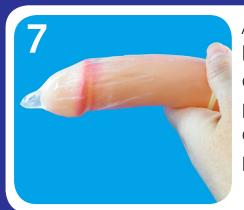
I feel ready and want to have sex

want to have sex with you too

Check you and your partner both want to have sex



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



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



Check the expiry date and open the condom packet carefully



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



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



Squeeze the air out of the condom tip



Leave the condom on during sex



Wrap the condom in tissues and put it in the bin