

## 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](mailto:info@pip.org.au)  
[people1stprogramme.com.au](http://people1stprogramme.com.au)

### Sexual Health Helpline

Metropolitan callers 08 9227 6178  
Country callers 1800 198 205  
[sexhelp@shq.org.au](mailto:sexhelp@shq.org.au)

[shq.org.au](http://shq.org.au)



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# Condoms for safer sex

## A basic guide



**1** I feel ready and want to have sex

Check you and your partner both 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

**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

**6**



Leave the condom on during sex

**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***