

**The Terrence Higgins Trust : hot sex now / designed by Graham Ogilvie.**

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**Publication/Creation**

1992

**Persistent URL**

<https://wellcomecollection.org/works/byfxwcmw>

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 The Terrence Higgins Trust

  
The Terrence Higgins Trust

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Telephone The Terrence Higgins Trust Helpline  
for information on Safer Sex and Safer Drug Use,  
on 071 - 242 1010 (3pm - 10pm daily).  
All calls are confidential.

GOOD QUALITY CONDOMS, USED PROPERLY, PROTECT BOTH PARTNERS DURING VAGINAL OR ANAL SEX.

HOW TO USE

1 THE RIGHT CHOICE

Always choose condoms with the 'Kitemark' on the box. Manufacturers still don't make a condom specifically for anal sex, so it's best to choose an 'extra strong' or 'super-strong' brand.



2 TEAR WITH CARE Open the foil wrapper carefully, not with scissors or your teeth.

3 ROLL ON Holding the rolled-up condom against the end of the erect cock, squeeze the end of the condom with one hand, and unroll it all the way down to the base of the cock with your other hand.



4 LUBE UP You may need extra lubricant - and it's essential for anal sex. Avoid oily lubes like hand-cream, vaseline, massage oil or butter - these quickly weaken the rubber, making the condom more likely to burst or leak. Stick to water based ones like KY.



5 HOLD TIGHT When you pull out, hold the rim of the condom tight at the base of the cock. This will stop the condom slipping off inside your partner or any sperm being spilt.



6 IN THE BIN Wrap the used condom in a tissue and throw it in the bin - rather than risk blocking the toilet... Condoms are not reuseable!

SAFER SEX NOW

CONDOMS !!!

Condoms come in a range of colours, flavours and styles and one size fits all.

Stick to kite-marked brands which are tested for quality. Exotic condoms, such as luminous or knobbly ones aren't made to a high enough standard.

But whatever your favourite, British kite-marked varieties are available.

ENJOY SAFER SEX

HOT SEX NOW

WHY USE CONDOMS?

HIV, the virus that can cause AIDS, is present in the blood semen and vaginal fluids of infected people. The virus can be passed from either partner to the other during vaginal or anal sex without using a condom.

Oral sex carries only a low risk, even if you don't use condoms. But if you want to be extra careful, try using flavoured condoms or latex squares ('dental dams') as barriers.

ENJOY SAFER SEX

If you've never used condoms before, or not used them for a while, try practising on your own first. That way you'll feel more confident - and be better at it - when you use condoms for real.

