

Be proud, sexy, safe ... : condoms are fucking safer / Terrence Higgins Trust.

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Terrence Higgins Trust

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LUBRICANT



GONDOM

**BE PROUD
SEXY
SAFE**

 The Terrence Higgins Trust

**BE PROUD
SEXY
SAFE
WITH
ME**

THREE OVER ONE
071 - 326 1859



Design &
Artwork

CONDOMS ARE FUCKING SAFER

The main risk of transmitting HIV, the virus that can cause AIDS, is through fucking or being fucked. This is because the virus can easily get into your body through the sensitive linings of your arse or your dick. You can cut down the risks in fucking by using condoms as long as they are good quality and used properly.

CONDOMS:

When choosing condoms look out for thicker or stronger condoms with the British Standard "Kitemark". Check the sell-by date and store them away from hot or damp places. Remember to avoid oil-based lubes (such as "Vaseline" or "Crisco") as the oil weakens the rubber. Never use a condom more than once.

1



Remember to use thicker or stronger condoms with the British Standard "Kitemark". Open the packet carefully, not with your teeth.

2



Press air out of the tip and unroll the condom all the way down the hard cock. If you are uncircumcised remember to pull back the foreskin before putting the condom on.

3



Lube up with lots of water-based lubricant (such as KY, Wet Stuff) on the condom and up the arse.

4



Whilst fucking, from time to time check to see if the condom is still in one piece and when you withdraw hold the condom tight to the base of your cock.

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

Enjoy Safer Sex

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LONDON LESBIAN & GAY SWITCHBOARD 071 837 7324

NATIONAL AIDS HELPLINE 0800 567 123

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