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Contributors

Brook Advisory Centres

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Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
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ROLL WITH IT!

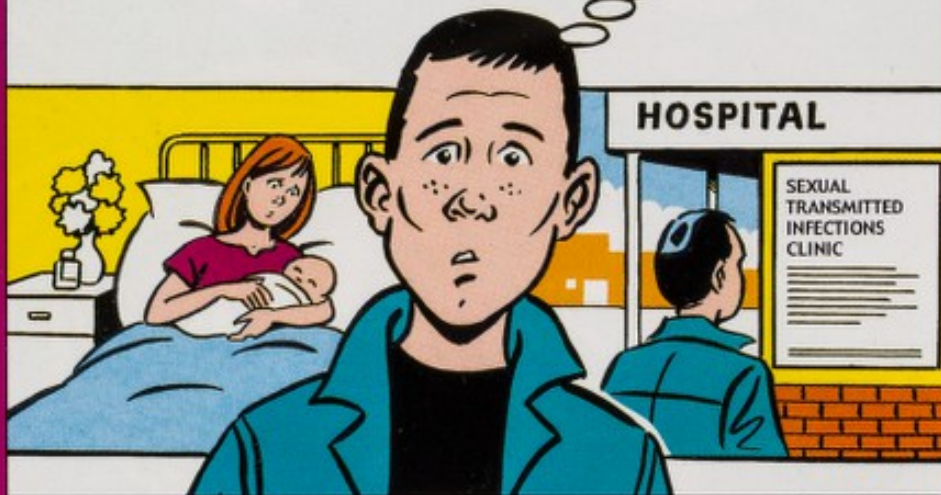


*A real guide to
enjoying using condoms*

WHY WOULD I WANT TO USE A CONDOM?

You don't want to be a Dad just yet.
Fatherhood is a big step!

WHY WOULD I WANT
TO USE A CONDOM?



You don't want to get (or pass on) any sex infection like Chlamydia, genital warts, Herpes or HIV (the virus that causes AIDS). Especially as you can't usually tell if you or your partner has an infection.

You want to show your girlfriend/
partner that you can take your share of
the responsibility for avoiding
pregnancy or infection.

WHAT DO I NEED TO KNOW ABOUT CONDOMS?

Condoms, so long as you use them properly, are good at protecting you against sexually transmitted infections and against pregnancy.

Condoms come in different shapes and sizes because so do men's penises. It helps to try a variety of the condoms available so that you can decide which one suits you best. Some may feel secure, tight or loose, some more or less sensitive. No one sort suits everyone. Just experiment on your own until you find the best one for you.

Whichever one you pick, make sure it has the British Kitemark (EN 600:1996) as well as the CE Mark. This means they've been tested and you can rely on them.



REMEMBER!
Always use a kitemarked condom for vaginal or anal sex (front or back passage). 'Extra Strong' condoms are best for anal sex.

Most condoms have a slippery coating (lubrication) to help make sex comfortable and feel natural. Usually lubrication will contain a spermicide - this zaps the sperm so they can't move. This acts as a back-up in the unlikely event that the condom splits. (Extra lubrication - see later)



Flavoured condoms are OK for oral sex ('blow jobs' or 'sucking off') but if you are going to use them for having sex ('shagging' or 'doing it') make sure they've got a kitemark. 'Novelty' condoms, with rat's heads and devil's horns, are just a gimmick for a laugh. NOT for use in sex!!



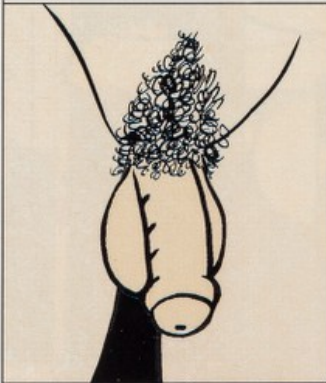
Know how to use a condom before you need to, it saves a lot of hassle.

WHERE DO I GET THEM FROM?

- For many people condoms are now part of everyday life.
- You can buy them from chemists, supermarkets, petrol stations, vending machines in colleges and public toilets and by mail order.
- You can also get them FREE from some doctors (GPs) and from young people's advice centres like Brook, family planning clinics, GUM Clinics (GUM is nothing to do with your teeth! It stands for Genito-Urinary Medicine which is where you can go if you think you have a sex infection).
- To find out about your local services look in your phone book or contact
 - Brook Advisory Centres (0800 0185 023 - freephone supplied by MCI WorldCom);
 - Contraceptive Education Service (0171 837 4044);
 - Sexwise (0800 282930) or
 - The Site (<http://www.thesite.org.uk>)
- You do not have to be over 16 to buy or get condoms.

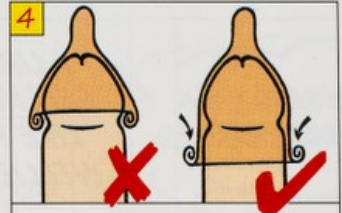
HOW DO I MAKE SURE THEY WILL WORK OK?

1 Do not try to put the condom on when your penis is soft.



Wait for the penis to go hard (get an erection)

3 Take the condom out of its wrapper (take care not to tear it or make holes in it by using your teeth! Sharp fingernails and rings may also cause rips.)



Check that it is the right way round - do this by seeing which way it will unroll. IF YOU HAVE PROBLEMS, IT'S PROBABLY ON INSIDE OUT! so, start again with a new condom.

The one you just used may now have a few million sperm on the outside.



5 With one hand squeeze the closed end, the 'teat', between finger and thumb to get rid of the air and leave a space at the end to collect the sperm.

6 Holding the teat with one hand, place the condom over the end of the penis. With your other hand unroll the condom right down to the base.



7 Check that the condom doesn't slip off you while you are inside your partner. As soon as you come (ejaculate, 'shoot off'), you should withdraw (take your penis out of your partner's body). Make sure that you hold the condom at the base of the penis to stop it coming off!



8 Take the condom off and wrap it in a tissue and put in the bin, NOT down the toilet. NEVER use the same condom again. A used condom could be an infection hazard, so be considerate - don't leave them lying around!

If things go wrong when using a condom, it's usually because the instructions haven't been followed carefully, or not being used to using them - Check it out first!

HANG ON A MINUTE... SOME OF MY FRIENDS SAY...



(It's too loose, or too uncomfortable)

There are lots of different shapes and sizes. You need to experiment until you find one that suits you.



Don't worry, everyone is to start with!

There are instructions in every packet and you can build up your confidence by practising with condoms on your own before having sex.



Condoms today are very thin and sensitive. Just try a few until you find one that suits you best.

If you like 'natural', remember that pregnancy and sex infections are very 'natural' results of unprotected sex.

GIRLS THAT CARRY CONDOMS ARE EASY!



Boys AND girls carry condoms because they don't want to get an infection or get pregnant.

That's all there is to it. By the way, it can be a LOT of fun if your partner is happy to put the condom on for you.



There are also condoms for women called, surprisingly enough, female condoms. These are the same length as male condoms but a bit wider because they work by lining the inside of the vagina. If your girlfriend is carrying these and you haven't seen them before, don't blow your cool.

Such a response will be a total turn off. Just go with the flow and keep an open mind. Like using male condoms, it takes a few goes to get used to using them.



If you believe unintended pregnancy or getting an infection can't happen to you, you're in for a nasty surprise. This country has the highest rate of teenage pregnancy in Europe - it happens to young people just like you!

And 1 in 10 young people are thought to have Chlamydia, the most common sex infection.

IF YOU'RE CAREFUL - YOU USE CONDOMS!



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WHAT IF IT DOES GO WRONG?

• If the condom you are using slips off or splits while you are inside your partner, tell them what has happened.

• Both of you can check out the risk of infection at a GUM clinic.

• And a girlfriend can get emergency contraception from a doctor up to 72 hours after sex but the sooner she takes it the better. (Offer to go with her for support.)

COOL CONDOM TIPS

- ✓ Always choose a condom with the British Standards Institute (BSI) kitemark and the European (CE) mark.
 - ✓ Check the 'use by' date on the outer packet. Condoms don't last forever.
 - ✓ For double protection use the condom AND the pill (the Double Dutch method). Or use an extra strong condom.
 - ✓ Keep your condoms in a cool, dry place. Heat can damage them.
 - ✓ Going abroad on holiday? Get your condoms first - asking in a foreign language can be tricky.
 - ✓ Always carry your own condoms and keep a supply handy.
 - ✓ Always put a condom on well before you start to have sex or touch your partner's genitals. You might not notice but some semen comes out of the penis before you 'come'.
 - ✓ Hold the condom on your penis after 'doing it' so it doesn't slip off while you're withdrawing.
 - ✓ Extra lubricant cuts the risk of a condom splitting AND it feels good!
- ONLY use water based lubricants - get them from chemists and supermarkets. NEVER use anything that's oil-based - it damages the condom!
- ✓ 'Gel charging' (putting extra lubricant into the end of the condom before you roll it on) can feel even better!
 - ✓ The female condom and a new type of male condom are made of polyurethane so you can use any kind of lubricant with them. If in doubt, stick with water-based lubricants.

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