

## **The cool lovers guide to slick condom use / Brook Publications.**

### **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](mailto:library@wellcomecollection.org)  
<https://wellcomecollection.org>

# the cool lovers guide to slick CONDOM USE





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**DOUBLE DUTCH**

(in perfect form)

MAXIMUM PROTECTION FOR SAFER SEX

**A CONDOM + THE PILL = DOUBLE DUTCH**

(in perfect form) OR ANOTHER CONTRACEPTIVE (in perfect form)

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**A CONDOM**

(in perfect form)

MAXIMUM PROTECTION FOR SAFER SEX



# HOW TO AVOID LOOKING A PRAT!



- Always use condoms with a BSI kitemark on the pack. Don't use after the use-by date.
- Remove any rings or rough edges of fingernails which might split the rubber.
- If the inner package round the condom is damaged in any way, do not use it. Open the package carefully so as not to damage the condom inside.
- Check that the condom will unroll - the teat end might be inside out!
- Use a water based lubricant if you need it - like KY Jelly or Senselle. DO NOT use Vaseline, baby oil, cosmetic creams, massage oil or other oil-based lubricant or creams with a condom because they can perish rubber within minutes.
- Never use a condom more than once.
- If the condom splits or you forget to use it, act quickly. Ask about emergency contraception at your local Brook Centre, young people's clinic or family doctor's surgery. You must go within 3 days but seek help anyway as soon as possible.
- What you say to a doctor is confidential.

## REMEMBER!

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### COOL LOVERS USE A CONDOM - ALWAYS!

- Everyone is at risk from HIV - and other sexually transmitted infections too. So, if and when you have sexual intercourse, always (and that means always!) use a condom.
- You can start a pregnancy even the first time you have sexual intercourse. So, if you want to avoid a pregnancy, she should use another reliable method of contraception as well.

### COOL LOVERS ARE SLICK CONDOM USERS - EVEN THE 'FIRST TIME'!

- A condom is easy to use - once you've got the hang of it.
- Practice makes perfect, so learn how to use one before you need one for real.
- And think about how you'll remind your partner that we all need to protect ourselves.

### COOL LOVERS CARE ENOUGH TO GO ON PROTECTING EACH OTHER!

- Even in a steady relationship, you need to use a condom. Some infections can hang around in your body a long time without showing any signs.
- You can learn more about using condoms and you can get free advice and supplies for all methods of contraception at your local Brook Advisory Centre, young people's clinic or family planning clinic.

**Phone the BROOK HELPLINE: 0171 617 8000 (normal call charges) for recorded information 24 hours a day on:**

- Contraception
- Pregnancy
- Abortion
- Sexually transmitted infections
- Emergency contraception (up to 5 days after sex)

**For information on AIDS (24 hours a day) phone the special AIDS HELPLINE (free): 0800 567123**

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# Brook

Publications

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Brook Advisory Centres provide free condoms, birth control advice and supplies, pregnancy testing and counselling for young people.

There are Brook Centres in England, Scotland and Northern Ireland.  
Ring: 0171-713 9000 for details of your nearest Brook Centre or young people's birth control service.