

**A guide to good healthy sex : first time, every time : get it on / Durex
Information Service for Sexual Health.**

Contributors

Durex Information Service for Sexual Health

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a guide to

good healthy

sex

first time | every time



WHAT'S THE BIG DEAL?

If it is the first or 50th time you are about to have sex, and whoever your partner is, having SAFER SEX is always a must.

SAFER SEX is about using condoms and protecting against pregnancy whilst helping to avoid HIV/AIDS and other sexually transmitted diseases (STDs) such as gonorrhoea, syphilis & chlamydia. Condoms may also help to protect against cervical cancer, (cancer of the opening to the womb). By helping to prevent the exchange of semen and vaginal fluids, condoms are able to help protect against all of these things.

WHAT WILL MY

PARTNER THINK?

Having sex for the first time, or with a new partner can be exciting and scary... and bringing up the subject of Safer Sex & using condoms, may be embarrassing. Try talking to your partner about your concerns – they might have concerns too.

SAFER SEX - FOR

HOW LONG?

No matter how long you have been together, it is advisable to continue wearing condoms as you will be helping to protect against infections such as chlamydia and genital warts. Some STDs are difficult to detect as they don't have obvious symptoms. Even if you both had an HIV test and are negative (you don't have the virus) it doesn't mean to say you won't be at risk from other infections. Don't rely on luck, continue practising SAFER SEX.



SAFER SEX CHECK OUT WHAT'S FUN & SAFE



Using a condom when having penetrative sex - the only method which when used consistently can protect against HIV and other STDs



Oral sex using flavoured condoms - they give extra protection against swallowing semen, or semen getting in to your bloodstream if you have cuts or sores in your mouth



Kissing & cuddling - always have your condoms handy in case you get horny!



Massage - be careful, oils rot condoms



Mutual masturbation

- playing with each others vagina/penis at the same time - make sure you don't have any open cuts or sores, in case body fluids are exchanged. You could include putting a condom on as part of the fun of masturbating

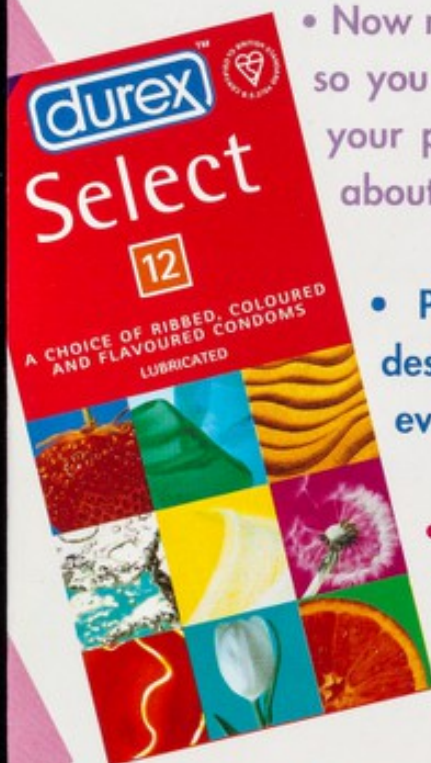


If you wish to use a lubricant to add pleasure to penetration, always use a WATER-BASED one like DUREX SENSELLE (see our leaflet on lubricants for further information). Don't forget that lipstick could be oil-based.

NEW

SAFER SEX WITH

NEW, FUN DUREX CONDOMS



- Now made with improved latex so you can really feel & protect your partner (no more excuses about not feeling anything).
- Plenty of fun colours & designs to meet the needs of everyone.
- Tasty flavoured condoms for oral sex – you'll be surprised how good they are.
- Some condoms have a spermicidal agent in the lubricant for extra safety. This can act as a safeguard if spillage or slipping occurs. But don't forget you will need to seek emergency contraception.



- All DUREX condoms are made from hypo-allergenic natural rubber latex.
- DUREX condoms are easy to buy from vending machines in pub/club loos, petrol stations, chemists, drug stores, supermarkets and some off-licences. Also available from Family Planning and Genito Urinary Medicine (GUM) Clinics.
- They all have a 'use by' date on each foil. Do check it beforehand.
- Each packet of DUREX condoms comes with full instructions on how to use them – if you follow these, you shouldn't have any problems. However, if you need more advice do speak to a nurse at a family planning clinic. See the help section on the back of this leaflet to find out where to go for help.

REMEMBER...

**No other
contraceptive
helps to protect
against HIV,
other STDs &
having babies.**

KEEPING THE FLOW...

Putting the condom on together could be part of the excitement of making love – then there are no excuses about interrupting things.

FUN WITH CONDOMS

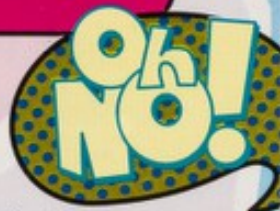
Condoms flying across the room may be a laugh, but could interrupt things – why not practice putting them on cucumbers or bananas, it could save disappointing your partner.

RISKY SEX



Having penetrative sex without a condom -

condoms are the only method which help to protect against HIV and other STDs.



Using withdrawal as a method -

pulling the penis out just before coming without using anything – risk of pregnancy & infection.



Having oral sex without a condom -

using condoms help to prevent bodily fluids being exchanged.



Sharing vibrators or sex toys without a condom - you could exchange semen or vaginal fluids.



OTHER ACTIVITIES?

Be careful with rings or sharp jewellery contacting condoms, they can tear the condom

WHERE TO GO FOR HELP

If you have had unprotected sex or a mishap with your contraception and you are worried about pregnancy, emergency contraception is available from GP's, Brook Advisory Centres, Family Planning and GUM Clinics. Phone or go for advice as soon as possible, but within 72 hours from unprotected sexual intercourse. You could ring the Family Planning Association (FPA) or Brook Advisory for your nearest clinic/centre for advice and contraception.

FPA Tel: 0171 636 7866

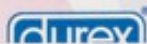
Mon-Thurs 9.00am-5.00pm
& Fri 9.00am-4.30pm

Brook Advisory Centre

Tel: 0171 713 9000

Mon-Thurs 9.00am-5.00pm
& Fri 9.00am-3.30pm

If you are worried about STDs, go to a Genito Urinary Medicine (GUM) Clinic. They are usually attached to a General Hospital, and offer free and confidential advice. Look in the Yellow Pages phone book under CLINICS, for your nearest one. Always phone for opening times.



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Notes:

**This leaflet is recyclable, pass it on
to your partner.**



quality without compromise

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