

Freedoms are coming... / Camden & Islington Health Promotion Service.

Contributors

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freedoms™
are coming...

how to use a condom...



1 Check the expiry date.
Open carefully.
Don't bite the packet.

Medical advice states that condoms are the single most effective preventive measure in helping to prevent the spread of HIV, and other sexually transmitted infections, and to reduce the risk of pregnancy. 98% protection against HIV or pregnancy.



2 Hold condom by test or closed end.
Pull back foreskin.
Roll condom over cock head, squeezing air out to make room for the cum.



3 Unroll condom to the base of your cock.
Add extra lube to the condom and up his arse.
Check condom is in place while fucking.



4 After you cum hold condom and pull out while still hard.
Bin it, don't flush it.

freedoms.org.uk

Illustration: Sarah Foster design: Neil Fisher
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