

**Are you the sensitive type? : Some people find strong condoms spoil their enjoyment of sex. Any thickness of condom can protect you and your partner from HIV ... / GMFA, London's Gay Men's HIV Prevention Partnership.**

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## Are you the sensitive type?



Some people find strong condoms spoil their enjoyment of sex. Any thickness of condom can protect you and your partner from HIV so find the one that suits you best. Use loads of silicone or water-based lube and change the condom if you're having a long session.

We recommend that gay men use condoms with a kitemark.   
Avoid condoms with spermicidal lubricants, such as Nonoxynol 9, as they can cause irritation. Boxes of strong, regular, extra large and trim condoms are available at low prices from Freedoms. Call 020 7530 3941 or order online at [www.freedoms-shop.com](http://www.freedoms-shop.com)

## More sensitivity – Just as safe

For more information about condoms and sex visit [www.metromate.org.uk](http://www.metromate.org.uk)

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