

SAFE SEX



The best form of contraception for STIs (and prevention of pregnancy) are condoms, with a 98% effectiveness rating when used properly and consistently.

In order to make sure they are as effective as they can be, the advice remains:

- practice putting them on to avoid tears or splits
- avoid the condom touching jewellery or sharp fingernails in case of tears
- do not open the packet with teeth
- make them a part of foreplay in order to avoid interrupting sex
- when removing the condom, the man should have ejaculated but the penis should still be hard and the condom must be held in place
- don't use oil-based lube with latex condoms as it can damage the condom and make it ineffective
- not using enough lube during gay sex can damage the condom
- don't allow the penis to touch the vaginal area before a condom is put on
- check the use-by date beforehand
- store them in the correct conditions (which will be provided on the box)
- having a long session with the same condom could potentially wear it down