

# TALKING IS POWER: CONDOM STEPS



Practicing safe sex is important for staying healthy and reducing the risk of STIs, HIV, and pregnancy. Here are simple steps to correctly use a condom.

Text "EMPOWER" to 94449  
#TALKINGISPOWER  
#HEALTHYNATIVEYOUTH

## BUY LATEX CONDOM



### 1. Buy a latex condom

Latex condoms can be purchased at grocery stores, pharmacies, and gas stations

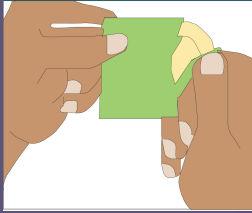
## CHECK EXPIRATION DATE



### 2. Check expiration date

An expired condom is drier and weaker, so it's more likely to break putting you at risk

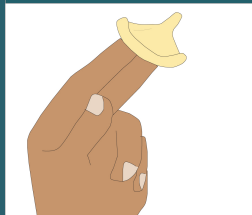
## CAREFULLY OPEN PACKAGE



### 3. Carefully open package with your hands

Don't use scissors, your teeth or any sharp object to prevent any damage

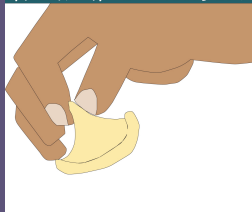
## UNROLL CONDOM SLIGHTLY



### 4. Unroll the condom slightly

Make sure the condom is unrolled in the right direction

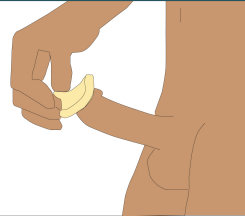
## PINCH TIP OF CONDOM



### 5. Pinch tip of condom

Pinch the tip of the condom to create space for the semen to go after ejaculation

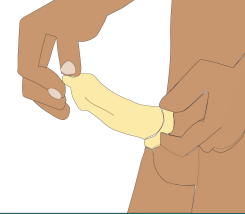
## PUT ON TIP OF PENIS



### 6. Put condom on the tip of the penis

Place on the tip of the erect penis while pinching the tip of the condom

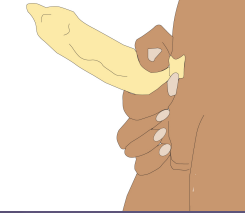
## ROLL DOWN TO BASE



### 7. Roll all the way down to the base

Condom should easily unroll down the penis. If you find that it's backwards, throw it away and start over

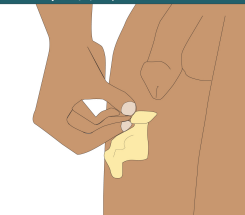
## HOLD CONDOM WHEN PULLING OUT



### 8. Hold the condom when pulling out

Grasp the condom with one hand and pull out to prevent the condom from slipping off or spilling

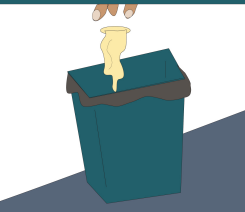
## ROLL IT OFF



### 9. Roll it off

Make sure to hold the rim tightly so the fluids don't spill

## THROW USED CONDOM AWAY



### 10. Throw used condom away

Dispose of the used condom in the garbage