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.

1. **Buy a latex condom**
   - Latex condoms can be purchased at grocery stores, pharmacies, and gas stations.

2. **Check expiration date**
   - An expired condom is drier and weaker, so it’s more likely to break, putting you at risk.

3. **Carefully open package with your hands**
   - Don’t use scissors, your teeth or any sharp object to prevent any damage.

4. **Unroll the condom slightly**
   - Make sure the condom is unrolled in the right direction.

5. **Pinch tip of condom**
   - Pinch the tip of the condom to create space for the semen to go after ejaculation.

6. **Put condom on the tip of the penis**
   - Place on the tip of the erect penis while pinching the tip of the condom.

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.

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.

9. **Roll it off**
   - Make sure to hold the rim tightly so the fluids don’t spill.

10. **Throw used condom away**
    - Dispose of the used condom in the garbage.

Text "EMPOWER" to 94449

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