

## Put a Condom On the Right Way!

After receiving SOBER CONSENT:

1. Check expiration date and check if condom has air pocket in center
    - ◆ A good condom will always have an air pocket in the middle of it
  2. Arousal/Foreplay
  3. Erection
  4. Push condom to one side of package and open carefully along perforated edge
    1. Do NOT use your teeth, scissors or any other sharp object to open
    2. Be aware of fingernails and jewelry
  5. Visibly inspect condom for any obvious holes or perforations and to see if you are about to roll the condom on the right way.
  6. Dab a TINY amount of water-based lubricant inside the condom or on the tip of the penis
    - ◆ REMEMBER that oil-based lubricants will break down the latex and cause the condom to break!
  7. Pinch the tip of the condom (to create a space for the ejaculate to go)
  8. Place condom (with tip pinched) on tip of erect penis
  9. Roll condom ALL the way to the BASE of the penis
    - ◆ If you accidentally put condom on upside down (i.e., it will not roll down the penis), THROW THE CONDOM AWAY and get a NEW one – DO NOT continue to use the same condom!
  10. Smooth out air bubbles
  11. Consensual Sex (oral, vaginal or anal)
  12. Ejaculation
  13. Hold base of condom and withdraw penis BEFORE loss of erection
  14. Take condom off carefully and AWAY from your partner
  15. Throw condom away in the trash can (do NOT flush down the toilet)!
  16. Wash hands with soap and water
  17. Repeat these steps for each and every sex act
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You can also create a dam by:

1. Cutting the tip off of a condom and cutting the condom length-wise.
2. Cutting the fingers off of a latex glove and cutting the glove up the thumbs.
3. Using a piece of non-microwavable saran wrap.