

# How to use a condom

## Safer Sex

Condoms used properly help prevent HIV and other sexually transmitted infections being passed on. Wearing a condom for fucking is one of the main ways of preventing HIV being passed on. Some people also use condoms for oral sex. For more information about safer sex and STI's look at the resources on the rest of the Yorkshire MESMAC website.

## Putting a condom on

When the cock is hard place a rolled up condom on the head of the cock. Squeeze out the air from the end of the condom (to make room for any cum), and unroll the condom to the base of the penis and use plenty of **water-based** lubricant on the outside of the condom. After coming, hold onto the base of the condom firmly (to stop any cum leaking), and then pull out. Use each condom only once.

Getting used to putting a condom on and the feeling of wearing a condom can take some time. Many men practise using condoms when they wank so they can get used to the feeling and learn how to use a condom properly.

## Problems using condoms

Some men may experience the condom splitting or breaking when they're fucking. Usually it is down to the way the condom has been handled, stored or worn.

Here are a few tips to help prevent this from happening in the future.

### 1 – Lube me up!

Only water-based (and some silicone-based) lube is okay to use with latex condoms. Most lubricants that are suitable for use with condoms will say something like 'condom safe' on the packing. The ID Glide lubricant Yorkshire MESMAC supplies is safe to use on condoms.

Using plenty of lube both on the condom and up the arse of the man being fucked means that condoms are less likely to split or tear than just using lube on the condom alone. Lube up the arse and on the condom can also help stop the condom slipping off. You should avoid lubricating your cock before putting a condom on as this makes it more likely that the condom will slide off whilst fucking.

### 2 – Try it on for size

As well as making it a bit harder to keep your hard-on, using a condom that's too small for your cock can make it more likely to break. Condoms come in a range of sizes and fits so you can find one, which is right for you. Yorkshire MESMAC supplies standard fit condoms. For different types and sizes your local chemist should be able to help.

### **3 – All change**

Just like you, condoms can get worn out after fucking for a while. Condoms become more likely to break the longer you use them, so check occasionally, keep adding more lube and consider putting on a fresh condom every 30 minutes.

### **4 – Don't stretch**

Rolling the condom from the tip of your cock puts a lot less stress on the condom, meaning it stays stronger while you're fucking.

### **5 – One at a time please!**

You might think that using two condoms at the same time will give you twice as much protection but it can cause friction, which makes them break. Using one condom at a time will make it more likely that you will stay protected.

### **6 – Are they up to standard?**

If you want to make sure that your condom is good enough to start with, check that it has the CE symbol. These symbols mean that they have passed laboratory testing for strength and integrity. Also, always check the 'best before' date stamped onto the wrapper – don't use them if they are out of date.

### **7 – Keep them safe**

Condoms need to be kept away from damp, hot places and out of direct sunlight to stay at their best. Keeping them in your car's glovebox, your wallet, or your trouser pocket for any length of time can weaken them and they are more likely to break once you use them.

### **8 – Keep the air out**

Sometimes when putting condoms on, air can get trapped inside, which could make the condom break once it starts to see some action. If your condom has a teat at the tip (most do...) try squeezing it closed with the thumb and index finger of one hand while you roll the condom down with the other hand. Remember, if your condom does break during fucking and you are worried about HIV being passed on or picked up, PEP might be available. See the PEP resource on the Yorkshire MESMAC website.