

But sex is so GREAT! Why do I have to use condoms?

HIV/AIDS and STI's are very real and condoms are the best method to protect both you and your partner.

Wanna go half on a baby? Didn't think so! Condoms are 98% effective in preventing pregnancy when used correctly and every time you have sex.



USING A CONDOM



Confidence is key, especially in the bedroom. Condoms allow you to feel safe during sex so you can focus on what really matters –the pleasure.



Sizwe – 23

I met her in high school – her smile was everything. I promised myself I would always protect her, I mean come on, she's my nunu pie! We started tertiary and decided it was time to take things to the next level. We both committed to having safe sex and it was awesome! It brought us closer and I stayed true to my promise – by always using a condom. We care about each other enough to know we have our whole lives ahead of us and we're still having fun.

What do you know about condoms?



Don't even play around, condoms should be used for vaginal sex and anal sex everytime.



You should stay away from any condom that looks dry, brittle, stiff or sticky – no matter how desperate you are; don't use it!



You think you're hot? Awesome; but make sure you store your condoms in a cool and dry location. If you have some in your wallet, change them regularly and don't forget to check the expiry date.

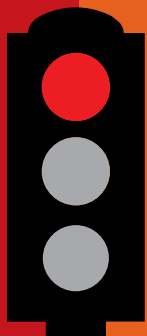


Wanna step it up? Heat up your bedroom scene and use KY jelly and other branded lubricants. Oil based lubricants like petroleum jelly, body lotions and vegetable oils are a big no-no! They should not be used with latex condoms because they can reduce the condom's effectiveness.



Thandeka - 19

I had just started tertiary and met an older man who was in the political league that I had joined. I knew he was married but enjoyed being with him. We had unprotected sex, I mean I couldn't really ask him to use a condom. Later I started getting sick so I decided to go and get tested for HIV. It came out positive. And to make it even worse, I've also infected my new boyfriend. My life, as well as my boyfriend's life will never be the same again and I have to live with that everyday.



DO NOT use a condom more than once.

DO NOT use two condoms at the same time, the friction between them may result in tearing.

DO NOT use oil-based lubricants (like petroleum jelly or baby oil), they can cause the condom to break.

DO NOT use a condom if the individual condom packet is ripped.



DO use a condom each and everytime you have sex.

DO check the expiry date.

DO use water-based or silicone-based lubricants, such as KY Jelly or Lovers+ Liquid Lube.



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Not sure how to use a condom? Try it on your own first



SCAN
IT



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1

Check the packaging for expiry date and damages. Do not use if the product has expired or the packaging has holes, or looks damaged in any way.

Open the condom packet carefully.



2

Make sure that the roll is on the outside.



3

Hold the tip of the condom and roll down to the base of your erect penis.



4

After sex, use a tissue to hold the condom at the base of your penis and slide it off.



5

Wrap the used condom with tissue. Throw it away in the bin. Do not flush down the toilet.

