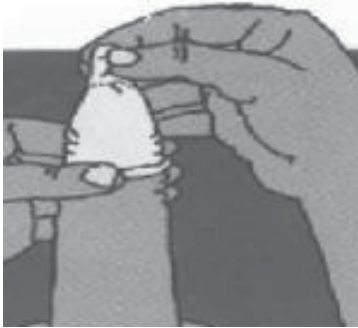



Handout for Condom Demonstration

Suggested slides for condom demonstration

<p style="text-align: center;">Inspecting the condom</p> <ul style="list-style-type: none">· Inspect the condom. There should be no tears on the seal.· Inspect the expiry date. Is it valid?· Do not use a condom after the expiry date	<p style="text-align: center;">Opening the Condom</p> <ul style="list-style-type: none">· Lay the condom on the palm of your hand and squeeze the condom in the package to one edge.· Tear the condom free edge of package and take out the condom. Ensure that your nails do not cause a tear in the condom.· Inspect the condom to determine how it will unroll when placed on the penis
<p style="text-align: center;">Using the condom</p> <ul style="list-style-type: none">· To prevent the condom from bursting, squeeze the tip of the condom to take out the air, and· Place the condom on the “Glans” (head/ tip) of the erect penis· While holding onto the tip unroll the condom down the shaft of the penis all the way to the base of penis 	<p style="text-align: center;">Using the condom</p> <ul style="list-style-type: none">· Ensure that the shaft of the penis is free from lubricant to prevent the condom from falling off.· For a non-circumcised penis, when the condom stops rolling down, hold the lower edge of the condom and then unroll the rest of the condom down to the base of the penis 

Penetrative Sex

- Always use a condom for penetrative sex.
- Patience. Ensure the vagina is naturally lubricated before penetration. There is likelihood of injury to the vagina if not well lubricated.
- Grease/oil/petroleum-jelly based lubricants may cause the condom to tear. If needed, use a water-based lubricant.



Withdrawing the condom after sex

- After the male ejaculates (“comes”), hold on to the condom at the base of the penis
- Withdraw the condom from the vagina while the penis is still erect/hard



Removing the condom from the penis

- Hold the condom at the base of the penis as well as the tip
- Slide off the condom from the penis ensuring that the semen collected at the tip does not spill or leak out.



Safe Disposal of condom after use

- Tie a knot on the condom to prevent the spilling or leaking out of semen
- Dispose off the condom in a safe place where it can not be handled by another person
- Wash hands to ensure that there is no potentially infected semen or vaginal secretions on the hands.

