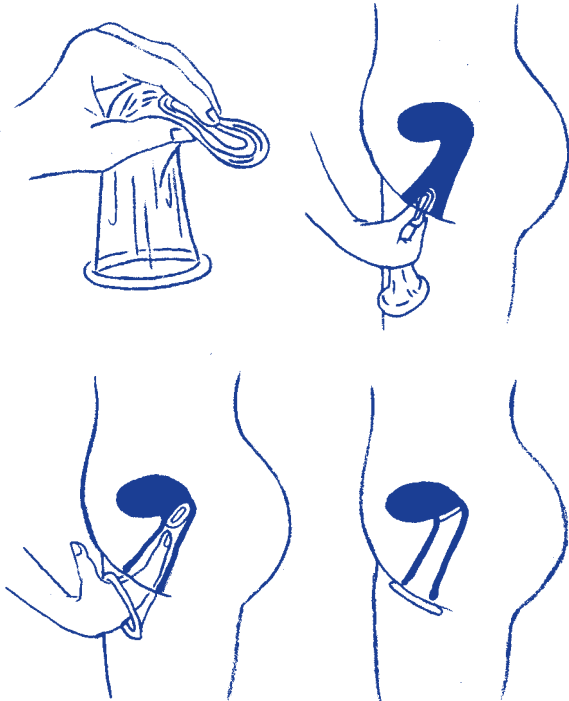


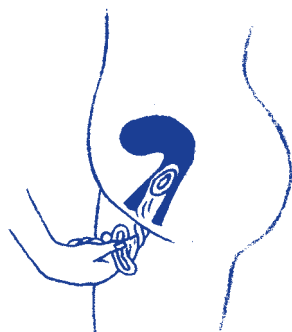
- The femidom has an inner and outer ring. The thin plastic sheath stretches between the rings. The inner ring must be pushed high up into the vagina where it fits snugly over the cervix.



The cervix is the firm, rounded bump at the top of the vagina. The entrance to the womb is in the cervix. Some women like it better without the inner ring. It can be removed

- The outer ring fits snugly over the vaginal lips outside the opening to the vagina. The man's penis can enter through the outer ring into the vagina. Inside, the sheath lines the walls of the vagina. It is important to guide the penis in so it doesn't by chance go down the side of the female condom.

If you hear funny 'squashy' or 'poppy' noises while you are having sex wearing a female condom, you can check to see that none of the plastic lining is hanging outside the vagina.



Anal sex

The female condom can be used effectively for anal sex because it is highly lubricated.

- Either insert it into the anus or put it on the penis first
- *If used on the penis, the inner ring should be removed first*
- It may be more difficult to insert the inner ring of the female condom into the anus than into the vagina. Some women can push it up with their fingers. Some women like the feel of the ring in their anus. Others don't and find it uncomfortable or painful. If you are using a female condom for anal sex, only do what is comfortable for you. *You should not continue to do anything which is painful*
- If you don't use a female condom for anal sex make absolutely certain you do use an ordinary condom. Unprotected penetrative anal sex is a very high risk activity for HIV transmission.

A word about lubricants

For many people lubricants are an important part of safer sex. Many condoms come pre-lubricated with a spermicide which kills sperm, called Nonoxynol 9. A minority of people are allergic to Nonoxynol 9. If it turns out you are one of them, look instead for non-lubricated condoms and use a plain water-based lubricant. If you are using female condoms, you can use water or oil-based lubricants.

Condoms

Male Condoms

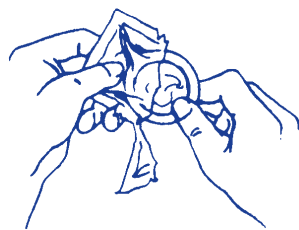
Rubber, Johnny, French Letter, Durex, Nirodh, Prezervatifin, Capout, Rokesh or Sheath - the condom has many names. It is made of a very thin rubber, normally latex. It is unrolled over a man's erect penis before penetrative vaginal or anal sex. Some people choose to use a condom for oral sex too. A condom prevents infectious blood, semen or vaginal fluid being passed from one person to another. Using condoms during vaginal and anal penetrative sex prevents infections, including HIV and other STIs. It also prevents conception.

How to use a male condom

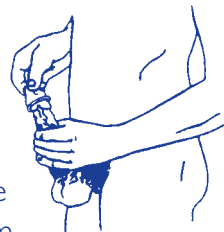
The following tips will help you to use condoms successfully.

- If the wrapping is ripped or damaged in any way, do not use it. The condom may be damaged. If the 'use by' date is past, throw it out
- Use a new condom every time you have penetrative sex

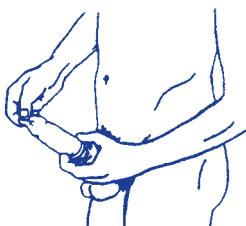
- Don't use your teeth to open the wrapping
- Be careful of long nails or jewellery damaging the condom as it is taken out of its packaging



- Pinch the air out of the tip of the condom before rolling it onto a stiff penis



- Roll the condom onto an erect penis before any genital contact with a partner



- If lubrication is wanted and enjoyed, try rubbing a generous amount of water based lubricant on the outside of the condom after it is on the man's penis. This ensures comfortable

penetration and is more pleasurable for many men and women. Oil based lubricants like vaseline or cooking oils can damage the male condom

- After he has ejaculated, get your partner to hold onto the base of the condom as he pulls out so it doesn't come off while he is still inside



- Throw used condoms in a bin
- If using flush toilets, don't put used condoms down. They block the toilet

Femidoms or female condoms

Femidoms are female condoms which can be inserted into the vagina before having penetrative vaginal sex. They are relatively new and are becoming more available. Some women like them a lot, especially if a man is resistant to using a condom himself. Others are not so keen on them.

How to use female condoms

- If you have access to female condoms, you could practise using one on your own first. You can explore the best way to insert it
- The femidom is made of a type of thin plastic. It is different from latex which is a rubber. Because it is plastic you can use it with either water based or oil based lubricants



Continued overleaf 