

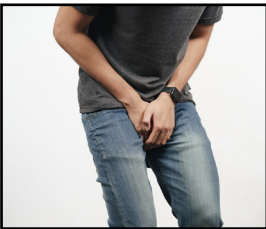
Condoms



Condoms are a contraceptive for men.



Condoms can prevent pregnancy.



Condoms can also prevent sexually transmitted infections.

Here's how to use condoms:



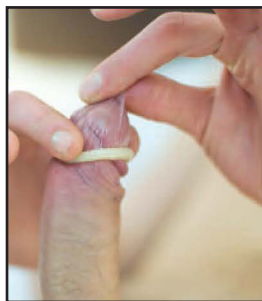
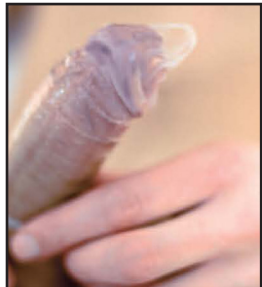
Check the condom for a BSI Kitemark or CE.

This shows the condom is good quality,



Squeeze the condom down to bottom of the packet.

Now tear it open.



The penis must be erect (hard) to put the condom on.

Put the condom on the end of the penis.

Pinch the tip of the condom to get rid of any air.

Roll the condom down to the bottom of the penis.

When the condom is on, you and your partner are ready to have sex.

You can buy condoms from pharmacies and supermarkets.

You can practice using condoms when you masturbate.

You can get free condoms from:

- Sexual Health Clinics
- some GPs in Forth Valley
- online by post from
<https://www.freecondomscentral.co.uk>

Or you can buy them from supermarkets or pharmacies.

To book an appointment at your local Sexual Health Clinic call 01324 673554 or check the website for local clinic times.

[Services for All \(centralsexualhealth.org\)](http://centralsexualhealth.org)

www.centralsexualhealth.org

Remember that it is your choice if you want to have sex or not.

You should never have sex if you don't want to.

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