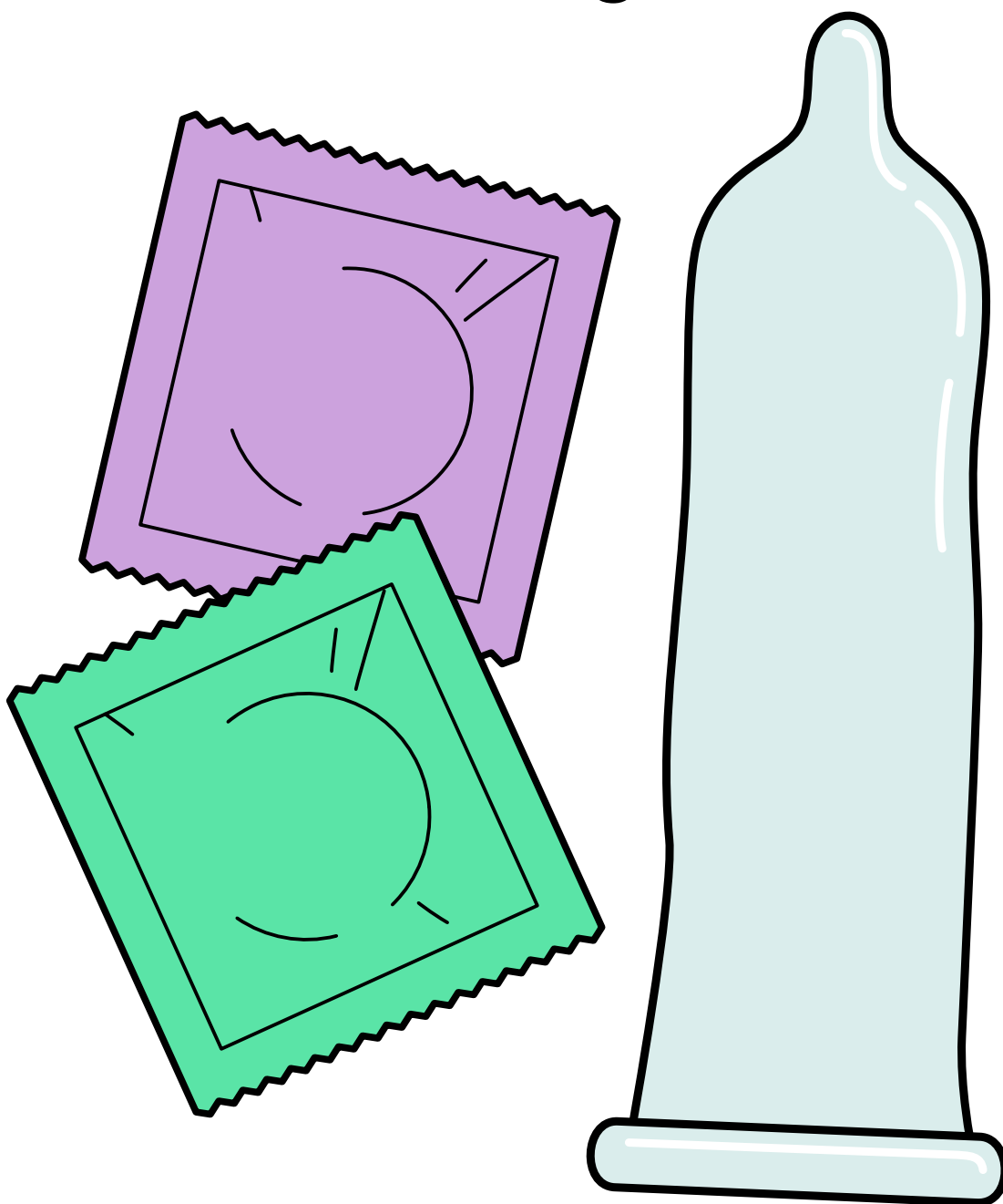


Condoms

Easy read guide

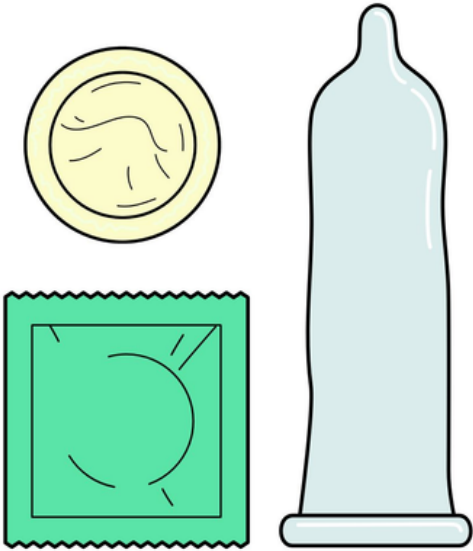
How to use condoms and
where to get them



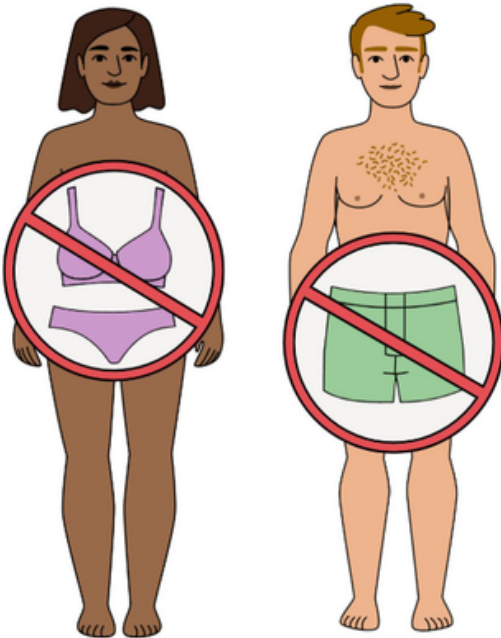
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About this booklet



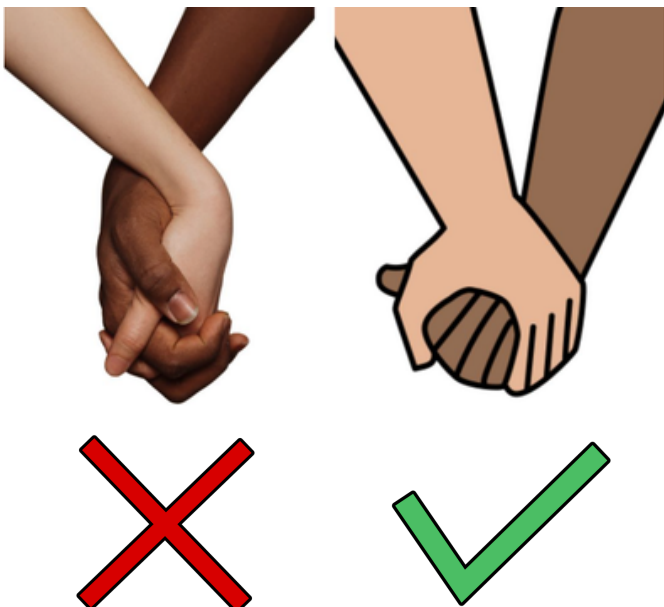
In this booklet you will learn how to use condoms and where you can get them.



In the booklet there are drawings of:

- private body parts
- people with no clothes on
- sexual activity

The drawings are used to help you understand.



There are no photos of real people's private body parts in this booklet.

About this booklet



It is ok to see these drawings because you are learning about condoms.

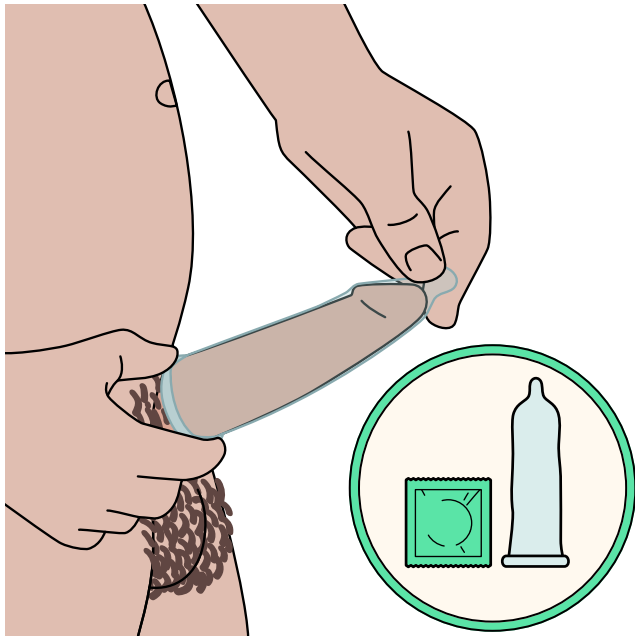


Everyone in Scotland has the right to learn about their body, sex, relationships, and sexual health.

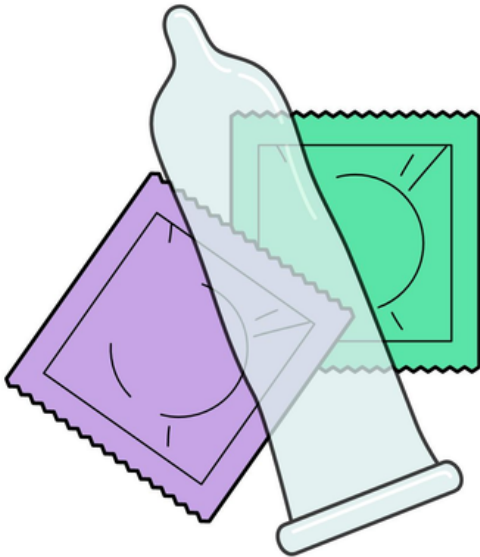


If you have any questions or are upset about anything you read, it is good to speak to an adult you trust.

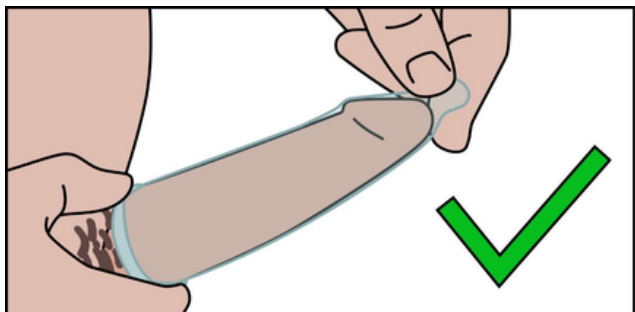
What are condoms?



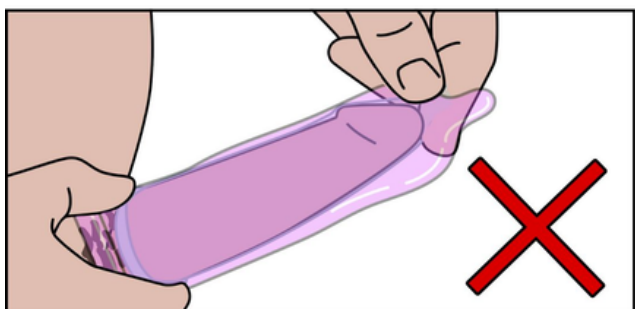
Condoms that go over the penis are usually called condoms, they can also be called external condoms.



A condom is a thin, stretchy tube, usually made of latex. It is very soft and flexible.

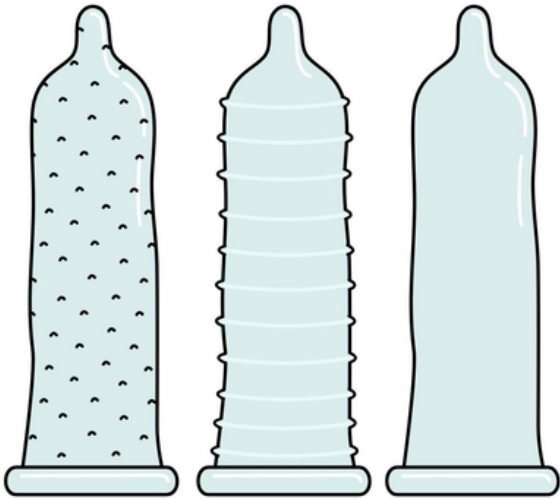


Condoms come in different sizes.



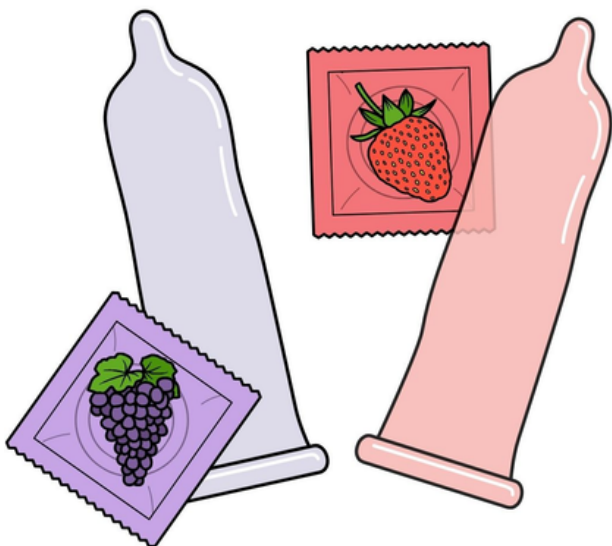
Use the size that fits your penis best. Condoms that fit well feel better and are safer.

What are condoms?



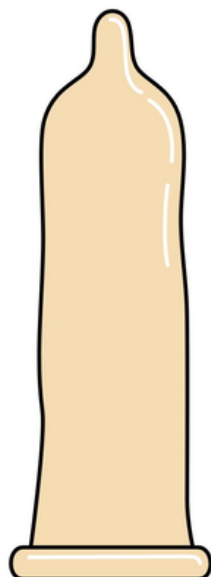
Some condoms are smooth, and some have lines or dots that feel different on our bodies.

You can choose to use the type of condom that feels good for you.



Condoms come in different colours.

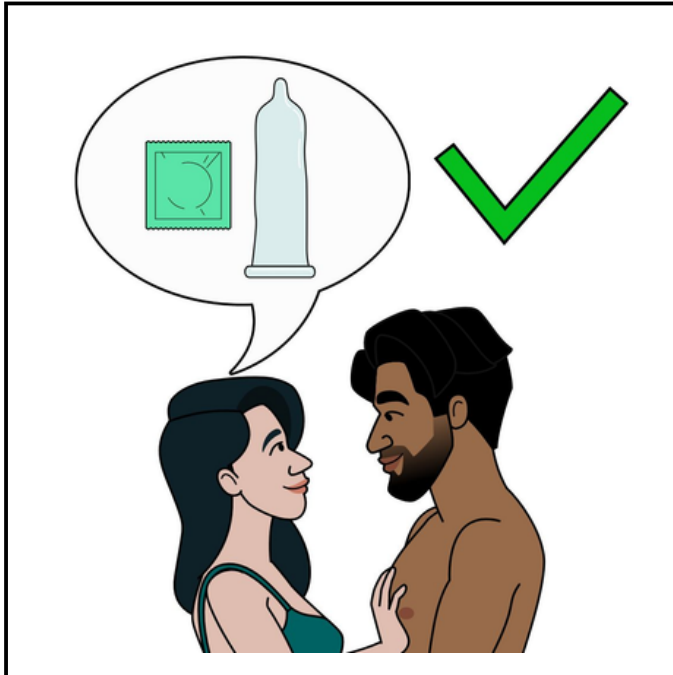
Some are different flavours and can smell different.



Most condoms are made of something called latex.

Some people are allergic to latex and will have to use special condoms with no latex.

Why do people use condoms?

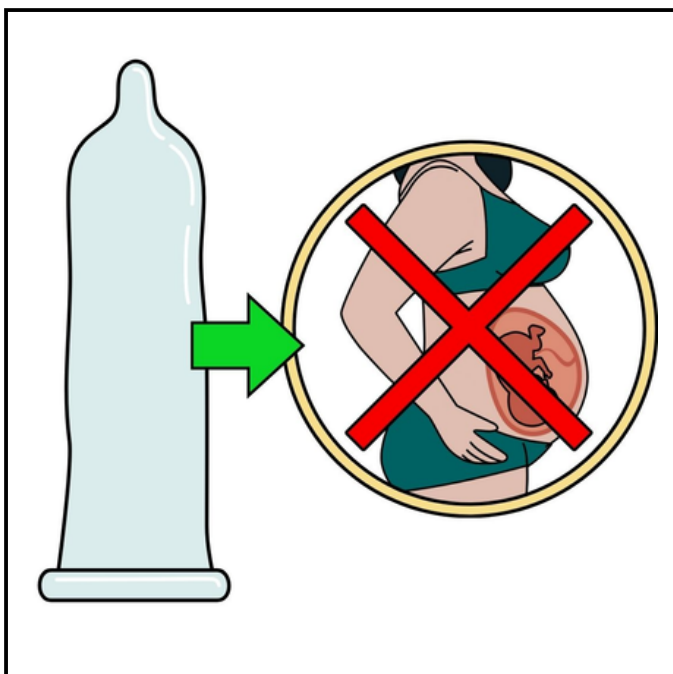


Using condoms is a good way of looking after your own and your partner's sexual health.



Penis in vagina sex can make a woman, or a person with a uterus, pregnant.

Being pregnant means having a baby grow in the uterus (womb).

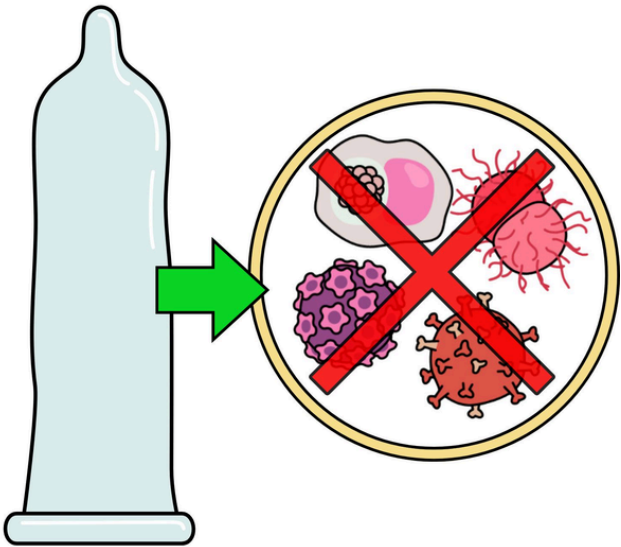


People use condoms to prevent pregnancy. This means not getting pregnant or having a baby.

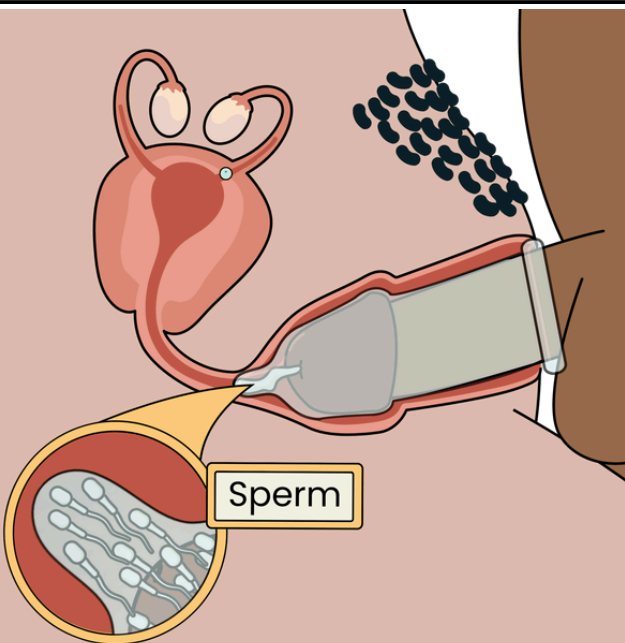
Why do people use condoms?



There are infections you can get from having sex called STIs.
STI is short way of saying sexually transmitted infection.

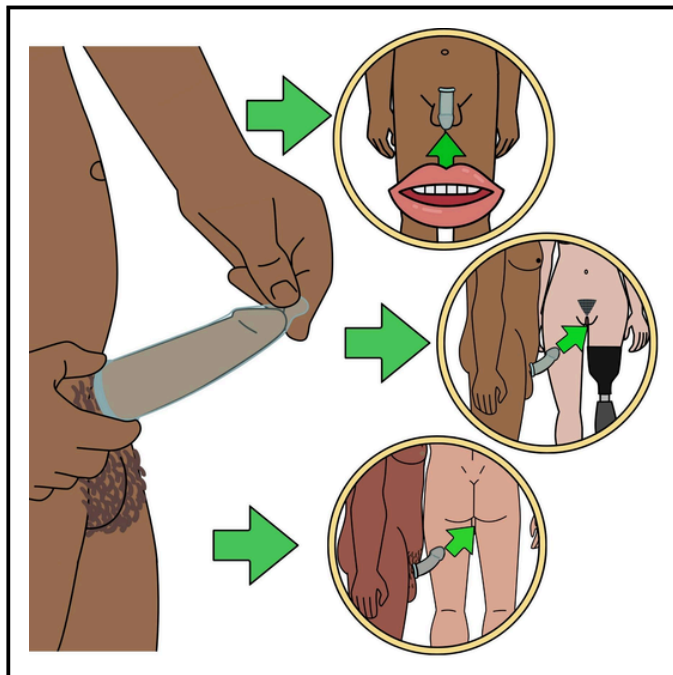


People use condoms to prevent STIs.



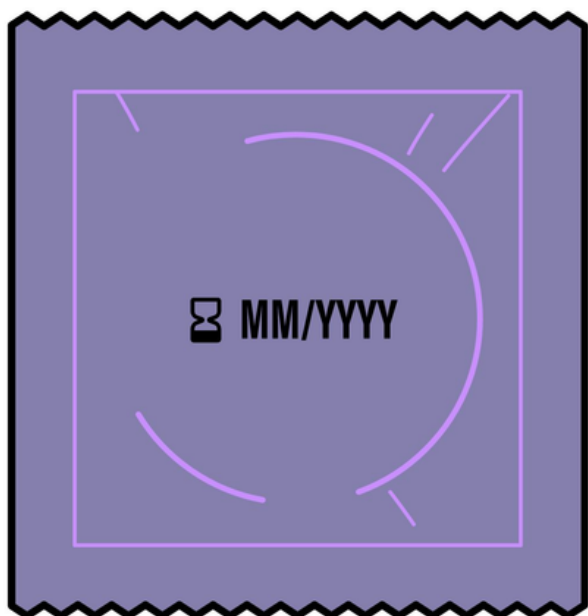
Condoms help prevent pregnancy and STIs by stopping sperm and other body fluids from passing between people.

How to use condoms



A condom has to be put on the penis before sex happens.

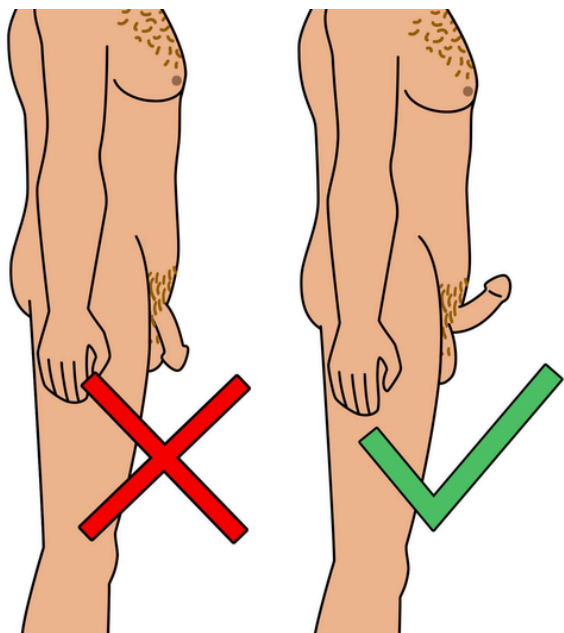
Put a condom on before the penis touches the mouth, vulva, vagina, or anus.



Condoms have use by dates, like food and drinks.

Check the use by date on the condom packet.

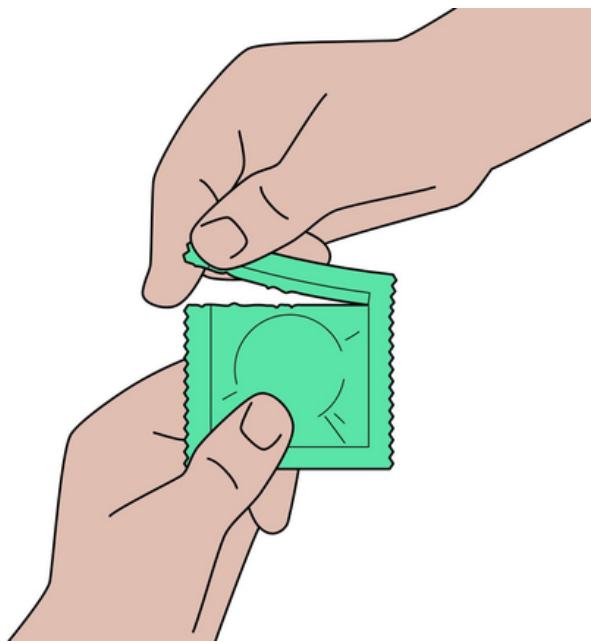
Never use a condom that is past its use by date.



Only put a condom on when the penis is erect.

Erect means when the penis is hard.

How to use condoms



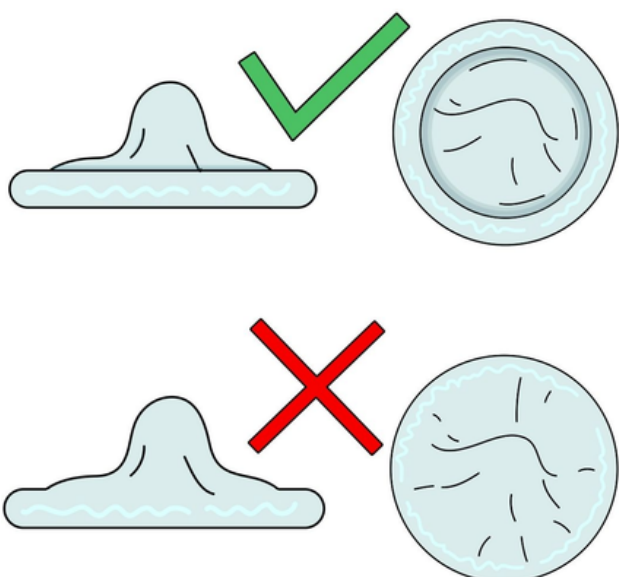
Take the condom out of the wrapper.

Use your fingers to tear the wrapper open.



Never use your teeth, scissors, or anything sharp to open the condom wrapper.

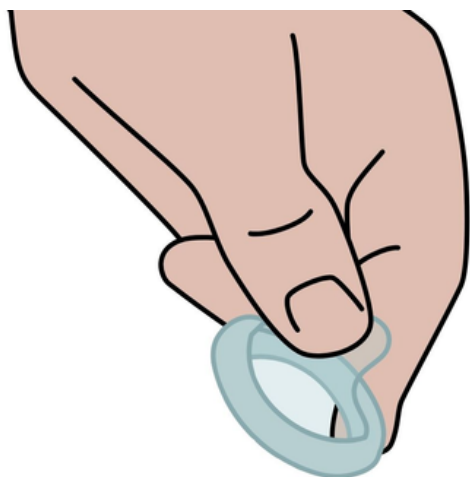
This might tear the condom.



Get the condom the right way up.

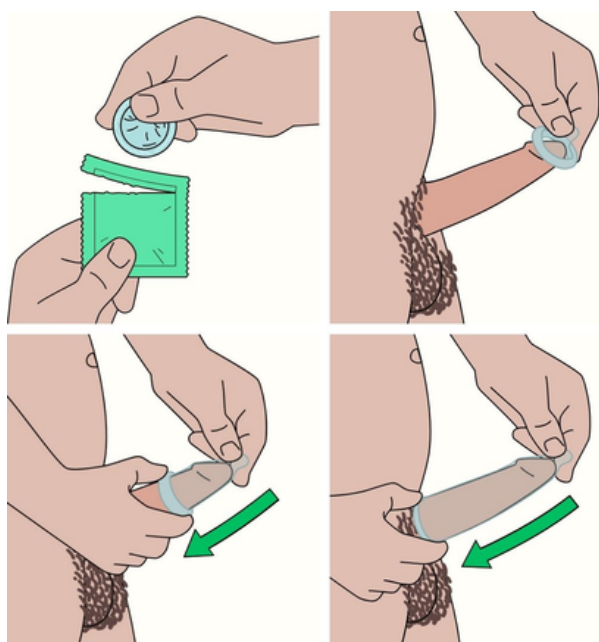
If it is the wrong way up, you will not be able to put it on properly.

How to use condoms



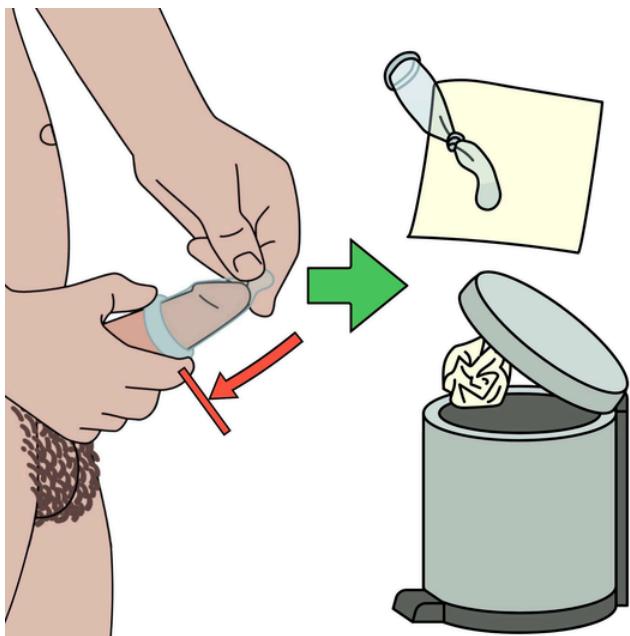
Squeeze the tip of the condom between your thumb and finger.

This stops air getting stuck in the condom and leaves space for semen to come out of the penis.



Hold the condom over the tip of the penis.

Roll the condom down to the bottom of the penis.



If the condom does not roll down the penis it might be on the wrong way round.

Get a new condom and try again.

How to use condoms



Lube, or lubricant, is a slippery water-based fluid that can make sex feel better.

You put lube on the outside of a condom after you put it on.



Never use oil lubricants, like Vaseline or baby oil. These can make the condom break.

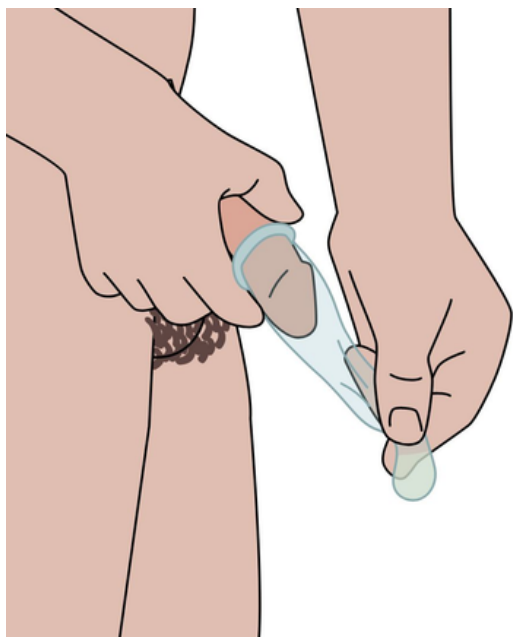


Keep the condom on until sex is finished.

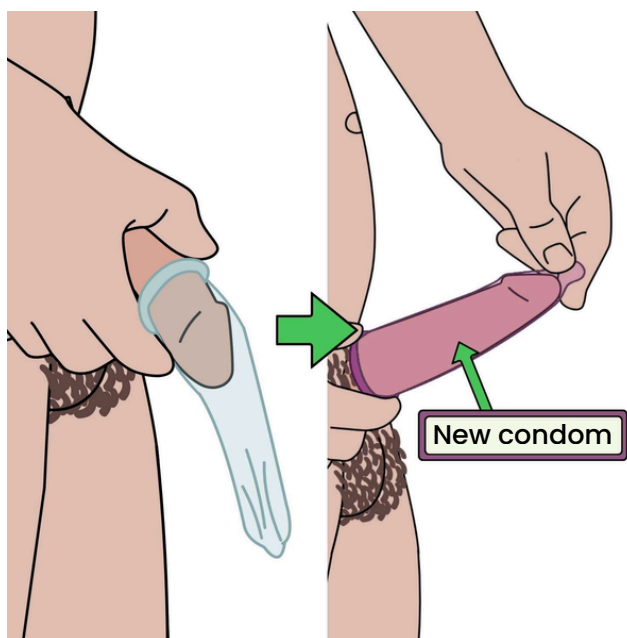
This might be when the penis has ejaculated (when semen comes out of the penis).

Or it might be when someone decides they want to stop.

How to use condoms



To take the condom off, hold the bottom of the condom and slide the penis out of the condom.



If the condom falls off during sex, put a new one on.

Never put a used condom back on.

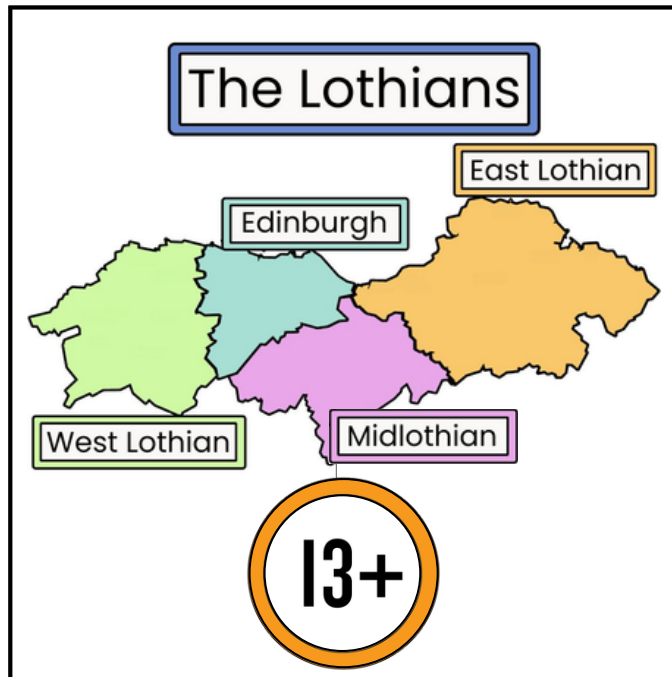


If the condom breaks or tears stop having sex.

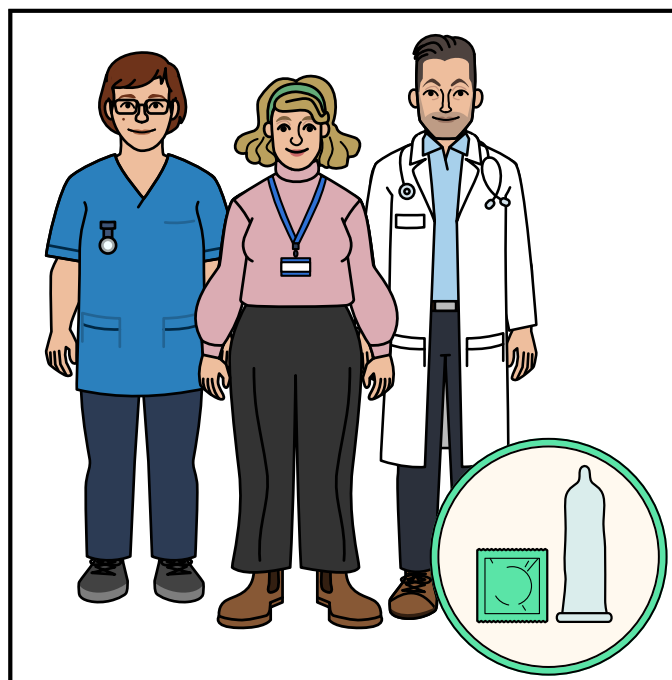
Take the broken condom off and throw it away.

If you want to keep having sex, put on a new condom.

How to get condoms



If you are aged 13 years and older, and live in Lothian you can get free condoms.



If you need condoms you can ask:

- a nurse
- your support worker
- a doctor

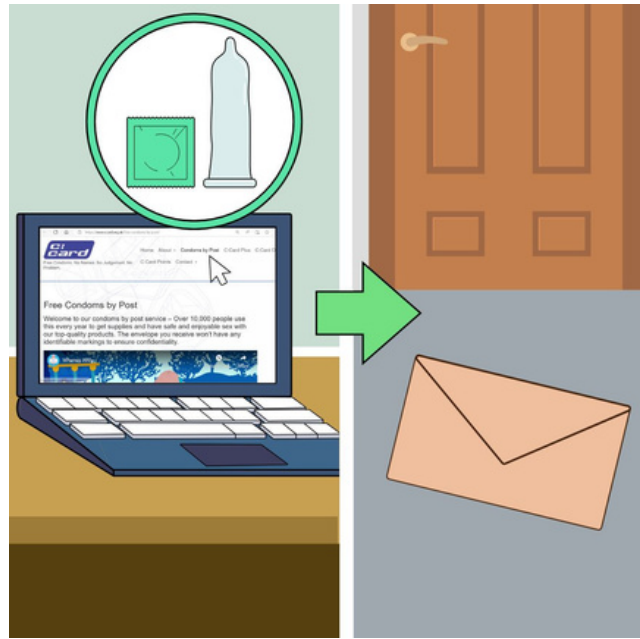
They can help you get free condoms.



You can go to a c:card point and ask for condoms.

Find your local c:card point at www.ccard.org.uk

How to get condoms



You can order condoms online. They will be sent to you by post in a plain envelope.

Order free condoms at www.ccard.org.uk/free-condoms-by-post



You can free get condoms at sexual health services.

You can find local services at www.lothiansexualhealth.scot



You can buy condoms from any supermarket or pharmacy.

How to get condoms



If you have any questions or worries you can speak to a trusted adult. This could be:

- your support worker
- a doctor
- a nurse

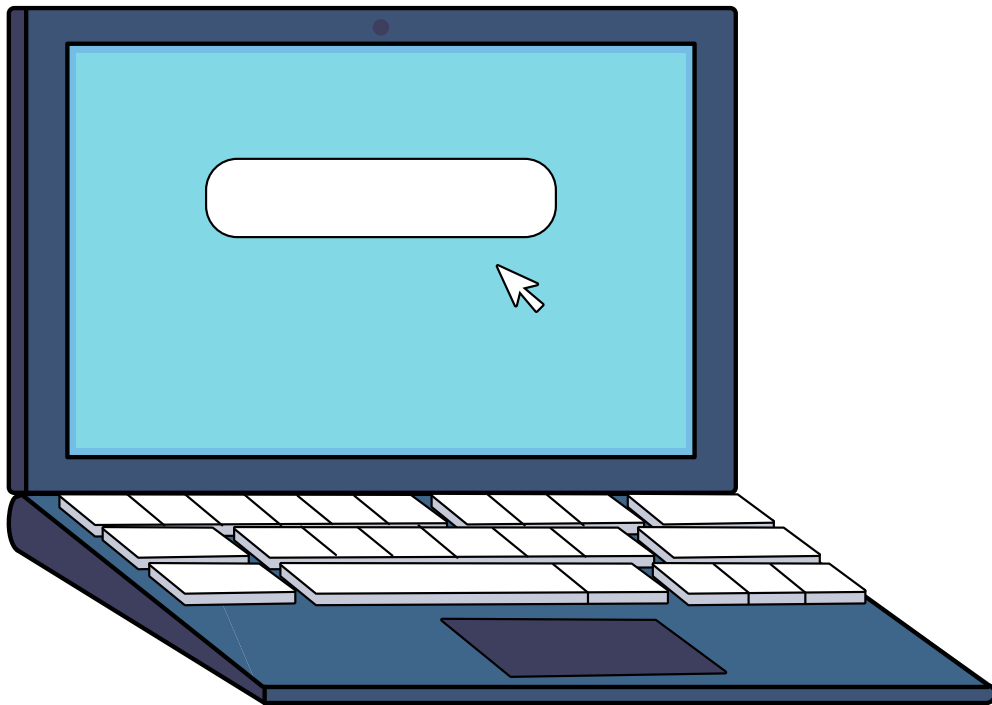


Your decision to use contraception or condoms is confidential.

Your information will not be shared with parents, carers, or other people you know.



If the service thinks you are in danger or need further support, they may share some information with another professional to keep you safe.



To view the web page version of this guide and more easy read information about relationships, sex, bodies, and more, visit:

www.healthyrespect.co.uk/etu

You can also scan this QR code to visit the page:

