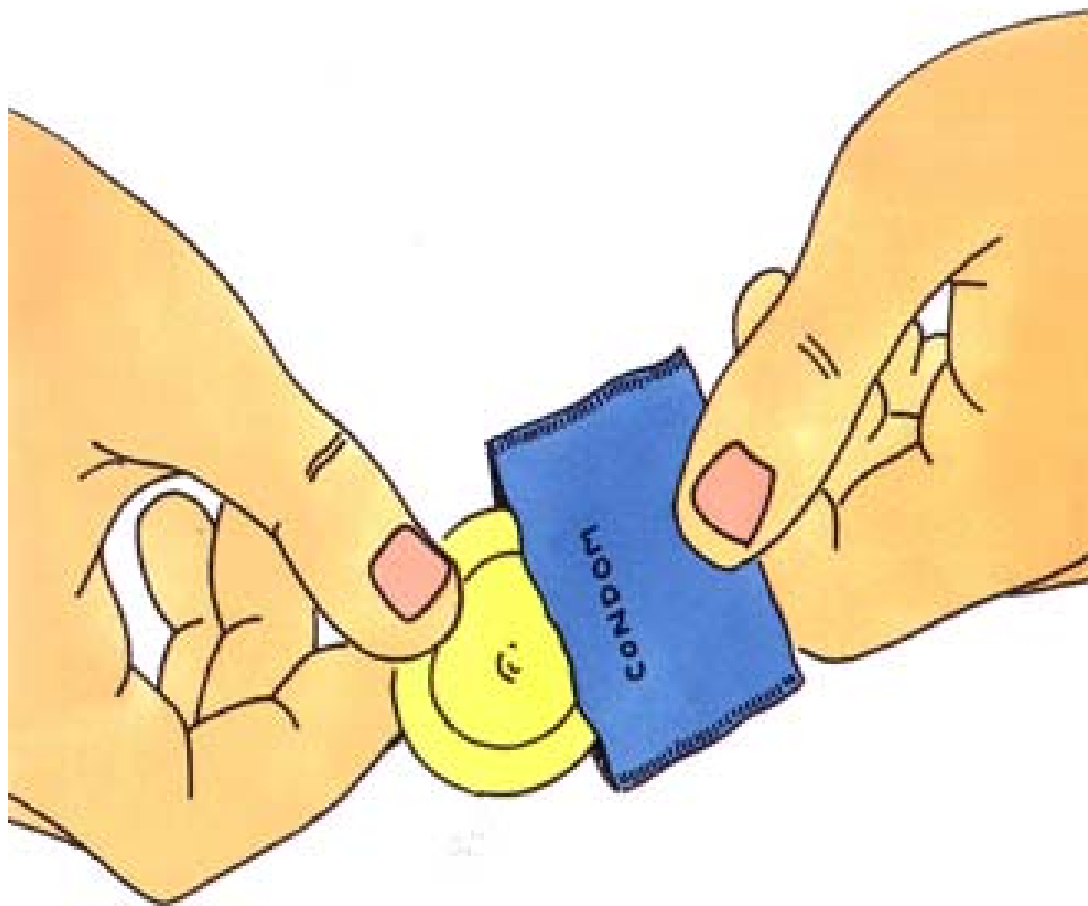




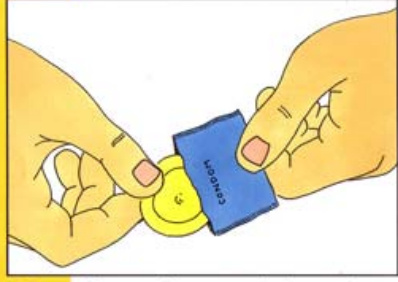
**secca**

# SAFER SEX and CONDOMS

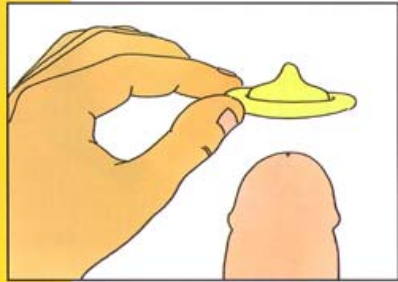




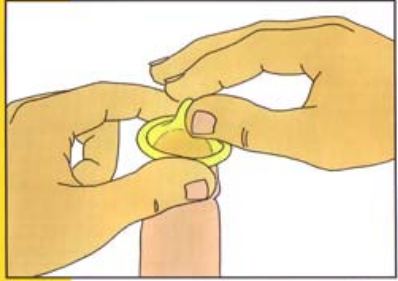
**1** Before sex, have lube and condoms ready



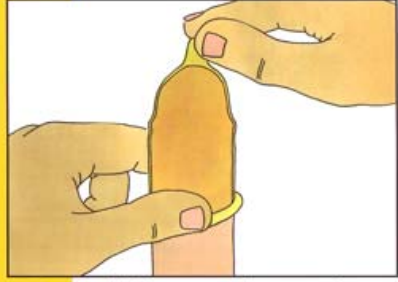
**2** Open the packet and take the condom out



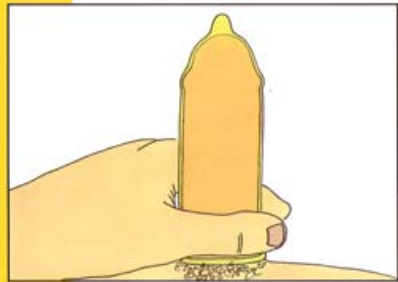
**3** Check the condom unrolls the right way



**4** Squeeze the air out of the tip



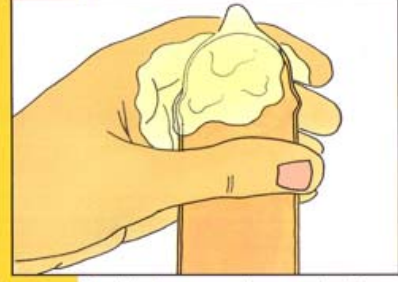
**5** Roll the condom onto the hard penis



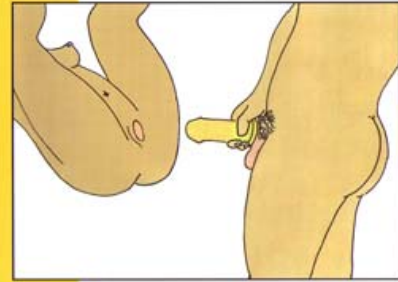
**6** All the way down



**7** Squeeze some lube out of the tube



**8** Put lube on the outside of the condom



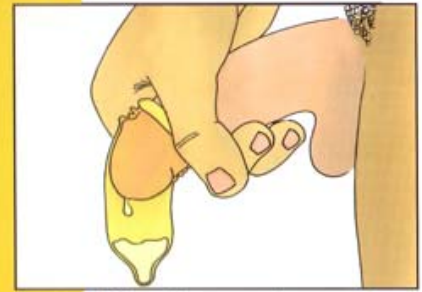
**9** Leave the condom on during vaginal sex



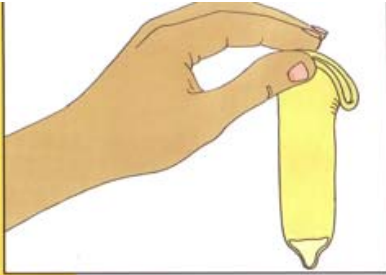
**10** OR Leave the condom on during anal sex



**11** Hold the condom as you pull out the penis



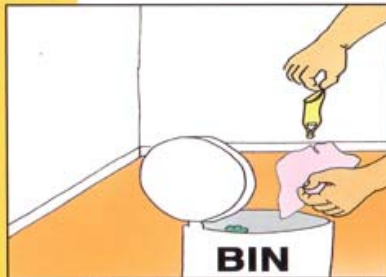
**12** Slide the condom off the penis →



**13** Hold the condom so it doesn't spill



**14** Use a cloth or tissue to clean up



**15** Wrap the condom and put it in the bin

## IF YOU ARE GOING TO HAVE SEX...



1. Make sure that you and your partner both want to have sex.  
It's **OK TO SAY NO** if you don't want to have sex.
2. Using a **CONDOM** is safer sex.
3. Use a **NEW** condom every time.

## WHY USE CONDOMS?



1. To **STOP** getting HIV and sex diseases.
2. To **STOP** a woman getting pregnant.

## CAN I PRACTISE USING CONDOMS?



1. Yes, you can.
2. Yes, ask someone you trust to show you how.
3. If you are a man, practise putting a condom on your penis.

## WHERE TO GET HELP

**secca** (sexuality education counselling & consultancy agency)  
2 Delhi Street, West Perth  
Telephone: 9420 7226

**WA AIDS Council**  
664 Murray Street, West Perth  
Telephone: 9482 0000

**FPWA** (Family Planning WA)  
70 Roe Street, Northbridge  
Telephone: 9227 6177 (Toll Free: 1800 198 205)

**Fremantle Hospital B2 Clinic**  
Alma Street, Fremantle  
Telephone: 9431 2149

**Royal Perth Hospital Sexual Health Clinic**  
197 Wellington Street, Perth  
Telephone: 9224 2178

**Derbarl Yerrigan Health Service**  
156 Wittenoom Street, East Perth  
Telephone: 9421 3888

Developed by *secca*, with support from the Sexual Health and Blood-borne Virus Program, Department of Health  
©2002 OA3203