



## Using Male Condoms

### What?!

A male condom is a protective latex cover worn by a man on his penis during sexual activity.

### Why?!

The male condom prevents bodily fluids (including semen and vaginal fluid) from moving between partners—making it effective in preventing HIV transmission, some STIs and pregnancy.

### How?!

The male condom is simple to use! It can be put on the penis by either the man or his partner. It should be used during vaginal or anal intercourse and during oral sex. Here's how to put it on:

1. Check the expiry date on the wrapper. Do not use condoms that have expired.
2. Check the condom wrapper. Do not use a condom with a wrapper that is damaged or torn, even if the condom itself looks okay.
3. Ensure that the vagina or anus is well-lubricated. Dry sex is common in some places, but a dry vagina or anus can tear the condom—and can cause pain and skin tears as well.

# Tips for Lubrication:

- Before vaginal penetration, the partner can stimulate the woman with his hand—this will increase the woman's natural lubrication.
- Couples can use saliva as a lubricant.
- You can find lubrication products at the store.
- Some condoms are available pre-lubricated.
- Do not use household products for lubrication, many can cause a condom to become weak and tear.

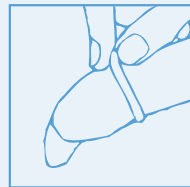
4. Place the rolled-up condom on the head of the penis. Before rolling down the condom, pinch the tip of the condom above the head of the penis. This will remove the air from the tip of the condom and make room for the semen. Keep pinching the tip as you roll down the condom.



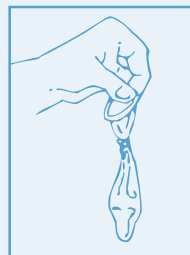
5. Make sure you roll down the condom, with a firm grip when the penis is erect (at its largest and longest). Make sure that the condom covers the penis tightly and that there are no folds or creases.



6. When finished having sex, take off the condom, tie a knot in it and throw it away in the rubbish.



7. Do not use a condom more than one time. Do not use more than one condom at a time.



# healthCHAT 2



## Using Female Condoms

### What?!

A female condom is a protective latex cover worn by a woman inside her vagina during sexual activity.

### Why?!

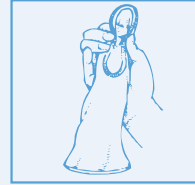
The female condom prevents bodily fluids (including semen and vaginal fluid) from moving between partners—making it effective in preventing HIV transmission, some STIs and pregnancy.

### How?!

The female condom is simple to use! It can be inserted into the vagina by the woman or her partner.

1. Check the expiry date on the wrapper. Do not use condoms that have expired.
2. Check the condom wrapper. Do not use a condom with a wrapper that is damaged or torn, even if the condom itself looks okay.
3. Open the package gently, taking care not to tear the condom.

4. Notice the two rings. The outer ring stays *outside* the vagina, and the inner ring, at the closed end of the condom is inserted *into* the vagina.
5. Squeeze the inner ring to make it long and narrow. Find a comfortable position (such as lying down or squatting), and while squeezing the inner ring insert the condom into the vagina. Feel the inner ring go up and move into place against the uterus.
6. Insert your finger inside the condom to push the inner ring up as far as it will go and to make sure that the latex is not twisted. Also, make sure that the outer ring remains on the outside of the vagina.
7. During sexual intercourse, make sure that the man's penis is inserted into the condom, and not beside it.
8. When removing the condom twist the outer ring first, to trap the semen inside and avoid spillage. Then remove the condom gently.
9. Wrap the condom in paper or tissue and throw it in the rubbish.



In some places female condoms are not easy to find. Ask your health care provider, your pharmacist and health ministry officials to make female condoms available in your area.



## Negotiating Condom Use

### What?!

Negotiating condom use is an important skill. It means thinking about and practicing ways for talking with your partner about using a condom.

### Why?!

Protecting your body from disease is your right! One way to do this is through using a male or female condom each and every time you have sex.

### How?!

Practice ways of addressing this issue with your partner. Getting comfortable and clear with language can help you become a better negotiator.

Think about how you could start this conversation. Here are some examples:

- “I would like to begin using condoms. I am worried about getting HIV.”
- “I have been hearing that a lot of people are HIV positive. I'd like us to start using condoms to protect ourselves from infection.”

- “I am worried that your other partners may have HIV or STIs. I would like it if we could protect our health by using condoms.”
- “The doctor says that the only way to stay safe from HIV is for us to use condoms. I would like to try this.”

Think about how your partner might respond and what you could say next:

Partner: “We have never used a condom before.”

You: “I don’t want to take any more risks.”

Partner: “Using condoms is no fun.”

You: “Unplanned pregnancy or getting an STI is much less fun!”

Partner: “It seems you have another boyfriend.”

You: “You are my only partner, and I feel that we should protect ourselves.”

(Adapted from *Risk Reduction Counseling Tool for Women at Risk for Violence*, 2006, Rakai Health Sciences Program, Uganda.)

[www.raisingvoices.org/sasa.php](http://www.raisingvoices.org/sasa.php)

**SASA!**

Preventing Violence Against Women and HIV