Can YOU really afford not to carry a condom?
Sexually Transmitted Infections is the most common infection amongst 16 to 24 year olds. The incidence is also greater than anywhere else in the UK.

Benefits of using condoms:
- Condoms are the only form of contraception to offer protection against both STIs and unplanned pregnancy.
- Used correctly and consistently, condoms are up to 98% effective.
- Condoms will help protect against a range of STIs, including gonorrhoea, genital warts, herpes, chlamydia and HIV.
- Condoms are the most popular method of contraception in the UK.
- Carrying condoms shows a willingness to practice safer sex and respect for you and your girlfriend/boyfriend’s health.
- Condoms can be carried around easily, discreetly placed in pockets, bags, wallets and purses.
- Condoms are easy to put on.
- There is no need to go to the doctor for a prescription.
- They are easily available from pharmacies and up to 24 hours a day from garages, supermarkets and vending machines.

Best answers to lame excuses for not wanting to use a condom:
"I don't have any infections!"
Make sure it stays that way - use a condom every time you have sex.

"I have superb control!"
With a condom you don’t need to - accidents do happen and you can really get carried away by the passion of the moment.

"Sex doesn’t feel as good!"
Using a condom stops those niggling worries about pregnancy or STIs - great sex is safer sex.

"Condoms cut off my circulation!"
Condoms can hold 40 litres of air - more inflated than your ego.

"If you love me you wouldn’t ask me to wear one!"
If you loved me you’d protect me.
In Britain are at the highest levels. The rate of teenage pregnancy is else in Western Europe.

How to put on a condom properly
If you are uncertain how to put on a condom, simply follow this step-by-step guide:

1. Tear along one side of the foil being sure not to rip the condom inside. Carefully remove the condom. Put the condom on when the penis is erect, before there is any contact between the penis and your partner's body. Fluid released from the penis during the early stages of an erection can contain sperm and micro-organisms that can cause STIs.

2. Air trapped inside a condom can cause it to break. To avoid this, squeeze the closed end of the condom between your forefinger and thumb and place the condom over the erect penis. Be sure the roll is on the outside.

3. While still squeezing the closed end, use your other hand to unroll the condom gently down the full length of the penis. Make sure the condom stays in place during sex; if it rolls up, roll it back into place immediately. If the condom comes off withdraw the penis and put on a new condom before intercourse continues.

4. Soon after ejaculation, withdraw the penis while it is still erect by holding the condom firmly in place. Remove the condom only when the penis is fully withdrawn. Keep both the penis and condom clear from contact with your partner's body. Never use a condom more than once. Dispose of the used one hygienically, wrapping it in tissue and placing it in a bin.
Visit www.condomessentialwear.co.uk for all the information that you need to keep healthy, stay safe and make condoms an essential part of your sex life. This NHS supported website also enables you to search for your nearest health clinic where condoms can be obtained.

Call the free Sexual Health Information Line on 0800 567 123 for confidential advice about HIV and other Sexually Transmitted Infections (7 days a week, 24 hours a day. Calls from mobiles may be charged).

Do’s and Don'ts of condom use

Do’s
Do make sure you use a condom every time you have sex
Do carry a condom at all times as you never know when you might need one
Do practice putting condoms on so you know what you are doing when it comes to the real thing
Do check your condoms carry the CE Marking on the pack to show they comply with European Standards
Do make sure the condom is not inside out when you put it on
Do take care not to damage the condom, either when removing it from its foil packet or when putting it on. Beware of rings and sharp fingernails!
Do store condoms in a cool, dry place away from direct sunlight

Don’ts
Don’t be tempted to take risks if a condom isn’t available
Don’t use a condom if it has passed its expiry date
Don’t use oil-based lubricants with latex condoms. It can damage them
Don’t use a condom more than once
Don’t try to put a condom on if the penis is not erect