

planned parenthood toronto's teenhealthsource.com presents:

how to use external condoms



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external condoms: fast facts

External condoms are often called male condoms. However, people with penises* don't always identify as male and external condoms are used by people of all genders for penetrative and oral sex.

How effective is the external condom?

- Latex external condoms are 97% effective at preventing pregnancy. This means that if 100 people use condoms correctly for one year, only 3 people will get pregnant.
- Because condoms may be used incorrectly, they're closer to 86% effective at preventing pregnancy with typical use.the same level of effectiveness.
- Condoms offer excellent protection against most STIs, but are less effective in preventing STIs that are spread from genital skin-to-skin contact like herpes or HPV because condoms may not cover all of the affected areas.

Advantages of the external condom

- Condoms are the only birth control method that also reduce your risk of getting STIs.
- You only have to use this method when you have sex.
- People who can't or do not want to take hormonal birth control can use this method.
- They don't affect your ability to get pregnant in the future.
- You don't need a prescription to buy them.

Disadvantages of the external condom

- A penis must be fully erect to put a condom on it. If you lose your erection, use a new condom.
- If you or your partner has a latex allergy, non-latex condoms can be expensive.
- Lambskin condoms only protect against pregnancy, not STIs.
- The person who wears the condom has to agree to use one. If they don't want to put on the condom, you can offer to do it for them.

For more information on internal condoms, please visit:

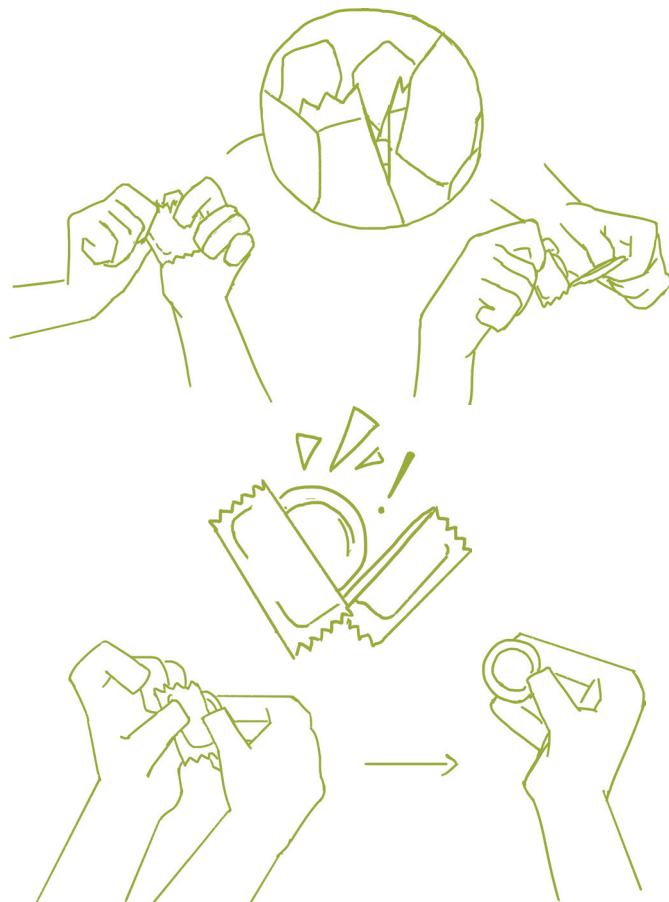
- teenhealthsource.com/birthcontrol/external-condom

**We know that these aren't the words everyone uses for their bodies (eg. trans folks), and support you using the language that feels best for you.*



1. check the expiry date and feel for air

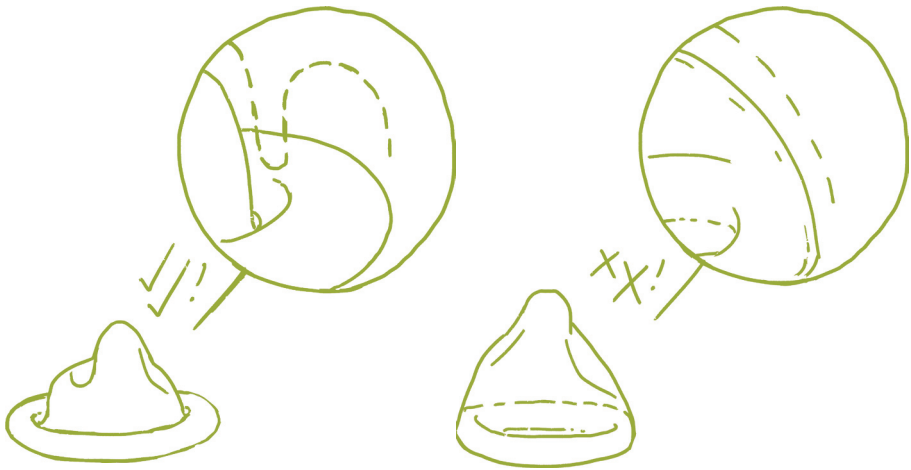
If a condom is expired, it's less likely to be effective. Press on the condom package to make sure there's still air inside. Air inside means the condom packaging hasn't been damaged.



2. open the condom package

Squeeze the condom to the bottom of the package, and tear the package across the top with your fingers. Practice doing this so that you don't tear the condom.

Note: Opening the condom package with your nails, teeth, or other sharp objects (eg, scissors) can break it.



3. check the rolling direction of the rim

A condom goes onto a penis or toy like a toque—it should roll down smoothly from the top. You shouldn't have to reach underneath a condom to unroll and pull it on.

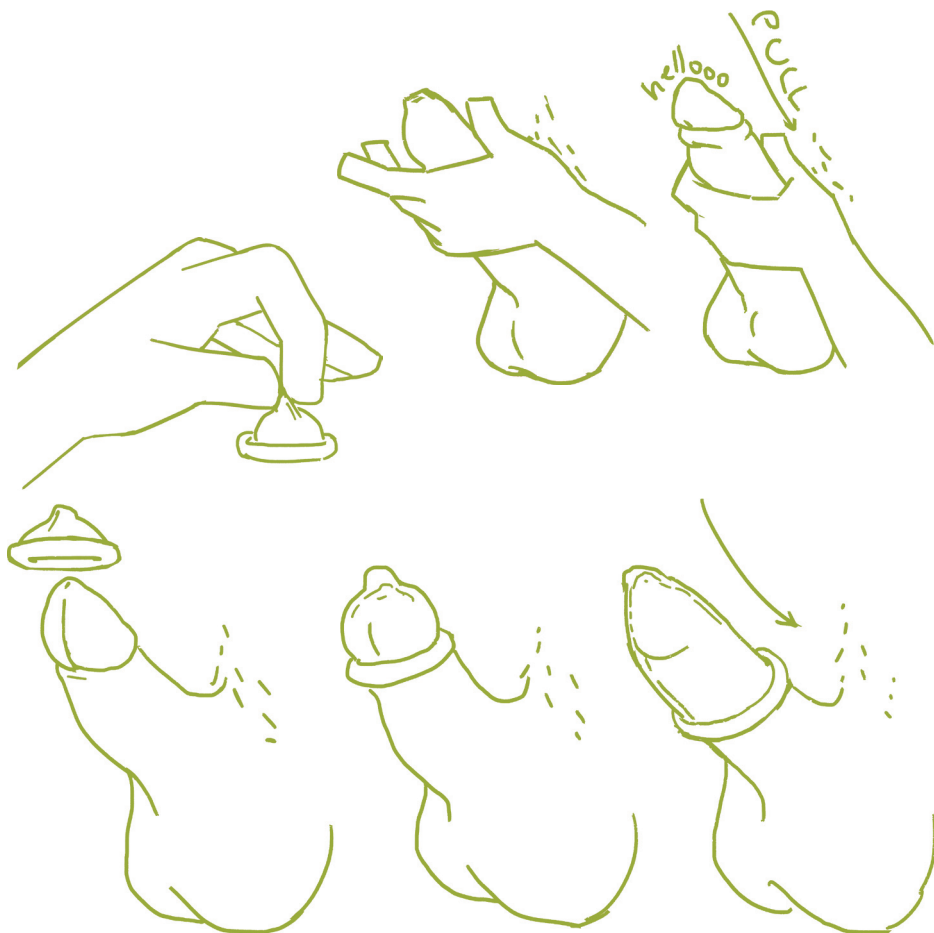
If the condom tip is facing the wrong way, blow into the tip to turn the condom right side out. If the condom is difficult to unroll, throw it out and use a new one.



4. adding lube (optional)

Lube (lubricant) can help increase pleasure and prevent condoms breaking. You can add lube to the outside of the condom or to the outside of the vulva, vagina, or anus. Only use water-based lube with condoms. Other types of lube can break down the latex in the condoms, lowering how effective they are.

Note: Lube is important for anal sex because the anus doesn't lubricate itself.



5. unrolling the condom on

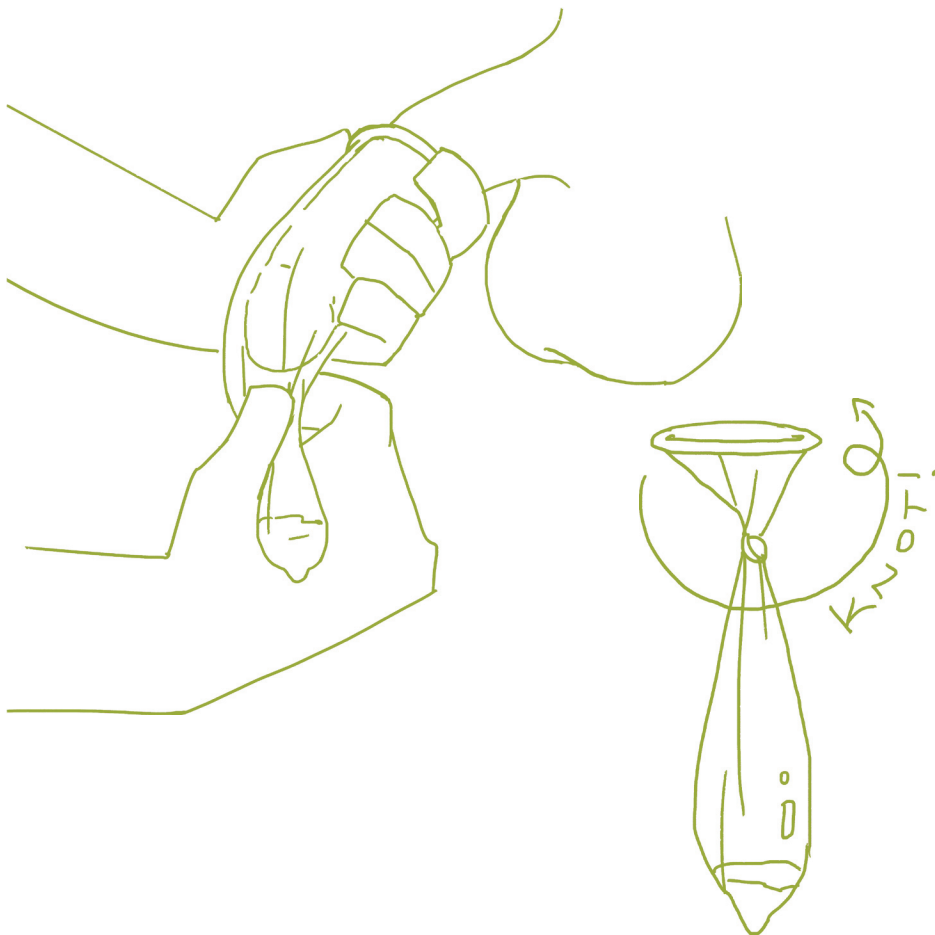
If it's going on a penis, pinch the tip of the condom with one hand to leave room for ejaculate (cum). This also helps cut down on air bubbles, which can cause a condom to break. With the other hand, roll the condom all the way down to the base of the penis. If the penis has foreskin, gently pull it back before unrolling the condom. If the penis has foreskin, adding lube to the inside of the condom can also increase pleasure.

If the condom is going on a toy, just place it on the tip of the toy and roll the condom all the way down to the base.



6. squeeze out extra air

Pinch the tip again and use your other hand to run down the length of the penis or toy. This should push out any remaining air. You may want to add more lube to the outside of the condom for more pleasure.



7. remove the condom and tie it up

With a penis: To avoid slippage, pull out while the penis is still hard and hold onto the base of condom. Then remove the condom (by rolling or pulling) and tie it into a knot like a balloon. Try to remove the condom away from your partner's genitals or anus.

With a toy: If you are using a condom on a toy you do not need to tie it in a knot after you remove it.



8. throw away the condom

When you are finished with it, place the condom in the trash. Don't flush condoms down the toilet. They will clog pipes.

Use a new external condom for every sex act. Do not reuse condoms. Do not use the same external condom for oral, vaginal, and anal sex.

Planned Parenthood Toronto is a fully accredited community health centre that provides primary, sexual and mental health care services to youth between the ages of 13 and 29. PPT also offers health promotion programming, education, training, and research to improve the health and well-being of Toronto's diverse communities. All PPT services are offered within a pro-choice, inclusive, youth-friendly, non-judgmental environment.

We offer drop-in and scheduled appointments.

Call 416-961- 0113 or visit www.ppt.on.ca for more information.

Teen Health Source offers anonymous and confidential sexual health information for teens by teens. You can:

- Text (647) 933-5399
- Call (416) 961-3200
- Email teenhealthsource@ppt.on.ca
- Chat online and visit www.teenhealthsource.com

Volunteers are available Mon - Thur from 4p - 9p, and Sat from 12p - 5p.

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Drawings by Victor Martins