

For Teens: How to Use a Male Condom



A condom is a thin covering that fits over the penis. It catches semen that comes out of your penis during sex. Rubber (latex) or polyurethane condoms help protect you from AIDS and other sexually transmitted infections (STIs). They can also help prevent pregnancy.



In addition:

- If you use a lubricant, make sure it's water based. Don't use petroleum jelly, oil, or hand cream. They can make the condom break.
- Use a new condom each time you have sex.
- You can buy condoms in a drugstore or supermarket. Keep them wrapped until you use them.
- To prevent pregnancy, condoms work best if you use them with spermicide, also available in the drugstore or supermarket.
- Keep condoms on hand. Store them in a cool place. Don't keep them in your wallet or in your car.

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