What’s the question I ask myself when applying the if() continue; ?

What are the values, variable, operators and functions that allows me to write the condition I want, So that if the conditions are met, The code below if() continue; is disregarded and we skip to the next loop?

Note : You can run more complex code if the condition for if() continue is met, This for example:

If(name === ` Pouria`) {

console.log(`This one isn’t allowed`)

continue;

}