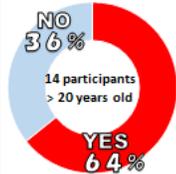


Can you use condoms properly?

Q Has your condom ever broke or come off while using a condom?
I asked people around town...



Of the 14 people in their twenties we surveyed, more than half experienced condom broken or came off

Q What happened in the situation?

♂ "There was air in the condom and it broke, so semen leaked out. My partner took emergency contraception after the incident, but it's known to not be 100% effective. I was so worried"

♀ "My partner didn't tell me he had ejaculated and he didn't pull out his penis. I knew semen leaked out and I thought that if I become pregnant, my life will change forever. It made me feel so scared."

This leaflet explains the proper use of condoms to improve the effect of contraception and to prevent STDs and STIs. With the proper understanding and usage of condoms, you can lower the possibility of the condom failure



Let's have a closer look at all the angles of the situation on the following page.

What were you thinking when this happened?

♀ "It came off when I let him handle it. I didn't know what exactly happened but I didn't say anything either...I didn't want to hurt his pride"

♂ "I was rushing to put it on because I didn't want to kill the mood. By the time I realized it, the condom came off somehow and I already came."

Ultimately the biggest mistake was two things. Rushing to use the condom and worrying too much about each other's feelings, therefore causing poor communication.

This is the emotional after effect

♂ "I regret that I put emotional and physical stress on her using the emergency contraceptive"

♀ "I was very nervous and worried if the next period didn't come"

♂ "I feel so bad for her, for causing this"



It seems that it was a lose-lose situation for both of them.

What's the point of using a condom?

The purpose is to prevent individuals from contracting STDs and having unplanned pregnancies. So, I want you to communicate without hesitation to your partner about using a condom. You don't have to feel embarrassed about this topic because both partners only want each other's happiness.

※ individuals using oral contraception, homosexual and heterosexual individuals all need to use condom to prevent STDs. Everyone can contract STDs and can have no noticeable symptoms. Without realizing it, reproductive function can be damaged.

Let's solve the problems!



♀ "It hurts when we use a condom I thought it's better to not use one"
Let's find a better way that doesn't hurt!

The pain might come from a lack of moisture or a latex allergy. The moisture problem can be solved by taking your time or using lubricant. However, using an oil based lubricant can damage and break condoms so you should only use water based lubricant. For those with latex allergies, use polyurethane condoms.



♂ "Because it didn't fit, the condom slipped off"
Use the right size product for you!

Choose the right size based on the diameter. The standard size is 33-36mm. There are bigger and smaller sizes.



♀ "I was scared when my period was delayed"
Take the emergency contraceptives and go tested for STDs.

You can take the emergency contraceptives within 72 hours after you had an intercourse. It cost about 5000-15000yen. Below is the search page for the hospitals.

Dr.Kitamura's clinic



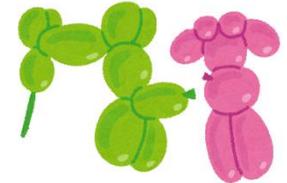
<http://www.jfpa-clinic.org/search/ec-search.php>

You can have a checkup at the hospitals, but you can have a free anonymous check at the community health center.

HIV check MAP



<http://www.hivkensa.com/>



~To protect those important to you~

CONDOMS HOW TO USE

Let's learn how to be mature!

Adolescence - FP hotline(Except public holiday)
~suffering/about sex/contraception~
03-3235-2638 Time in: Mon-Fri 10:00~16:00

reference

- ・一般社団法人日本家族計画協会 HP
- ・オカモト株式会社 オカモトコンドームズ HP
- ・北村邦夫(2008).思春期 Q&A.日本家族計画協会
- ・相模ゴム工業株式会社 HP
- ・産婦人科診療ガイドライン - 婦人科外来編 2014
- ・紳也's ホームページ
- ・ジェクス株式会社 HP

This leaflet was made with the help of 15 people in their twenties and 7 specialists of human sexuality.

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Preparation

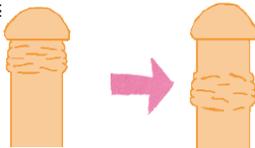


- 1 Choose a condom that fits his penis size.
- 2 Choose polyurethane condom if you or your partner is allergic to latex.
- 3 Carry your condom in a hard case. It will cause a deterioration of the condom if you carry them in a makeup bag or wallet. We recommend a hard card case.
- 4 Cut and file your nails short and file them so they will not damage the condom.



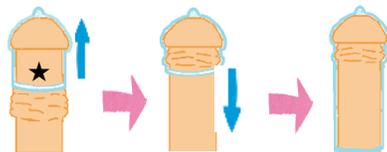
- 5 Check how the condom is rolled. Make sure the proper side is applied to the penis. If the wrong side is applied, you will not be able to roll it down.
- ※Once applied to the penis, there is a possibility that sperm is on the condom. If you have made a mistake, DO NOT turn it over. Use a new condom.

- 6 First, expose the glans penis. Next, pull down the penis skin and expand it to get rid of the wrinkles.



Point!

- 7 After rolling down the condom, hold the part in the illustration and pull up the condom with the penis skin. Then the penis skin that was pulled down will come up and get straightened.
- 8 Keep the straightened skin, and roll down the condom again with the hand that is not holding the skin.



- 9 You have your condom on! By going over steps 7 and 8, the skin and condom become unified and it will be less likely for the condom to rupture.

Penis skin and condom moves together. It becomes less likely for the condom to get loose!



How to remove



- 1 After ejaculation, hold the condom at the base of the penis and pull it out. Semen will leak from the condom if you take too much time after ejaculation.
- 2 Throw away the used condom in a way that semen does not leak out.

Check it on video!

Pilcpn & Link-R correct way of using condom



<https://www.youtube.com/watch?v=CCrXFxt0Ht0>

How to put on



- 1 Put the condom on the erect penis before insertion.
- ※To prevent STD/STI use a condom not only when you have sex but also when you perform oral sex (fellatio or cunnilingus). Use a new condom for insertion since there is a possibility that condoms used for oral sex are damaged.

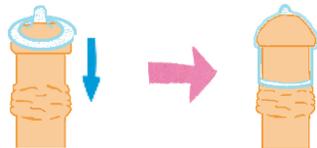
- 2 Squeeze the condom to one side, and open the other side of the package. Be careful not to damage the condom with your nails or cut edge.



- 5 Pinch the semen receiver to release air.



- 6 Put on the condom to the glans penis, roll it down over the skin that is pulled down. Attention: not to roll in the pubic hair, it may damage the condom.



Message from the 20th!



♂ I recommend choosing the condom together with your partner. By doing so, you can have a smooth conversation about condoms. Making love will be more fun when finding a favorite condom.

♀ I thought that not talking about condoms would make my impression better on my boyfriend. But rethinking it, I realized that leaving it up to him may cause regret on my life.

※Messages and experiences were collected and edited from collaborator's narratives.