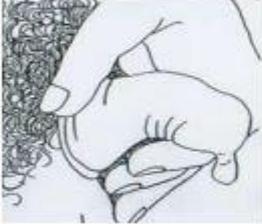


<h2>How to put on a condom</h2>	
	<p>Condoms come in many varieties and sizes</p> <p>Always check the expiry date which is printed on the condom packet</p>
	<p>Carefully open the packet by tearing down from the jagged edge</p>
	<p>Take the condom out of the packet.</p>
	<p>Squeeze the tip of the condom to get rid of any air, then place it over the tip of the penis.</p> <p>Roll the condom all the way down to the base of the penis. If it won't roll down, it's the wrong way round.</p>
	<p>After sex while the penis is still erect hold the condom in place as you withdraw your penis then simply take the condom off.</p>
	<p>Wrap the condom in a tissue and put in the bin.</p> <p>Don't put it down the toilet because this can cause blockages.</p>

PHLH BODYWISE 2010