

# How To Put On a Condom



Ensure that the condom package is not damaged. Carefully open and remove condom from wrapper.



Ensure that the condom is the right side out BEFORE touching your penis with the condom. Place condom on the head of the erect, hard penis. If uncircumcised, pull back the foreskin first.



Pinch air out of the tip of the condom.



Unroll condom all the way down the penis.



After sex but before pulling out, hold the condom at the base. Then pull out, while holding the condom in place.

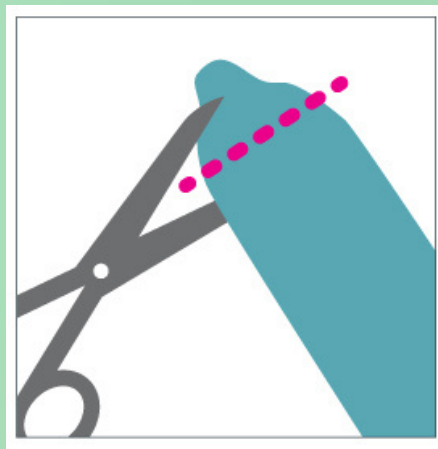


Carefully remove the condom and throw it in the trash.

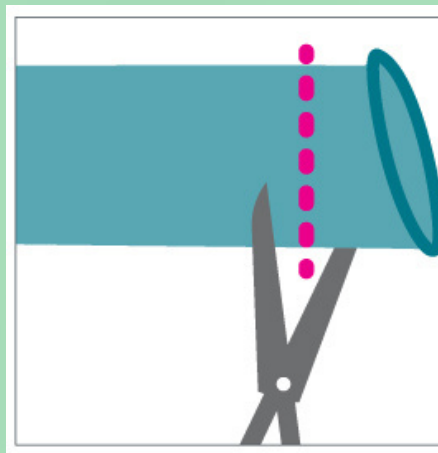
# How To Create a Dental Dam



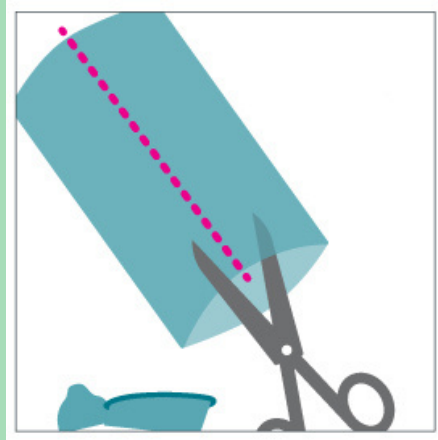
Carefully open package, remove condom, and unroll.



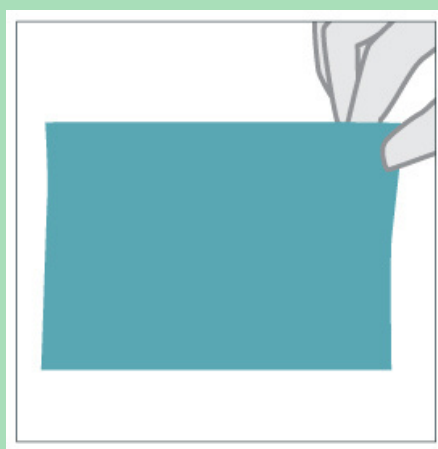
Cut off tip of condom.



Cut off bottom of condom.



Cut down one side of condom.



Lay flat to cover vaginal opening or anus.

For any questions regarding this resource or the Wrapped N' Ready Program, please email TCSA Vice President Student Health & Wellness at [vphealth@trentcentral.ca](mailto:vphealth@trentcentral.ca)