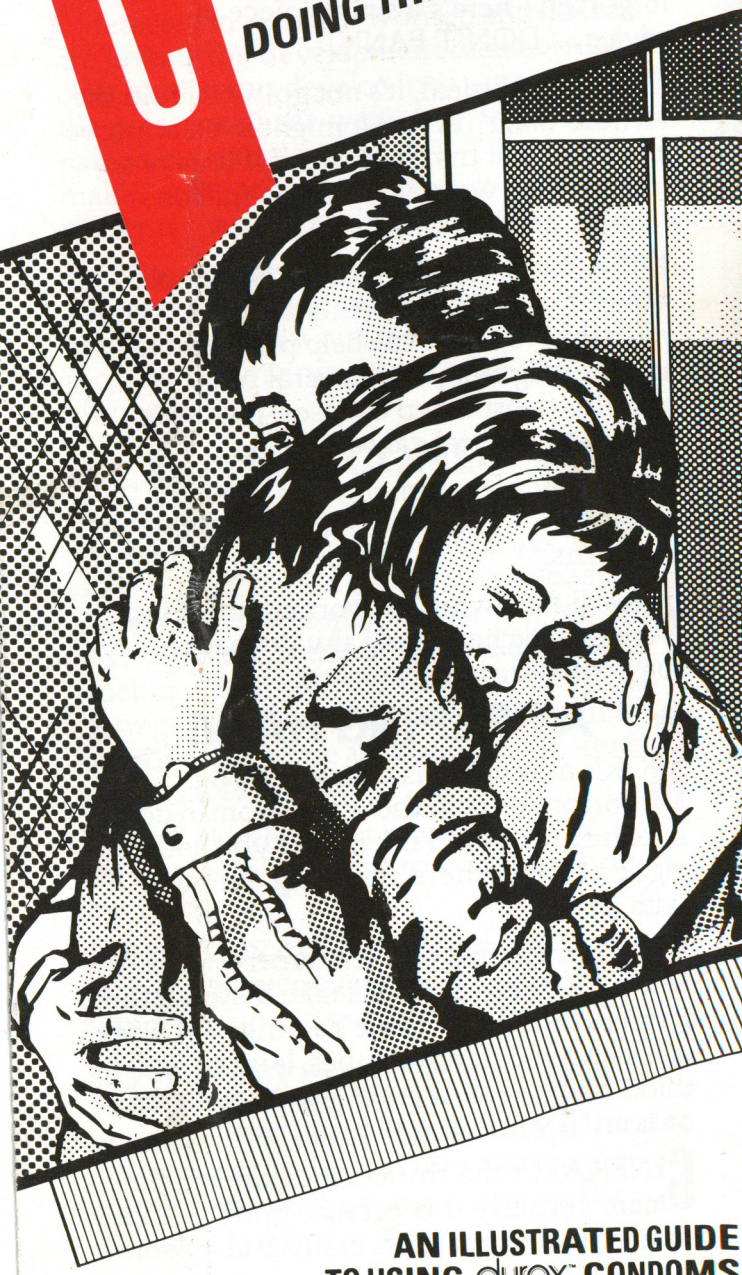
THE CONDOM

DOING THE RIGHT THING



AN ILLUSTRATED GUIDE TO USING durex™ CONDOMS

ALL YOU EVER WANTED TO KNOW

IF you've never made love using a condom (*sheath, French letter, Johnny, rubber etc.*) before – or it was so long ago, you've forgotten – here's a simple piece of advice...DON'T PANIC.

IT'S not an ordeal, it's not going to 'ruin the whole thing' (in fact it might even improve it but more of that later). And if it were so terrible why would over three million couples use condoms regularly.

USING a condom is really quite simple – and if you use it properly and every time you make love – it can help protect you against pregnancy and several nasty sexually transmitted diseases, including AIDS and cervical cancer.

FOLLOW a few simple rules – and the diagrams – and you shouldn't have any problems.

THOSE men who are worried about last minute hitches, could always have a 'dry run' – practise in private first.

▶ A HELPING HAND ◀

MORE adventurous couples put the condom on together – the woman doing it for her man. And if it makes you both giggle at first – there's nothing wrong with that!

SOME men (and women) worry that wearing a condom will take away all the pleasure. Not true! There's a range of Durex condoms in different shapes, lengths and thicknesses – and colours – so try different ones until you find one to suit you.

GENERALLY the thinner the condom the more sensitive it is because body heat can transfer through it more easily. But for some

ALL YOU EVER WANTED TO KNOW

frequently these days, syphilis, can all be contracted by careless sex.

CERVICAL cancer is increasingly being detected in younger women and doctors are linking the development of abnormal cells (which can develop into cancer cells) to the presence of the wart virus which can be passed by sexual intercourse. Therefore it makes sense to use a condom which prevents sperm reaching the cervix.

AIDS is a terrifying disease and the British Government recommends that if couples aren't completely sure that neither of them is carrying the virus, then a condom should always be used.

▶ BUYING CONDOMS ◀

CONDOMS are sold in virtually every chemist and drugstore nowadays, and they're usually sold on a self-serve basis so there's no need to ask the assistant for them. Many grocers and large supermarkets are stocking them too. You can buy them from garages, vending machines in public lavatories (in some areas) and in the gents loos in most pubs.

SOME people prefer buying packs of 12 because you have to go to the shop less often!

CONDOMS can also be obtained free of charge from most family planning clinics – and some have special sessions for men.

IF you are *very* shy, you can order your supplies from mail order companies who advertise in many national and local newspapers and magazines. Make sure you only buy reputable brands carrying the Kitemark symbol of quality.

ALL YOU EVER WANTED TO KNOW

IF you've never made love using a condom (*sheath, French letter, Johnny, rubber etc.*) before – or it was so long ago, you've forgotten – here's a simple piece of advice…DON'T PANIC.

IT'S not an ordeal, it's not going to 'ruin the whole thing' (in fact it might even improve it but more of that later). And if it were so terrible why would over three million couples use condoms regularly.

USING a condom is really quite simple – and if you use it properly and every time you make love – it can help protect you against pregnancy and several nasty sexually transmitted diseases, including AIDS and cervical cancer.

FOLLOW a few simple rules – and the diagrams – and you shouldn't have any problems.

THOSE men who are worried about last minute hitches, could always have a 'dry run' – practise in private first.

A HELPING HAND

MORE adventurous couples put the condom on together – the woman doing it for her man. And if it makes you both giggle at first – there's nothing wrong with that!

SOME men (and women) worry that wearing a condom will take away all the pleasure. Not true! There's a range of Durex condoms in different shapes, lengths and thicknesses – and colours – so try different ones until you find one to suit you.

GENERALLY the thinner the condom the more sensitive it is because body heat can transfer through it more easily. But for some

ALL YOU EVER WANTED TO KNOW

men, a slightly thicker condom can slow things down a bit so they can give more pleasure to their partner.

THE condom can also help guys who find it hard to keep their erection or who come too quickly.

SOME women find that sometimes their natural lubrication isn't sufficient to make sex comfortable. If their man uses a lubricated condom, they can find everything is a lot more comfortable.

SAFETY FIRST

WHEN choosing a condom, quality is important, so make sure it's as safe as possible. Look for the British Standards Institution Kitemark BS3704 which is a guarantee that the manufacturer has followed a strict set of quality guidelines throughout the manufacturing process.

IN addition to the tests required to meet British Standards, Durex actually carries out a series of tests of its own and every single Durex condom is electronically tested.

BECAUSE the standard of Durex condoms is so high, they're recommended by family planning clinics throughout the country and are stocked by virtually every chemist.

ALSO Durex condoms are lubricated to make them more comfortable for all concerned. Four of the condoms in the Durex range, Nu-form Extra Safe, Elite, Gossamer and Gold have a spermicide in the lubricant – Nonoxynol 9 – to give extra reassurance.

ALL YOU EVER WANTED TO KNOW

DOUBLE PROTECTION

YOU must bear in mind that no contraceptive offers a cast-iron, 100% guarantee of safety – even sterilisation has a failure rate.

WHAT the condom *can* give you, is a very high degree of protection, when it's used properly. And it's the only method which medical opinion says may reduce the risks of catching AIDS and other sexually transmitted diseases.

IF used correctly, the condom is highly effective – as safe as the IUD (coil) or low dose hormone or mini pills. Independent clinical trials have shown that if a hundred women use the condom as their method of contraception every time they make love for a year, only two or three might become pregnant.

AND it's got other benefits as a contraceptive too:

- no side effects which affect the woman's long term health
- doesn't interfere with her periods
- it's only used when needed unlike the pill or coil which are 'active' 24 hours a day
- it's the only method that can be checked visually after lovemaking so you can be sure that it's been properly used.

DOCTORS are increasingly convinced that condoms help to protect against sexually transmitted diseases (STDs) of all kinds. AIDS and cervical cancer are particularly of concern at the moment, although other types of STD such as herpes, non-specific urethritis (NSU), gonorrhoea, and less

ALL YOU EVER WANTED TO KNOW

frequently these days, syphilis, can all be contracted by careless sex.

CERVICAL cancer is increasingly being detected in younger women and doctors are linking the development of abnormal cells (which can develop into cancer cells) to the presence of the wart virus which can be passed by sexual intercourse. Therefore it makes sense to use a condom which prevents sperm reaching the cervix.

AIDS is a terrifying disease and the British Government recommends that if couples aren't completely sure that neither of them is carrying the virus, then a condom should always be used.

BUYING CONDOMS

CONDOMS are sold in virtually every chemist and drugstore nowadays, and they're usually sold on a self-serve basis so there's no need to ask the assistant for them. Many grocers and large supermarkets are stocking them too. You can buy them from garages, vending machines in public lavatories (in some areas) and in the gents loos in most pubs.

SOME people prefer buying packs of 12 because you have to go to the shop less often!

CONDOMS can also be obtained free of charge from most family planning clinics – and some have special sessions for men.

IF you are *very* shy, you can order your supplies from mail order companies who advertise in many national and local newspapers and magazines. Make sure you only buy reputable brands carrying the Kitemark symbol of quality.

2017.21.5.1.613

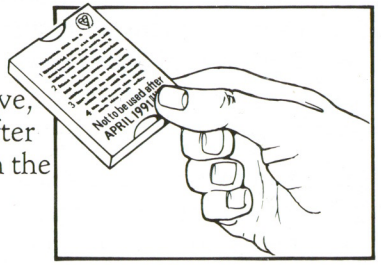
ALL YOU EVER WANTED TO KNOW

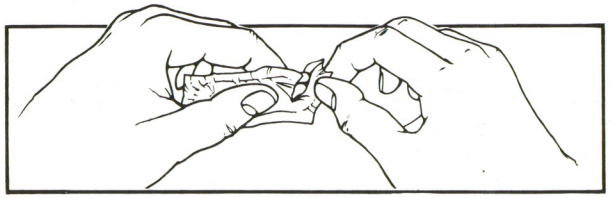
ALL YOU EVER WANTED TO KNOW

NOW YOU KNOW WHAT THEY ARE AND WHERE TO BUY CONDOMS, HERE ARE SOME SIMPLE INSTRUCTIONS ON HOW TO USE THEM.

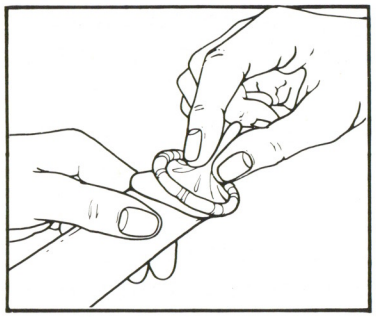
SO HAVE FUN – SAFELY!

1. Use a new condom every time you make love, and don't use it after the expiry date on the packet.

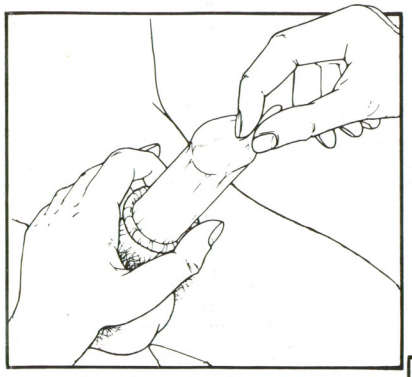




2. Open the foil carefully so there is no danger of tearing the condom inside. Remove it carefully.

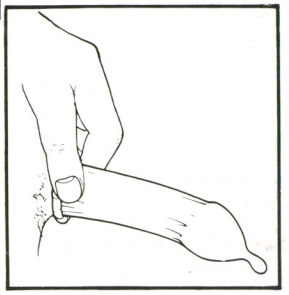


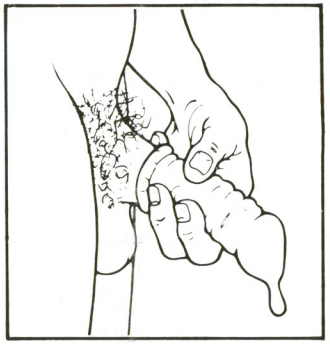
3. Put on the condom as soon as the penis is hard and erect but before any sexual contact, as sperm may be released before ejaculation ('coming'). Squeeze the closed end of the condom to expel surplus air and make sure the condom will unroll the right way.



4. Still squeezing the closed end between thumb and forefinger, unroll gently down the full length of the penis. Make sure the condom is not damaged by sharp fingernails or rings.

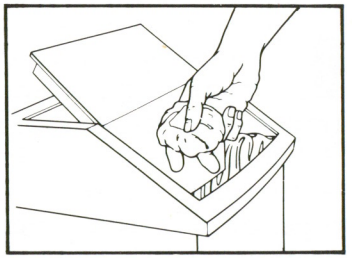
5. After making love, slowly withdraw the penis before it goes soft, holding the condom firmly in place at the base of the penis.





6. Ease it off the penis taking care not to spill any semen and keep both penis and condom clear of the woman's body.

7. Wrap the condom in a tissue and dispose of it hygienically.



IF you would like more information about the condom method of family planning, write to the Durex Contraception Information Service, North Circular Road, London, E4 8QA. All replies will be treated in confidence and sent directly to you in a plain envelope.

Durex Contraception Information Service
North Circular Road London E4 8QA Telephone: 01-527 2377

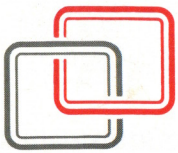
Durex Gold, Elite, Nu-Form Extra Safe and Gossamer are Trade Marks of LRC Products Ltd. London E4 8QA

LRC Products Ltd is a member of London International Group plc.

PRINTED BY BEAVERWOOD PRINT LTD 7 RAVEN ROAD LONDON E18

2017.21.5.1.613

IF you would like more information about the condom method of family planning, write to the Durex Contraception Information Service, North Circular Road, London, E4 8QA. All replies will be treated in confidence and sent directly to you in a plain envelope.



Durex Contraception Information Service
North Circular Road London E4 8QA Telephone: 01-527 2377

Durex Gold, Elite, Nu-Form Extra Safe and Gossamer are Trade Marks of LRC Products Ltd. London E4 8QA

LRC Products Ltd is a member of London International Group plc.

PRINTED BY BEAVERWOOD PRINT LTD 7 RAVEN ROAD LONDON E18