
Mates
take care!
CHEWING GUM
British Rail

safer sex makes sense

You've probably heard many conflicting viewpoints on AIDS and condoms. The fact is that experts believe that condoms are the most reliable form of protection you can use against AIDS and other sexually transmitted diseases. They also protect against unwanted pregnancy. So read on...

Sex crime!..It's not a crime to have sex, but the risks involved in not taking precautions during sexual intercourse are too serious to be ignored. How do they affect you, and what can you do to protect yourself and others?

If you **are** going to make love, then condoms are a **tried and tested** reliable method of contraception that are easy to buy.

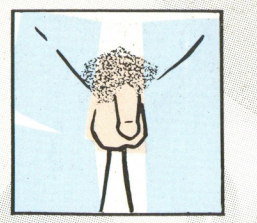
Condoms **can** be fun! – they're not difficult to put on, and a lot stronger than you think. They're sensitive too, so you won't be missing out by using one.

Safer sex... means protecting yourself and your partner from
– cervical cancer.
– sexually transmitted diseases of all kinds.
– unwanted pregnancy.

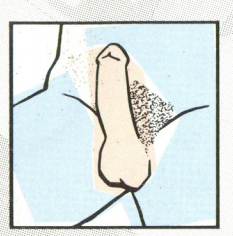
Safer sex means...
– using a condom.
– having fewer sexual partners, **don't forget**, you are taking the risks of all the sexual partners he or she may have had before!
– **it's okay to say no**.

Strong, sensitive, simple...safer!
Condoms give you a very high degree of protection, when used properly and are the **only** method which may reduce the risk of catching AIDS and other STDs. The benefits mean...
– no side effects which affect a woman's long term health
– no interference with periods
– only using them when needed
– the ability to check, visually, after sex so you can be sure they've been used properly.

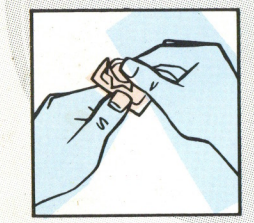
safer sex is in...so roll on the condom



How to use
1 Never try to put the condom on when the penis is soft.



2 When the penis is hard, put on the condom before it makes contact with your partners genital area.



3 Carefully remove the condom from the packet, making sure that you do not puncture or damage it with your finger nails, jewellery or packing foil. Either you or your partner can then begin to put the condom on.
Never use additional **petroleum based** lubrication with a condom.

did you know

Fact: there is a small town in Gascony, France called CONDOM, It has a reputation for high living.

Tip: condoms are versatile. The Allied troops were issued with them during the amphibious landing at Dunkirk to protect their rifle barrels.

Fact: the word 'konda' is Persian for a storage vessel.

Fact: the average condom stretches to five feet and can hold two buckets of water.

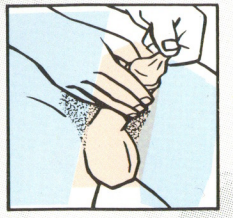
Fact: Dr Gabriello Fallopius, of fallopian tube fame, invented a linen sheath soaked in herbal brews and inorganic salts which was used as a condom.

Fact: the unpopularity of these linen sheaths led inventors to experiment with animal intestines; in an attempt to make condoms.

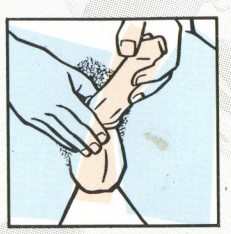
Fact: Dr Condom, physician to Charles II, produced a sheep gut condom which so delighted the King that he knighted the doctor. The doctor, shamed at having his name linked to such a 'disgraceful device', changed his name.

Fact: the invention of the rubber condom took place in England at the end of the nineteenth century.

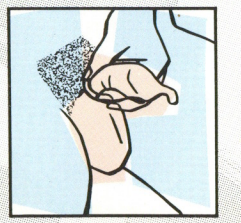
Fact: sailors carry a condom in their survival packs along with chocolate, cigarettes and matches.



4 Squeeze the teat of the condom with finger and thumb of one hand to expel trapped air and make space for the semen.



5 Holding the condom at the tip of the erect penis, and making sure that the closed end of the condom is kept 'air-free', roll it down the full length of the penis.



6 After climaxing but before the erection is completely lost, slowly withdraw the penis, holding the condom firmly in place so no semen can spill out. Wrap used condom in tissue and dispose of it carefully.
Remember: never use a condom more than once.

condoms...you make love, they make sense

safer sex makes sense

Shy to buy?
Today condoms are sold in **virtually every** chemist and drugstore; they're also available from many supermarkets, grocers, garages, record shops and from vending machines. (Don't forget to look out for the B.S. kitemark).

The kitemark (BS3704) on a packet means the condoms have been okay'd as contraceptives by the **British Standards Institute.**

A word on AIDS
There is currently no cure for AIDS. **Anyone** can be carrying the AIDS virus without having AIDS itself. Safer sex is one way of protecting yourself and your partner against it.

A word on cervical cancer
This form of cancer is increasingly being detected in younger women. It **makes sense** to use a condom and as soon as a woman becomes sexually active, she should have a smear test **at least** every 5 years.

Carrying a condom makes sense. Don't beat about the bush, talk it through with your girlfriend or boyfriend. Remember if **you** want to use a condom, **insist**, it **is** your right.



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MATES are made in the USA by Ansell,
the world leader in the manufacture of condoms.
Contributions from MATES are made to the HEALTHCARE FOUNDATION,
the charity committed to promoting safer sex.

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