

POSITION #8

the twister



condoms
& lube

make your
position
clear

CONDOMS & LUBE

why use them?

There is still no cure for HIV – but there is protection. If you fuck, condoms used with water based lube are the best way to protect you and your partner against possible HIV infection.

Condoms used correctly with plenty of lube are very effective at preventing infections. The amount of lube you use is more important than the thickness of the condom. Do not lube your cock before you put on a condom as this will increase the chance of the condom slipping off.

Reapplying the lube often will help prevent your condom from breaking and if you are having a long session change the condom every 30 minutes or so. Never use oil based lubes (baby oil, vaseline, olive oil, most moisturisers) as these can damage the condom causing it to split.



Check that your condom isn't past its use-by date. Squeeze the wrapper and make sure it's still intact. Be careful how you take the condom out of its foil wrapper and not to tear the condom on sharp fingernails or jewellery.



Before you put the condom on pinch the teat or closed end, check that it can easily roll down your fingers to ensure that it is the right way round.



Holding the teat or closed end, roll the condom right down to the base of the cock. Put lots of water based or silicon based lube over the outside of the condom.

Finally, practice makes perfect. Don't be afraid to practice putting on condoms – on your own or with someone else – until you feel confident.

Whatever position you're in, it's a lot safer with condoms and lube.

Make them your first pick up.

For more information, visit

www.makeyourpositionclear.com



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