

I find that condoms take the feeling away. It's like eating a banana with the peel on!

Adding a drop or two of water-based lubricant onto the tip of the condom or onto the outside of the penis before putting the condom on can increase the feeling. You can also buy very thin condoms from pharmacies that are made to increase feeling. Another option is to use the female condom which the woman wears and which is much looser on the penis.

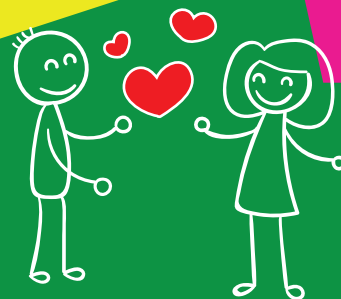
We do not like the way condoms smell!

Opening the condom packet and exposing it to the air for a few minutes will lessen the smell of the latex.

You can also use a scented and/or flavored condom, which will smell better. Another option is to apply a flavored or scented lubricant to the condom. Flavored and scented condoms and lubricants can be bought at pharmacies and some shops and are also available in some health facilities.

Condoms are too small for me!

Condoms stretch to fit any size penis. You can also buy larger condoms from pharmacies. Another option is to use female condoms which do not feel tight on the penis.



I heard that free government condoms are poor quality, and they break easily.

The government provides free condoms that have been tested and are good quality. The most common cause of condom breakage is incorrect use. Store your condoms in a cool place, do not use condoms that have expired, and squeeze the air out of the condom's test before putting it on. Also, make sure you use a water-based lubricant like KY jelly because oil-based lubricants like Vaseline can make the condom burst.

I heard that government condoms have HIV and worms in them.

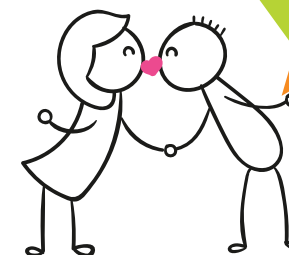
This is not true. Government condoms have to pass strict inspection. There is no HIV or worms in them. Sometimes when a condom is exposed to heat, the latex changes, and it looks like there might be worms in the condom, but there is not.

I like flesh-to-flesh when I have sex (Towner)!

This may feel good but is high risk in terms of HIV and other STI infection transmission. It's much better to compromise a bit and keep yourself and your partner safe. It's the responsible and caring thing to do!



**ANSWERS TO YOUR FEMALE
CONDOM CONCERNS**



THIS IS THE
INTERNATIONAL
FEMALE SYMBOL

For more information visit your local clinic or hospital or go to:

www.bwise.com, www.ilovelife.mobi,
www.hivsa.com, www.choma.co.za, www.hi4life.co.za

National HIV and AIDS Helpline: 0800 012 322

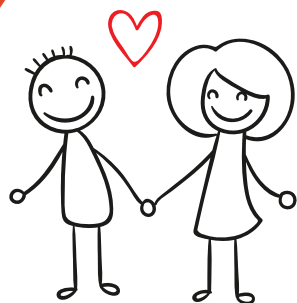


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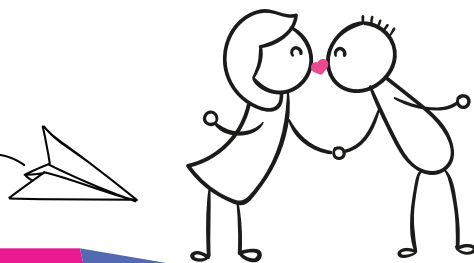
I think the female condom is ugly! It looks like a huge plastic bag!

The female condom is not that big. It is actually the same length as a male condom, but it is wider. It is the larger width that makes it more comfortable and enjoyable for many men.



During sex I found that the female condom made a noise. This was embarrassing.

The female condom needs much more lubricant than a male condom. Adding more lubricant to the inside of the condom or the outside of the penis should lessen the noise.



Female condoms are too expensive for me!

Many clinics provide free female condoms to their clients. If your local clinic does not have them, ask the nurse for the name of the nearest clinic that does stock them.



When we use the female condom, it sometimes gets pushed inside during sex. Other times, it gets pulled out.



It is okay for the female condom to move from side to side during sex, but it should not move in and out of the vagina or anus. Adding more lubricant to the inside of the condom or the outside of the penis should help the condom stay in place.

I struggle with inserting the female condom.

Inserting the female condom gets easier with practice. Practice putting it in when you are alone. If you are uncomfortable inserting it in front of your partner, you can put it in up to 8 hours before you have sex. You can also insert it in private right before you have sex. Or if your partner is willing, he can put it in for you!



**ANSWERS TO YOUR MALE
CONDOM CONCERNS**



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MALE SYMBOL

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