



1

Tear the condom package carefully open with your fingers and take the condom out. Check which way the condom is rolled open.



2

Pull the foreskin back and put your fingers to the tip of the condom. Pinch air out of the tip of the condom. Roll the condom all the way over the erected penis.



3

After ejaculation pull the penis out with the condom while still erect. When pulling out the penis, hold on to the base of the condom so that it does not slip off.



How to use a condom

#sexualrights