

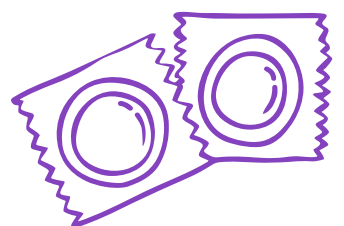
A young man with short dark hair, wearing a grey hoodie, is smiling and looking towards the camera. He is holding a long strip of Play Safe condoms in his right hand. The background is a solid light pink color.

FACTSHEET

CONDOM KEY MESSAGES

This factsheet gives you some quick condom key messages, myth-busting facts, and simple ways to start the condom conversation with young people.

It's not a deep dive (we've got a full [protocol](#) for that), but it'll help you support safer sex, boost condom confidence, and make condoms a normal part of your conversations with young people.



CONDOM KEY MESSAGES



Quick facts and stats

How effective are condoms?

When used correctly, condoms are 98% effective at preventing pregnancy and protecting against most STIs.

Do condoms protect against STIs and pregnancy?

Condoms are the only method of contraception that protects against both STIs and pregnancy.

What are the different types of condoms available?

There are different types of condoms available including external condoms (for use on a penis), internal condoms (for use in a vulva or anus) and even flavoured, textured and latex-free condoms.

How to use an external condom

Before Sex

First up check that the other person actually wants to have sex.

Then, check the expiry date of the condom. Expired condoms can break easily, and no one wants that. Also, make sure it's stated on the packaging that it meets Australian standards.

Step 1

Open the packet carefully; you might be tempted to tear it open in a fit of passion with your teeth, but that could easily damage the condom. Save the biting for later.

Step 2

Check it's not inside out. Hold the tip of the condom to remove any air.

Step 3

Roll it down to the base of the erect penis (or sex toy if you're using one). If it's hard to roll down, there's a chance it is inside out after all. Such an easy mistake to make – just grab another and start again. Don't reuse that one as there's a chance there's a little pre-cum on it.

Step 4

For sex with more oooo than arrggghhh, put some water-based lubricant on the outside of the condom. This reduces the risk of the condom breaking and also increases the pleasure factor. Don't use oil-based lubricants such as Vaseline; these can cause the condom to break.

Step 5

When you're finished, make sure the penis is withdrawn while still erect. Hold onto the base of the condom while you're withdrawing so it doesn't slip off and ruin all your good work so far.

Step 6

Remove the condom, tie a knot at the end, wrap it in a tissue and put it in the bin. Easy as.



After Sex

CONDOM KEY MESSAGES



Myth Busters

MYTH

Two condoms are better than one.

FACT

Using two condoms at the same time increases the chance of the condom breaking. Only use one condom at a time.

MYTH

You can't get STIs from oral sex.

FACT

Oral sex can transmit STIs including herpes, chlamydia, gonorrhoea, and syphilis. Using condoms during oral sex (on a penis) or a dental dam (on a vagina or anus) reduces the risk of STI transmission.

MYTH

You have to be 16 to get condoms.

FACT

There is no age limit preventing the purchase of condoms at a pharmacy, or from getting medical advice about contraception without parental consent.

MYTH

All condoms are latex.

FACT

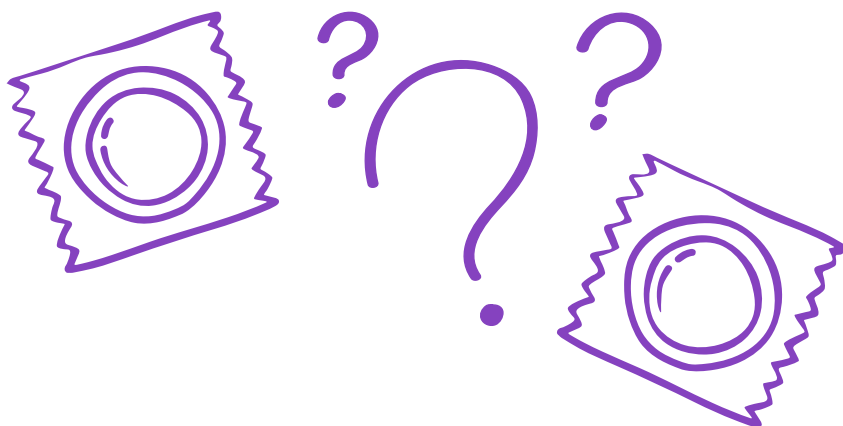
There are many non-latex options available for people who have a latex allergy, sensitivity or prefer not to use latex products.

MYTH

Condoms won't fit

FACT

Condoms come in a huge variety of sizes and there will always be one that fits. Did you know that the NSW Health team can fit 30+ full size oranges into a regular sized condom?



CONDOM KEY MESSAGES



Where to get free condoms in NSW

Organisations working with young people in NSW can order 144 free condoms for their service every month via [Play Safe Pro](#).

Professionals can also guide young people to other services that offer free condoms, and non-judgmental support:

- Local sexual health clinics
- Youth health services
- Aboriginal Medical Services
- [The Freedom Condom Program](#)

Phrases you can use to start the condom conversation

Young people may be too shy or nervous to ask questions about condoms, or to ask where to find them. Use these prompts to get the conversation started.



“Just so you know, we’ve got free condoms here if you ever need them. And, if you want to talkthrough how to use them or which kind to choose, we can do that too.”



“Lots of people feel a bit awkward talking about condoms — but they’re actually one of the easiest ways to look after your sexual health. Do you have any questions?”



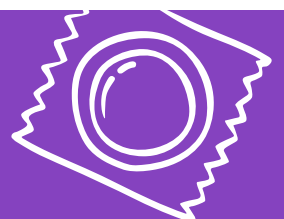
“You might know the basics about using condoms already, but I’m always here if you have any questions.”



“A lot of people assume they’re using condoms correctly, but it’s easy to miss a step. Want to check out a quick guide together?”

Want to know more about condoms and young people?

Download the full [Condom Protocol](#).



CONDOM KEY MESSAGES



STAY UP TO DATE



Clinical information evolves. Many reliable sources, like the [Play Safe](#) and [Play Safe Pro](#) websites, offer current guidance for youth workers and young people. Subscribe to the [Play Safe Pro newsletter](#) to stay up to date with our free resources, factsheets, tools, and interactive activities.

If you can't answer a question, or need more support, advise the young people you work with to contact [Nurse Nettie](#) or the [NSW Sexual Health Infolink](#).