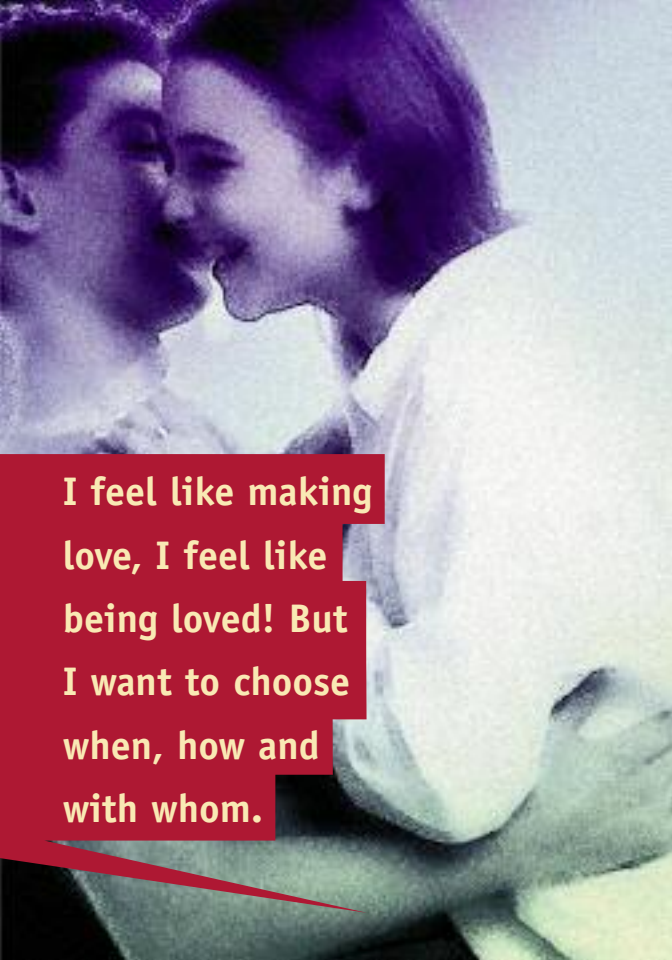




play it
SAFE!

Québec  

A close-up photograph of a young man and woman in profile, facing each other and kissing. The woman is on the right, wearing a white long-sleeved shirt, and the man is on the left. The background is a soft, out-of-focus light blue. A large, semi-transparent red banner with a jagged bottom edge is positioned in the lower-left quadrant, containing white text.

**I feel like making
love, I feel like
being loved! But
I want to choose
when, how and
with whom.**

FEEL LIKE IT? OR NOT? IT'S UP TO ME!

My sex life is my own business. When and with whom I make love are my choices! If I want to wait, put it off until later, to some other time, it's my decision. It's up to me to say what I want!

Yes but... I'm in love... What happens if I refuse to make love? Will I get dumped? What I do really matters; and I want to decide what is right for me.





SAFE SEX — NOW THAT'S WHAT I'M IN THE MOOD FOR!

Safe sex ? It's part of my lifestyle, and it's part of love! Hugging, caressing, massaging — it's all part of safe sex and it's really not complicated.

LOVE IS A THREE-WAY AFFAIR: YOU, ME AND THE CONDOM

Have I decided to have sex? Yes, but with a condom. Because I like to feel safe when making love. When we use a condom, pleasure can take over. We don't have to worry about catching something, because condoms protect us from sexually transmitted infections (STI) and HIV. They also help prevent pregnancy, so they're a good addition to the pill. Besides, just between you and me, a condom can prolong sex and delay "coming". After all, we're in love and we respect each other, right? So let's play it safe!

WHAT? YOU DON'T WANT TO USE A CONDOM?

OK. Come and sit here right next to me, my love, and we'll have a little talk. Don't you understand that a condom will give us both peace of mind? If you want to make love without a condom, that's your business, but let me tell you now that, without a condom, this is as far as we go! Massaging, caressing and kissing, that's OK. But penetration without a condom? Forget it!

I love you, but not to the point of getting an STI or HIV. Did you know that most of the time there are no symptoms when you first catch an STI or HIV, especially early on in the infection.



So even if we know each other well and even if you look great, we can be never sure that neither of us has an STI or HIV. It would be pretty stupid not to use a condom, eh?

A USER-FRIENDLY GUIDE TO CONDOMS!

Choose lubricated latex condoms* over those made from natural membranes. Check the expiration date. Keep them in a condom case or jacket pocket. This protects them from heat and friction, which can be harmful.



- 1. Open the package carefully so that you don't tear the condom.** You can do this even before you begin sexual activity. Never use your teeth, and be careful with your nails. Put the condom on the erect penis before making any contact with the vagina or anus.



- 2. Gently unroll the edge of the condom to make sure it's not inside out .**

* or polyurethane ones, if you're allergic to latex.



3. Now, one of you can unroll the condom onto the penis while pinching the tip of the condom to get the air out. This makes room for sperm and keeps the condom from breaking.



4. Add a water-based (KY® Jelly or Astroglide®) or silicone-based (Wet Platinum®) lubricant to the outside of the condom helps prevent the condom from breaking and increases sensation for the partner. Applying it to the inside of the condom increases the sensation for the person wearing it. Don't use oil-based products. Vaseline®, oils (baby oil, bath or massage oil, and cooking oil), lotions and creams can cause the condom to break.



5. After coming, hold the base of the condom and withdraw the penis while it is still hard.



6. Take the condom off and tie a knot in it to prevent the sperm from leaking out. Throw it in the garbage. After all, condoms can only be used once!

Condoms can also be used during oral sex (mouth to penis). During oral sexual relations with a woman (mouth to vulva) a dental dam or a latex condom cut lengthwise can be used. As with the condom, lubricant can be added.

CONDOMS ARE LIKE JEANS - FIND THE ONES THAT SUIT YOU BEST!



REGULAR LUBRICATED

Smooth sensation that eliminates friction and prevents breaking.



REGULAR NON-LUBRICATED

For those who prefer to add their own lubricant. Non-lubricated condoms are also ideal for oral sex.



ULTRASENSITIVE

Light and thinner, for almost natural contact with just as much resistance to breakage.



COLOURED WITH FLAVOURED LUBRICANT

For enhanced fantasies. A variety of flavors is available to suit all tastes! These may cause irritation.



RIBBED

Tiny lines help increase the partner's sensation.



TEXTURED

To help increase the partner's sensation.

 CONTOURED

Narrower at the end to hold the condom in place better.
More comfortable for uncircumcised men.

 LARGER

More comfortable for those who find condoms too tight.

 TOUGHER

Thicker and therefore more resistant to breaking especially during anal intercourse.

 WITH SPERMICIDE

Used mainly for birth control.

WITH OR WITHOUT SPERMICIDE?

There are many products on the market that contain nonoxynol, a spermicide to prevent pregnancy. It is found in lubricating jelly, vaginal foam and many lubricated condoms. Condoms lubricated with nonoxynol are not recommended. Nonoxynol causes irritation and facilitates transmission of HIV and other STIs. Latex or polyurethane condoms without nonoxynol offer the best protection against these infections.



DON'T FEEL LIKE USING A CONDOM ANYMORE?



If you are in a stable relationship with only one partner, living together or trying to get pregnant, you can consider not using condoms. Before you make that decision, both partners should be tested for HIV and other STIs. If the results are negative, you can stop using condoms as long as you remain faithful to each other.

If you need any help or information, or if you want to know where you can go to be tested for STIs or HIV, call the Info-Santé line: 8-1-1.

**Santé
et Services sociaux**

Québec



www.msss.gouv.qc.ca

www.jcapote.com