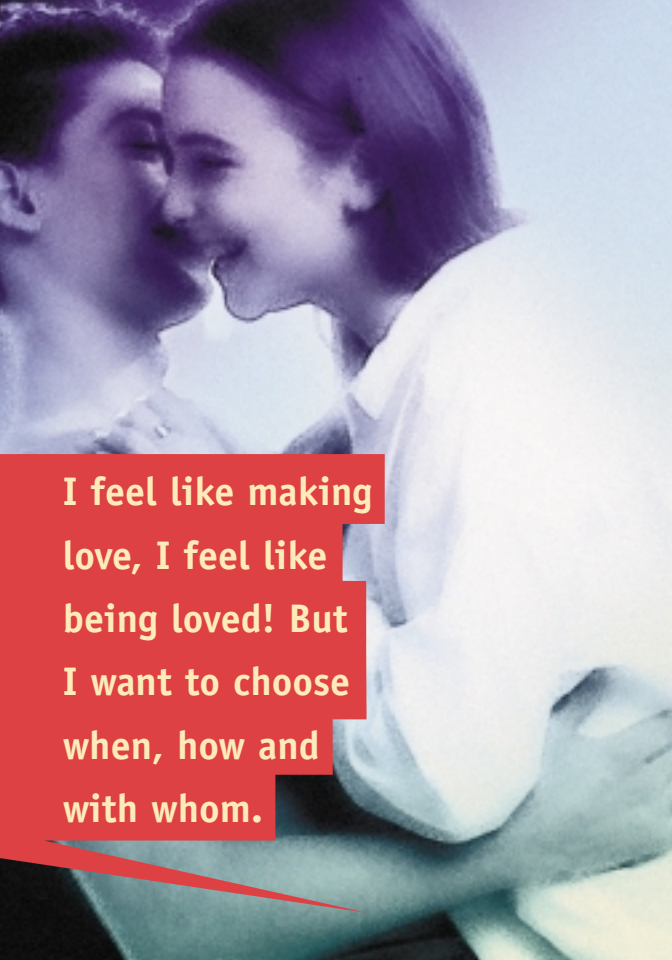


play it  
**SAFE!**



Québec 

A young man and woman are shown in profile, facing each other and kissing. The woman is on the right, wearing a white shirt, and the man is on the left. The background is a soft, out-of-focus light blue. A red banner with white text is overlaid on the bottom left of the image.

**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!**

**M**y sex life is my own business. When and with whom I make love are my choices! If I want to put it off until later, to some other time, whatever, 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!

**S**afe 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.

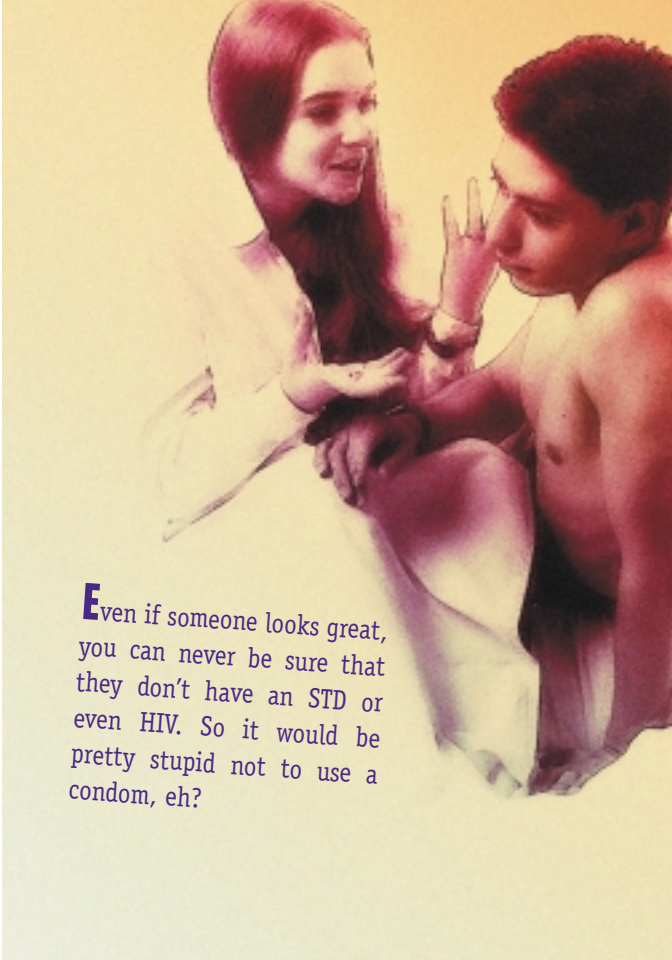
# LOVE IS A THREE-WAY AFFAIR: YOU, ME AND THE CONDOM

**H**ave 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 if we're going to catch something, because condoms protect us from STDs and HIV, the AIDS virus. They 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 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 I'll tell you to your face. 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 STD. Did you know that in most cases there are no symptoms when you first catch it.

A young man and woman are lying in bed, looking at each other. The woman is on the left, wearing a white top, and the man is on the right, shirtless. They appear to be in a romantic or intimate setting. The background is a plain, light-colored wall.

**E**ven if someone looks great, you can never be sure that they don't have an STD or even HIV. So 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 start any sexual activities. Never use your teeth, and be careful with your nails.



- 2. Gently unroll the edge of the condom to make sure you're using the right side.** Put the condom on the erect penis before making any contact with the vagina or anus.



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



- 4. Add a lubricant (KY®, H-R®, Taro Gel® or Astroglide®) to the outside of the condom. This 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®, baby oil, bath and massage oils 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 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). Oral sexual relations with a woman (mouth to vulva) can be protected by using a latex condom cut lengthwise. 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. Nonlubricated condoms are also ideal for oral sex.



## **ULTRASENSITIVE**

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



## **COLORED WITH FLAVORED 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.

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 **CONTOURED**

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

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 **LARGER**


More comfortable for those who find condoms too tight.

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 **TOUGHER**

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

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 **WITH SPERMICIDE**

Used mainly for birth control.

### **WITH OR WITHOUT SPERMICIDE?**

There are many products on the market that contain nonoxynol — this is a spermicide for preventing pregnancy found in lubricating jelly, vaginal foam and many lubricated condoms. It does not appear that condoms lubricated with nonoxynol provide better protection against STD and AIDS than those containing a water-based lubricant.

Nonoxynol is not recommended if it causes vaginal irritation, and is not recommended for anal or oral sexual activities.



# 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 may be considering not using condoms. Before you make that decision, both partners should be tested for HIV and other STDs. If the results are negative, you can stop using condoms for as long as you remain faithful to each other.

If you need any help, information or if you want to be tested for STDs or AIDS, call the Info-STD-AIDS line:

**Quebec City Region: 648-2626**  
**Elsewhere: 1-800-463-5656**



Gouvernement du Québec  
**Ministère de la Santé  
et des Services sociaux**