

Things Every Person Should Know : The Basics of Putting on a Condom

The only learning curve involved in condom use is how to put on a condom. In addition to being effective in the prevention of pregnancy, a condom also protects sexual partners from transmitting an STD or HIV to one another. While nowadays most people agree that condom use is an important part of safe sex, the main problem occurs in the fact that a large amount of people do not know how to correctly put on and use a condom. So while condoms are particularly effective in preventing unwanted pregnancy and STD's, the lack of knowledge on how to use a condom correctly results in higher failure rates worldwide.

It is relatively easy to use a condom. The crucial step is in knowing how to put on a condom. In order for a condom to maintain its effective level of protection, it must be properly placed on before commencing in any sexual activity. How to put on a condom varies depending on the whether a male or female condom is being used.

Everything starts with learning how to put on a condom for a male. To begin, carefully open the condom package, making sure not to tear the condom with a tooth or fingernail. Once the packaging has been opened, place the condom over the erect penis. Virtually every condom contains a reservoir tip that is pinched and the remainder of the condom rolled down the shaft of the penis all the way to the base. If there is no reservoir tip, simply pinch a small space about a half inch in size at the tip before rolling the condom down over the penis. The reservoir tip is used to collect semen excreted during sexual activity.

After learning how to put on a condom, next comes learning how to take it off a male. Once you're done with sex, withdraw while making sure to hold the condom by the rim at the base. This ensures that no semen will be spilled. Immediately dispose of the condom as it can not be used a second time.

How to put on a condom in a female is slightly different than a male condom. The condom placement is similar to that of a tampon without an applicator. The first step in how to put on a condom in a female involves separating the outer lips in much the same way as with using a tampon. Grasp the female condom at the closed end and slowly begin inserting it into the vagina with the index finger. Continue to push the condom as far as possible inside the vagina until the finger reaches the cervix.

Before engaging in sexual activity, check to make sure that the female condom has been properly inserted. This can be done by the female checking to see whether or not the inner ring of the condom can be felt. If it can not, then the condom is properly placed. Another check for proper placement is visual. The outer ring of the female condom should cover the outside area. It should be impossible to penetrate the vaginal canal outside the limits of the female condom when properly placed. After sexual activity, simply remove the condom in much the same way as a tampon.

How to put on a condom, whether male or female, is a step easily mastered. A condom is an inexpensive, readily available form of birth control. There is no need for a prescription or visit to the doctor as with other birth control methods. Therefore, a condom is the most viable form of protection any individual engaging in sexual activity can take.

For more information visit: [Things Every Person Should Know : The Basics of Putting on a Condom](#)

About the Author

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