

# Why you must CONDOMISE

Condoms are freely distributed, yet people sometimes ignore to use them

By Malibongwe Mngomezulu



**S**EX is more fun when you're not worried about falling pregnant or contracting HIV or an STI. If you and your partner are having sex, it is important to always use protection and to use it the right way. It is better to be safe than sorry.

## WHY USE A CONDOM

Jane Simmonds, a public specialist in social communication behaviour change from Joburg, says everyone who is sexually active should take the responsibility of practicing safe sex.

"People should stop being ashamed of using condoms. It is important to use a condom while having sex because it helps prevent sexually transmitted infections (STI), HIV transmission and pregnancy," says Jane.

## TYPES OF CONDOMS

There are condoms for both men and women.

"For men, there is the government-issued Max condom, which was previously called Choice. The rebranded male condoms are more appealing to both young and old. They have changed the packaging and have introduced flavoured condoms," she says.

This make-over comes after social marketing research found that Choice condoms were losing

their appeal, especially among young people.

Jane adds, "For the women, there is the Cupid Female Condom, which does not make a noise during sex anymore and has a sponge in front, which results in increased pleasure for both the woman and man. This condom is thin, soft, loose fitting and is made from natural rubber latex which is worn inside the private part."

## HOW TO USE A CONDOM

Using a condom may seem easy, but the incorrect use of a condom can lead to a sexually transmitted infection, HIV or pregnancy.

When using condoms, there are safety measures that should be followed:

- When putting on a condom, the first thing that you should do is to check the expiry date, which has to be in the future. For example, if the date is 23/12/2019 this means that the condom is safe to use.
- The second step is to check for obvious rips or tears on the condom. If there are tears, the condom is not safe to use.
- Before you open the packet, push the condom away from the edge you plan to tear and open the condom on the zig-zag edges. This will make it easy for you to tear apart quickly and easily.
- Don't use your fingernails or teeth when opening a condom wrapper. It's very easy to tear the condom inside.
- Make sure when using the male condom that it is put on the correct way and that there is no air in the tip of the condom which collects the semen.
- It is important to know that you cannot use both the female and male condom at the same time.
- A condom is not reusable – it's only meant for single use.

## WHERE TO GET CONDOMS

Jane says free condoms are available at health facilities, universities and colleges, workplaces and many other public spaces.

"Condoms should also be distributed to schools. This will not encourage sex, but the notion of having safe sex," emphasises Jane. ✿