

CRAZY CONDOM QUIZ – How to Properly Use a Condom

Condoms are 97-98% effective when they are used **correctly**. The #1 reason for condom failure is user error. See if you can put the following steps in the proper order.

- A. Erection
- B. Squeeze the tip
- C. Check expiration date on package
- D. Open package carefully
- E. Lubrication
- F. Ejaculation
- G. Roll condom on all the way to the base of the penis
- H. Hold the rim of the condom firmly
- I. Intercourse
- J. Pull out of your partner
- K. Cuddle with partner, have a snack, bask in the afterglow, play video games
- L. Discuss safer sex with your partner
- M. Loss of erection
- N. Make sure the rolled up ring is on the outside and facing up

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____
- 7. _____
- 8. _____
- 9. _____
- 10. _____
- 11. _____
- 12. _____
- 13. _____



Crazy Condom Quiz Answers

1. **L – Discuss safer sex with your partner.** Often students will ask the question “How will I know when I’m ready?” There are many things to consider, but an important question to answer is “Can you comfortably have a discussion about safe sex with your potential partner?” It is important to discuss birth control and STD prevention (a condom is the only form of birth control that will protect against most STD’s when used correctly). Don’t assume your partner will have a condom. Stop by the Student Wellness Center and we will provide you with free condoms and any information you may need.
2. **C – Check expiration date on the condom package.** This is something you need to be aware of long before you will be having sex. Most people who become engaged in foreplay and discover their condom has expired just before having sex will go ahead and use the expired condom. This is a very dangerous decision! Expired condoms are very likely to fail.
3. **A – Erection.** – Self explanatory.
4. **D – Open package carefully.** By carefully, we mean not with your teeth, scissors, a knife or any other object that may puncture the condom. Most if not all condom wrappers are equipped with a notch that is easy to tear open with your fingers. Many students ask why this step comes after erection. You don’t want to expose an unwrapped condom to any objects that may pierce or tear the condom. Therefore keeping it in the wrapper until ready for use is the safest step.
5. **N – Make sure the rolled up ring is on the outside and facing up.** Plenty of condom users put the condom on backward. The ring should roll upward in order for the condom to easily roll down the erect penis. If you have to reach inside the condom to unroll it, you are putting it on wrong! This could increase your chances of the condom breaking.
6. **B – Squeeze the tip.** Condoms have a tip called a reservoir. If you are familiar with the actions of a reservoir, they are designed to collect and store water. In similar fashion, a condom reservoir is designed to collect the ejaculate once it is expelled. As you are rolling the condom on, pinch the tip in order to ensure there is ample room for the reservoir to do its job. In addition, pinching the tip will keep extra space in the top for the condom to move a little. If it is on too tight and there is a great amount of friction, there is a slight possibility the condom could break.
7. **G – Roll condom all the way to the base of the penis.** This is an important step that is often neglected. Many a man will claim he only rolls the condom ½ way down in order to remain protected but still have contact that is body to body without the barrier. This is dangerous for two reasons. 1. Your condom is in danger of slipping off when it is not rolled all the way down. 2. HPV and Genital Herpes are two Sexually Transmitted Diseases that can be contracted from skin to skin contact. While rolling a condom all the way to the base of the penis will not guarantee protection from these two STDs it will cover more surface area.

8. **E – Lubrication.** Most condoms these days are pre-lubricated. It never hurts to add a little extra to your condom. This will give extra protection to the condom in the case of extreme friction and will likely enhance the experience for both partners. **MAKE SURE YOU USE GEL OR WATER BASED LUBRICANT.** Lotion, Vaseline, oil based lubricants, can all breakdown latex. Before you use any lubricant, make sure the label indicates it is safe for latex!
9. **I – Intercourse.** Self explanatory!
10. **F – Ejaculation.** Again with the self explanatory!
11. **H – Hold the rim of the condom firmly.** Immediately after ejaculation, it is important for the male to grab the rim of the condom firmly. For some, loss of erection happens immediately upon ejaculation. If you try and pull out of your partner with an un-erect penis, there is a huge risk of the condom slipping off. The possibility of ejaculate spilling on or in your partner is greatly increased in this instance. Don't try and remove the condom until you are a safe distance from your partner.
12. **J – Pull out of your partner.** Again, make sure you hold firmly to the base of the condom, pull completely out of your partner after ejaculation and move away before removing the condom.
13. **M – Loss of erection.** If you performed the step above correctly this one should be easy!
14. **K – Cuddle with partner, eat a snack, bask in the afterglow, play video games.** Your call!

Some Suggestions:

- Tie your condom in a knot before disposing of it. This will keep the ejaculate inside in case there is a trash accident.
- Never flush a condom down the toilet. This is a quick way to clog up the system!
- If you have questions or concerns about any of these steps or sex in general, contact the Student Wellness Center in the Student Services Building 4.500 or call 972-883-4275.