

**NEVER** try to put a second condom on top of the first condom.

The two condoms will rub and slip against each other and this only increases the risk of both condoms breaking and bursting.



Check during sex that the condom is still securely in place.

Use your fingers to feel for the condom at the root of the man's penis. You can also apply extra lubricant during sex.



Immediately after the client has ejaculated ("cum"), it is up to **YOU** to slowly pull out his penis while **YOU** hold the condom firmly in place. This way you can prevent the condom from slipping off or sperm from leaking out.

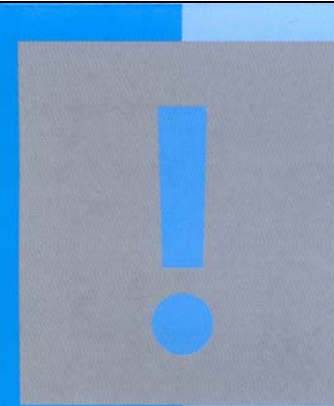


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## Using condoms

**Look after yourself. Always use a condom.**

A condom protects you against HIV/AIDS, venereal disease and unwanted pregnancy

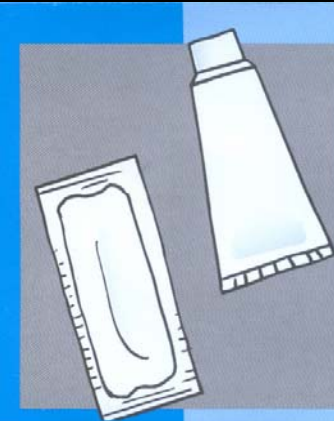


**ALWAYS** use a condom for:

- Vaginal intercourse, also called "penetration" or "fucking" (in Danish: "dansk")
- Oral intercourse, also called "fellatio" or "French" (in Danish: "fransk")
- Rectal intercourse, also called "anal sex" or "Greek" (in Danish: "græsk")

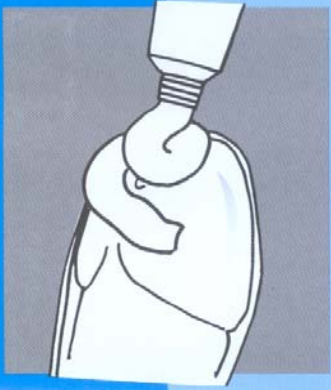


- **ALWAYS** use lubricant
- It must **ALWAYS** be you that put the condom on and **ALWAYS** you that removes the condom
- **NEVER** let the man do either himself
- Say **NO** to men who won't use condoms



**ALWAYS** use a condom and lubricant.

A condom protects you against HIV/AIDS, sexually transmitted diseases and unwanted pregnancy. It is important to use condoms properly in order to prevent them for tearing and bursting.



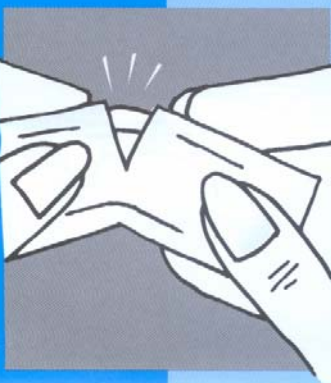
**ALWAYS use lubricant with the condom.**

The lubricant must be used directly inside your front passage (vagina) or back (rectum), or applied directly on the condom. If you don't use lubricant there is a risk of the condom bursting.

As a last resort, if you don't have any lubricant, use plenty of spit.



Make sure that the condom is the right size for the man's penis.

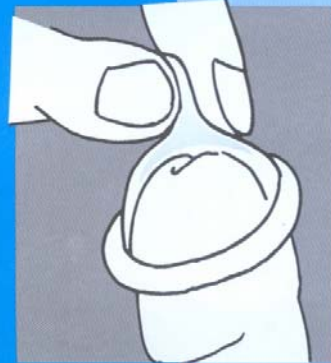


When taking the condom out of its wrapper, be careful not to tear it with your nails or teeth.

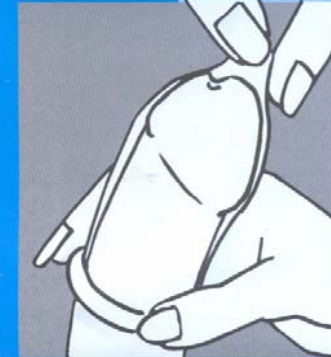


Unroll the condom slightly before putting it on the man's penis.

That way you will easily be able to see which way to roll it on.



Squeeze the teat-end of the condom (where the sperm collects) between your thumb and index finger to get any air out.



Draw back the foreskin and then roll the condom onto the stiff penis with one hand, while holding the teat-end of the condom with your other hand (remember: **YOU** must do this, not the man).

In this way you can make sure that there is room for the sperm in the teat-end when the man ejaculates ("cums").

This also reduces the risk of the condom bursting.

Pro Vest – anonymous advisory and health service for foreign women with experience from prostitution.

For further information, see our homepage: [www.provest.dk](http://www.provest.dk)

**Pro Vest - Outreach Work - Drop in centre**

- Medical consultation – every Tuesday from 5-7 p.m. at our Drop-in Centre.
- Danish lessons - every Tuesday from 5-7 p.m. at our Drop-in Centre.
- Networking activities