

HOW TO USE A FEMALE CONDOM

What makes female condoms great?

More sensation for guys than male condoms!

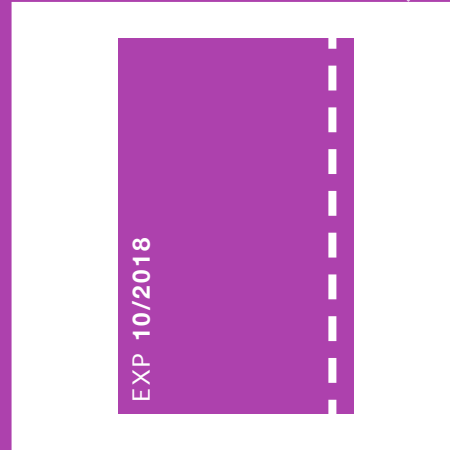
Protects against STIs & pregnancy!

Girls can take control!

Latex free... no more allergies!

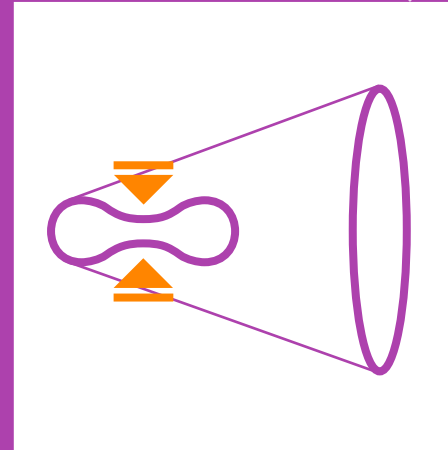
1

Before you get started - check the expiry date and spread the lubricant around inside the packet to warm it up. Then tear the packet open carefully.



2

Pull the female condom out of the packet. Squeeze the sides of the inner ring between your thumb and forefinger to make a point.



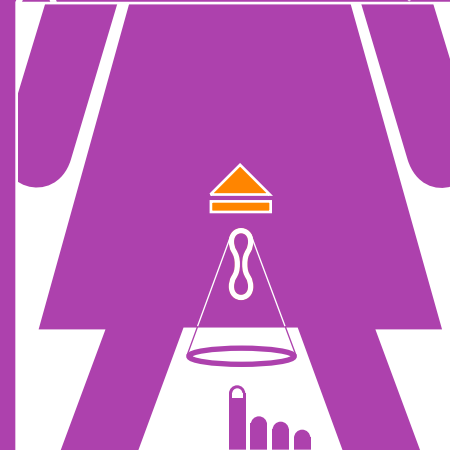
3

Find the best position for you - standing, squatting or lying down - and insert the inner ring inside your vagina. Ask your partner to help you ;-)



4

Use your index finger to push the inner ring in as far as possible. Keep the outer ring on the outside of your body.



5

Hold the outer ring in place until your partner's penis is inserted into the condom. Once his penis is inside, then you can let go.



6

Twist and pull the condom out, tie a knot, and throw it away. Never use the same condom twice!

