


Somerset C-Card
for young women & men in Somerset

For confidential advice,
information and free condoms
join the Somerset C-Card

CONDOMS

A guide to condoms and the
Somerset C-Card






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What are condoms used for?


- They are a *barrier* method of contraception
- They can prevent sexually transmitted infections (STIs) as well as pregnancy



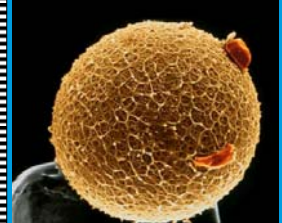


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What's a barrier method?




Human sperm



Human egg






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What are condoms?

- Condoms are made of latex (rubber) or polyurethane (plastic) and this acts as a barrier to prevent sperm meeting an egg
- Condoms can also prevent bacteria and viruses spreading from one person to another
- There are **male** and **female** condoms





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Male Condoms

Available in:

- ♥ Different sizes
- ♥ Different colours
- ♥ Different flavours
- ♥ Different textures (ribbed, dotty)






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Female Condoms

- ♥ Often non-latex
- ♥ Can therefore be used with any lubricant, including oil-based
- ♥ Can be put in at any time before sex







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How are male condoms used?

- Male condoms fit over a man's erect penis
- They should be used *before* any close genital contact
- Once the man has 'come' but before the penis goes soft, he must withdraw holding the condom firmly in place to avoid spilling any sperm
- The condom is then removed and should be disposed of carefully and responsibly





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How to put on a condom



video clip



How to use a condom



1. Check that the condom foil is intact, that it is within the expiry date and that it has the BSI Kitemark and CE mark. Tear along one side of the foil making sure that you do not damage the condom with sharp fingernails or jewellery as you squeeze the condom out.



2. Put the condom on when the penis is erect, but before contact with your partner as fluid is often released in the early stages of an erection. This may cause pregnancy or pass on an infection.



3. Hold the condom tear between the thumb and finger making sure the condom is the right way for unrolling. This expels air from the tear reducing the chance of it bursting.



4. Using your other hand unroll the condom down the entire length of the penis, while still holding the tear. Make sure the condom stays in place during sex. If the condom should come off then open a new condom and put it on before continuing sex. If this happens, the female should attend for post-coital contraception as a precaution against unintended pregnancy.



5. After ejaculation make sure you hold the base of the condom in place as you withdraw. Only when the penis is completely withdrawn can you remove the condom. Make sure you keep the penis and used condom away from the vagina and anus.




6. After use make sure you dispose of the condom hygienically. Wrap it in tissue and place it in a waste bin. Do not flush it down the toilet.

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How are female condoms used?



- Female condoms are put into the vagina and line it loosely when in place
- The closed end of the condom is inserted high into the vagina
- The open, outer ring lies just outside the vagina
- After sex the condom is removed by twisting the outer ring to keep the sperm inside and pulling it out
- It should be disposed of carefully and responsibly

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How reliable are they?


- That depends on how carefully they're used... when used according to instructions male condoms are 98% effective
- This means that using this method, two women in 100 will get pregnant in a year
- Female condoms are 95% effective – can you work out how many women in 100 will get pregnant in a year when using this method?

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Advantages:

- Very effective
- Easily available
- Only need to use them when you have sex
- Help to protect against many STIs, including HIV







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Disadvantages:

- Can interrupt sex
- Male condoms can slip off or split if used incorrectly
- When using the female condom care is needed to ensure the penis goes inside the condom and not down the side of the condom and the vagina
- Some people are sensitive to the chemicals in latex condoms, although this is not common
- Oil-based lubricants, such as body oils or lotions, should not be used with latex condoms







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Important to know

- Novelty condoms are designed for fun and should *not* be used for contraception or STI protection
- Check the packet before use





- Look out for these symbols – they show that condoms have been made to safe standards






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Where can you get condoms?

- They're free from the NHS and are available from contraception and sexual health (C&SH) clinics, genitourinary medicine (GUM) clinics and some general practices (GPs)
- They can be bought from pharmacies, supermarkets, vending machines and via mail order
- Young people in Somerset can get free condoms by signing up to the C-CARD






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What is the C-Card?

- The Somerset C-Card is a totally free service offering condoms and sexual health information
- It is available to all young people in Somerset



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How do you get one?

- To join the C-Card all you have to do is visit an Issue Point and have a chat with a C-Card issuer
- You can find out where your nearest Issue Point is by looking on the internet, by checking out the Sex Directory, or by asking anywhere you see the C-Card logo

2008-09
Sex Directory
Sexual health services in Somerset

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You can get information and find out about issue points from the Somerset C-Card website somersec-card.org.uk

No names, no judgements, no problem.

[Hide my visit](#)

Welcome

How to Use the C-Card

Issue Point

Sexually Transmitted Infection Information

Ready or Not?

The Sex Directory

Posters and Other Media

Contact Us

Useful Links

Site Map

Welcome to the Somerset C-Card

The C-Card (Condom Card) is a totally free and confidential service for young people. Drop in and speak to a trained C-Card issuer where you will get free, confidential information.

Sign up if you think the Somerset C-Card is for you. Get your free starter pack from anyone operating the C-Card.

If you haven't seen the issue point sign around and would like to know where to go in your area visit the [Issue Point](#) page.

To find out more about the C-Card and how it works see [How to Use the C-Card](#).

Free Contraception & Sexual Health Services

for young women & men in Somerset

Home

Local Services

C-Card

Chlamydia

Other STIs

Pregnant?

Looking After Yourself

Sexual Identity

Links

C&SH

Welcome to the C&SH website that is especially for young people in Somerset.

We aim to ensure that you are able to find out the information you need as simply as possible, whether it is an emergency or you are just browsing.

Please let us know if you feel we need to make any changes to this website by clicking on the 'Can't find what you want' button below.

If you have not received the service you needed from any sexual health services in Somerset then please get in touch with the PALS service. They aim to help sort out any problems or concerns you may have when using health services. Email: pals@somersetpct.nhs.uk

NEWS

Check out the first ever mobile drama for young people called *Thumbin*. You can download the drama for free at www.thumbin.co.uk

Can't find what you want? click here

Designed by The Paper Crane Built by Somerset Design

Website: www.somersecsh.co.uk

You can do a postcode search at www.ruthinking.co.uk

For free confidential advice call **0800 28 29 30**

HOME

1

LAD PAD

LADY LOUNGE

THE FACTS

AV?

Visit the Lad Pad

Visit the Lady Lounge

What do you want to know?

Enter your search

SEARCH

Popular pages

Condoms

STIs

Pregnant

Safer Sex

Chlamydia

Visit a GUM clinic

Contraception


The Pill

Body Politics

Take our survey

We've moved in, what do you think of our new site?

What do you think of the new RU Thinking site? Tell us now (BTW - you don't need to give any personal details)



Or you can do a postcode search at
www.condomessentialwear.co.uk


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CONDOM
essential wear

HOME
GET YOUR FACTS RIGHT
ALL ABOUT PROTECTION
HOW MUCH DO YOU KNOW?
GOT A QUESTION?
WHERE TO GET HELP

FREE AND CONFIDENTIAL
SEXUAL HEALTH SERVICE
0800 567 423
[click here for emergency info...](#)

find your nearest clinic
search site



FIND YOUR NEAREST CLINIC

RESULTS
Results 1 - 10 of 4350

Name	Address	Town	County	Postcode	Telephone	Distance
1. C-Card Point - Mendip Centre	Beckery New Road	Glastonbury	Somerset	BA6 9NS	01458 835364	2.69 m
2. Young Adults' Drop-in	Glastonbury Surgery Feversham Lane	Glastonbury	Somerset	BA6 9LP	01458 833666	2.80 m
3. C-Card Point - Glastonbury Surgery	Feversham Lane	Glastonbury	Somerset	BA6 9LP	01458 834851	2.80 m
4. C-Card Point - Somerset County Youth Service	Glastonbury Young Peoples Centre Benedict Street	Glastonbury	Somerset	BA6 9EX	01458 832913	2.96 m
5. Glastonbury Clinic	The Health Centre, 1 Wells Road	Glastonbury	Somerset	BA6 9DD	01823 346940 any time or 01458 837257 during clinic hours	3.13 m
6. C-Card Point - Robert Gannon Trust	3 Silver Street	Glastonbury	Somerset	BA6 8BS	01458 833797	3.14 m
7. C-Card Point - Wrode College	Church Road	Street	Somerset	BA16 0AB	01458 844400	3.39 m
8. Street Young People's Clinic	Youth Centre Strode Road	Street	Somerset	BA16 0AS	01458 442452 / 0774891726 - clinic	3.42 m




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What happens then?

- They will tell you how the C-Card works and, if you're up for it, they will offer to sign you up
- You will then be shown the different types of condoms you can get free with the C-Card








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What else happens?

- The issuer will talk you through
 - How to use a condom correctly
 - Give you some information about sexually transmitted infections, unplanned pregnancy and how to avoid them
 - Let you know what to do and where to go if your condom splits or if you didn't use one
 - Tell you where else you can go to get free condoms and other sexual health services
 - Give you the chance to ask any questions you may have about sex and relationships





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Do you get given condoms straight away?

Yes, you'll be given:

- A credit card sized C-Card or a C-Card key-ring fob
- A starter wallet containing some condoms and some other useful information











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What happens after that?

- You can get further supplies of condoms from any of the many places running the C-Card scheme throughout Somerset
- You just show your C-Card or key fob and tell the supplier what type of condom you want
- You are then given a supply of condoms - enough to last until your next visit









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How often can you use the C-Card?

- Your card can be used at any of the places running the C-Card up to **TEN** times
- You will then be asked if you would like to renew your card – you can do this by talking with a C-Card issuer who will have a quick chat with you to make sure everything is going okay





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FAQs

- **Is the service confidential?**
 - Yes, the information you give is seen only by C-Card issuers and the team who run the scheme - it is not given to anybody else. In fact, you can give a false name if you want to.
- **Do you have to prove you're 16 to get a C-Card?**
 - No, you do not have to prove your age to get a C-Card (nor are there any age restrictions on buying condoms).
- **Can females get male condoms?**
 - Yes, most females using the C-Card ask for male condoms... it's entirely up to you which type you have.
- **Is it embarrassing?**
 - By joining the C-Card you can be sure that you are getting help and support from people who are experienced in talking about sex and condoms – they won't be embarrassed so you don't need to be either!

