## ALTERNATIVE CURRICULUM

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## SIZE MATTERS! condoms are a brilliant way to protect ourselves and others whilst having sex, but did you know one size does not fit all?

A standard condom is designed to fit an average penis comfortably without restriction. But everybody is different, and genitals come in a variety of shapes and sizes. If your condom doesn't fit, you are at serious risk of STIs and causing pregnancy.

Condoms are over 98% effective, but only when used properly. It is common for people to buy a bigger size of condom to give a false impression of how well endowed they are, but they are making a huge mistake.



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This is an in-condom It is made with 2 rings,. the smaller ring goes inside the body while the outer, bigger ring sits on the outside at the opening.



It's important to try a range of different condom brands and sizes, and see what feels most comfortable whilst also being snug so no liquids can get in or out, and it doesn't fall off easily with friction.

However, if your junk is just too unique for standard condoms, there is another way. In-condoms (commonly known as femidoms) are designed to fit in a vagina or anus. They can be put in up to 8 hours before sex and don't cause constriction on the penis. They also protect from STIs like herpes that are passed from skin to skin contact, which standard condoms don't. They are harder to find in shops but any GP surgery or sexual health clinic should stock them.

IF A PARTNER DOESN'T WANT TO WEAR A CONDOM BECAUSE IT'S NOT COMFORTABLE, WEAR AN IN-CONDOM. DON'T COMPROMISE YOUR SAFETY FOR SOMEONE ELSE'S COMFORT!