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EXPERTS

sex advice

from Amy Levine, Cosmo's Carnal Counselor

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"Why do our condoms always break?"

Q My guy and I have great sex, but our condoms keep breaking. What are we doing wrong? We leave space at the tip, like we're supposed to. Could his penis be too large, or is it because our sex is so energetic?

A If a condom is used correctly, it shouldn't snap, no matter how active your sack session is. Rubber rupture can result from the following: storing your condoms in a hot place, like a glove compartment; using one that is past its expiration date; accidentally ripping it with your teeth or fingernails while opening the wrapper; and using the same condom more than once.

You're right to be leaving space at the top to collect his little swimmers. If you don't, you're actually creating a balloon that is bound to pop. The trick to leaving enough room: Pinch the tip of the condom between two fingers with one hand as you place it on the head of his penis, and continue holding on to it as you roll the rubber down over his shaft with your other hand. Lack of lubrication is another common culprit. Add a water-based lube to the outside of the condom whenever you experience down-there dryness. And remember, any food, lotion or product that's oil-based will cause latex to wear thin and eventually go kaput.

It's also possible that your condoms are not the right match for your man's member. Most are made to fit guys who are within the average range when erect (about four to seven inches). If the type you usually use does not cover his entire shaft, or if he complains that it feels too snug, try prophylactics specifically made for well-endowed men.

By taking all the previous precautions, your condoms should stop breaking. But, if it does happen again, be sure to stop and put on a new one before you get back to getting it on. And, since this situation can put you both at risk for STDs (unless you and your guy are monogamous and have already tested negative for all diseases), visit your health-care provider for a thorough screening.