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# COSMOPOLITAN

## EXPERTS

### sex advice

from Amy Levine, Cosmo's Carnal Counselor

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## "Can you tell me how to put a condom on my guy?"

**Q** Sometimes my guy wants me to put the condom on him, but I'm not sure how. Can you tell me a sexy way to roll his rubber on?

**A** Place the condom within easy reach before you and your guy get busy so you won't have to send a search party for your prophylactics in the heat of the moment. When you're just about to do the deed, carefully open the condom wrapper and check that the rolled rim is on the outside. Then, place the condom on the head of his penis, leaving a half inch space at the tip to collect semen. Pinch this space between two fingers of one hand to get rid of air bubbles, which can cause breakage, as you roll the rubber all the way down his shaft with your other hand. To be extra safe, wrap your thumb and middle finger around his penis right below the pinched tip and slowly move down the length of his member to smooth out any air, allowing it to escape at the rim.

While it's fun to make putting the condom on part of foreplay, there are some important safety tips you need to be aware of too: First, check the expiration date on the wrapper and make sure that the packaging and condom are in good condition. To protect against STDs and pregnancy, stick to condoms that are made of latex and use only water-based lube. Have your partner pull out immediately after ejaculating, while he's still slightly hard. To keep semen from leaking out, one of you should hold the rim of the condom at the base of his penis as he extricates himself. And ditch the condom when you're done; this is one product that is definitely not recyclable.

For an easy-to-understand how-to demo, check out [Planned Parenthood's video](#).

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