

Important note

This topic involves sexual behavior. It's important to approach it with consent, safety, and respect for yourself and others. If you have questions or concerns, consider speaking with a healthcare professional or a trusted adult.

Step-by-step guide

1. Prepare safely

- Wash your hands with soap and water before starting.
- Use a clean, unused condom of a size that fits you well. Read the condom package for proper use.
- Lubrication can help. Use water-based or silicone-based lubricant if needed. Do not use oil-based lubricants with latex condoms.

2. Check the condom

- Carefully open the package without tearing the condom.
- Pinch the tip of the condom to leave space for semen, then roll it down to the base of the penis.

3. Be comfortable with the condom first

- Gently feel the condom on the penis while soft to begin with, without moving into arousal. This helps you get used to the sensation.
- If it feels uncomfortable, remove it carefully, re-wrap, and try again with a new condom.

4. Move at your own pace

- When you feel ready, you can start with light touch to the penis with or without stimulation that you find comfortable.
- Gradually explore different pressures and motions to understand what feels best while keeping the condom on.

5. Introduce masturbation with the condom

- Maintain a comfortable pace that you control. There is no rush; the goal is familiarization.
- If you experience sensitivity or discomfort, pause, adjust the grip, or remove the condom and try again with a new one.

6. Focus on safety and hygiene

- Never use a condom that is torn, expired, or damaged.
- Dispose of used condoms in a trash bin. Do not flush them.
- Wash hands after finishing.

7. Aftercare and reflection

- Take a moment to reflect on what felt comfortable and what didn't.
- If you have questions about sexual health, consider talking to a healthcare provider or counselor who is knowledgeable about autism and sexuality.

8. Privacy and respect

- Ensure you are in a private, safe space where you feel comfortable.
- Respect your own boundaries and those of others when discussing sexual topics.