

Human Sexuality

Activity: Condom Demonstrationⁱ

Learning Objective: Participants will acquire the knowledge and skills necessary for teaching other teens how to properly use a condom.

Procedure:

1. Give each participant the Condom Demonstration handout.
2. Go over each step of the demonstration and discuss why each aspect is important.
3. Break into pairs to practice. One does the demonstration while the other observes and follows along with the handout. At the end of the demonstration, the observer gives feedback. The two then switch roles.

HANDOUT: Condom Demonstration Speaking Notesⁱⁱ

Male Condom

DO	ASK	SAY
Pre-demonstration	<ol style="list-style-type: none"> 1. What is a 100% way of protecting yourself from STDs and pregnancy? 2. Where can we get condoms for free? 3. How many people does a condom protect? 4. Who should be responsible for carrying condoms? 	<ol style="list-style-type: none"> 1. The only 100% safe choice is to not have sex. It's a healthy choice! We also think it's important to have the right tools for when you make choices later in life, so we're going to show you how to use a condom properly. 2. Youth clinics, school counsellors, youth workers. 3. Two—the person wearing the condom, and the partner 4. Both partners!
<p>Pull out an unopened condom package.</p> <p>Pass the condom package around for teens to examine.</p>	<ol style="list-style-type: none"> 1. There are four things we need to look for to make sure a condom is safe to use. What are they? 2. When is a good time to check 	<ol style="list-style-type: none"> 1. Check for air (like a bag of chips); check the expiry date (like milk); check that it says it's for prevention of STIs/HIV/pregnancy; check that it's lubricated. 2. NOT the moment before you

	<p>these things?</p> <p>3. Where can we store condoms?</p>	<p>have sex. Maybe just be aware of the condom, and where it has been.</p> <p>3. Condoms should be stored in a place that is not too hot and not too cold.</p>
<p>Hold up condom package and pretend to rip with your teeth.</p>	<p>1. How should I open this? Why?</p>	<p>1. Push the condom to one side, then open the package with your fingers (like a ketchup package). Don't use scissors or your teeth.</p>
<p>Hold up the condom exactly as it came out of the package.</p>	<p>1. What is this tip at the top of the condom for?</p> <p>*For younger classes: What's semen?</p>	<p>1. The tip is to hold semen, aka cum, after the man wearing the condom ejaculates.</p> <p>*Semen is a liquid that comes out of a penis when a male ejaculates, or has an orgasm. (An orgasm is the climax of someone's sexual pleasure, though sex can be enjoyable without it.)</p>
<p>Put the condom on your finger. First put it on backwards, then reverse it after providing the information.</p>	<p>1. How do we know the right way to put a condom on?</p> <p>2. If we put it on the wrong way, can we just flip it around and use it?</p>	<p>1. It's easy to put a condom on the wrong way; everyone makes mistakes. You can check by putting the condom on your fingers and feeling which way it can roll down—but don't unroll it too much!</p> <p>2. NO. Pre-cum (pre-semen) can get on the outside of the condom. Also, the outside of the condom has touched some skin. Both bring risk of either contracting an STI, getting pregnant, or both.</p>
<p>Hold up a bottle of lubricant (if you have one).</p>	<p>1. What is lubricant?</p> <p>2. Why would we want the condom to be slippery?</p> <p>3. What kind of lubricant can we</p>	<p>1. Lubricant is a liquid that makes the condom slippery.</p> <p>2. It's kind of like oil for your car...it makes things feel smoother (more pleasurable for both partners), and prevents condom breakage.</p> <p>3. You should only use a water-</p>

	use?	based lubricant with condoms. Lubricants made of oil can break down the latex.
Put lubricant on the head of the wooden demonstrator or inside the tip of the condom.	1. Why am I doing this?	1. For the pleasure of the partner wearing the condom.
Pinch the tip of the condom.	1. Why should I pinch the tip of the condom? 2. What might happen if I didn't pinch it?	1. To get the air out. 2. There could be an air bubble, and the condom might pop when the man ejaculates because there may not be enough space.
Place the condom on the demonstrator and roll it down to the base. Stop mid-way to ask the question.	1. How far should we roll it down? Why?	1. All the way down, so you are covering as much skin as possible, and so that the condom will not fall off. Talk about how it's great to have two people putting on a condom because then two people are taking responsibility and making sure the condom is on correctly. Plus, it makes it more fun!
Put a dab of lubricant on the outside of the condom.	1. Why am I doing this?	1. For the other partner's pleasure. The lubricant makes things slippery, which feels better.
	1. What happens to his penis after a man comes? 2. So what might happen if we leave the penis in our partner and the penis goes soft? 3. When should someone take his penis out of his partner?	1. It goes soft (or flaccid). 2. The condom might fall off. The fluid could leak out and get inside your partner. You may have to go condom fishing. 3. When the penis is still fairly erect.
Pull on the tip of the condom while it's on the demonstrator.	1. How should we take a condom off?	1. Hold the base of the condom and push it gently up towards the tip of the penis taking care to keep the semen inside.

	2. Where can we throw condoms away?	2. In the garbage (not the toilet or outside!)
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Female Condom

DO	ASK	SAY
Hold up an opened female condom	<p>1. What is different about this condom?</p> <p>2. Why do we need a female condom?</p> <p>3. What is the female condom made of?</p>	<p>1. It's bigger, made out of different material, and has two rings in it. It's a female condom.</p> <p>2. Because women are often responsible for sexual health in relationships. Sometimes men won't wear condoms. Sometimes people are allergic to latex. Some people just like female condoms better. Some women find it empowering to be able to take care of their own health without relying on someone else.</p> <p>3. Polyurethane (really strong plastic—yes, AS strong as latex).</p> <p>Other things:</p> <p>4. It takes time to get used to inserting/wearing a female condom. It's also a great opportunity for women to get to know their own body.</p> <p>5. You can wear a female condom for up to eight hours before intercourse, but make sure the penis goes INTO the condom!</p>
Hold up the package.	1. What should you check for before using this condom?	1. The same three things as the male condom: expiry date, air in the package, and the STI/HIV and pregnancy disclaimer. The female condom is packaged in lots of lubricant.
Take out the inner ring and show how it is flexible. Put it back in and squeeze it into a C		1. Emphasize that the two rings are quite flexible. The inner ring is used to insert the condom into the vagina. Once inside, it opens up around the cervix and is

shape between your fingers. Insert this into the opening of a glass juice jar.		<p>anchored.</p> <p>2. The other ring stays outside of the vaginal opening to prevent the condom from going inside.</p>
Hold up the juice jar.	<p>1. How is female condom different from the male condom now?</p> <p>2. Where does the penis go?</p>	<p>1. It covers more skin on the outside of the vulva, giving more skin-to-skin protection from STIs.</p> <p>2. Make sure that the penis goes INSIDE the condom and not to the side. Having the penis to the side of the condom would defeat the purpose of wearing a condom.</p>
Twist the bottom of the condom and pull out.	<p>1. What do we do when we're done having sex?</p> <p>2. Can it be used again?</p> <p>3. Where should we put the female condom when we're done?</p>	<p>1. Twist the bottom of the condom and pull out.</p> <p>2. No. Although it is made of stronger material, it is still meant for only one use.</p> <p>3. In the garbage.</p>

ⁱ Adapted from Condomania's Condom Demonstration Speaking Notes, 2003. Vancouver Coastal Health

ⁱⁱ Condomania (2004). "Condom Demonstration Speaking Notes". Unpublished document. Vancouver Coastal Health