

Demonstration: Using a Condom Properly

Objective:	Participants will describe how to use a condom.
Structure:	Large group.
Time:	20 minutes.
Materials:	condoms, penis model, “Using a Condom Properly” handout, “How to Make an Oral Dam” overhead, overhead projector.

Note:

In order for condoms to be effective in preventing unintended pregnancy and STI/HIV, they must be used correctly and consistently. When discussing condom use with youth, it is helpful to provide a demonstration of the correct way to put on a condom.

It may be helpful to have lubricated condoms for participants to examine—just ensure that all condoms are returned before the end of the session, so that they are not used for water balloons, etc. You can use a penis model, or alternately, the condom can be unrolled onto the index and middle fingers of one hand, although it will be very loose.

Procedure

Distribute the handout to participants and instruct them to read the instructions. The handout can be completed during the demonstration or directly afterwards. Follow the demonstration guidelines below. The phrases that are in bold type indicate what participants should be drawing or describing on their handouts.

1. Let participants know that latex condoms are necessary to prevent transmission of STI/HIV. Lubricated condoms should be used for anal and vaginal sex and must be put on before any genital contact. Non-lubricated condoms are generally used for oral sex, as the lubricated ones have a medicinal taste. **The expiration date should be checked.** Condoms must be stored where they won't be damaged by heat (e.g. a drawer, coat pocket, wallet).
2. **Condom package must be torn open carefully, so as not to damage the condom.** Fingernails and jewellery can also damage condoms.

3. **Unroll the condom a little (about ½ inch) and then hold it by pinching the receptacle tip with the fingers of one hand.** This is an easy way to hold a slippery condom, and doing this squeezes the air out of the tip at the same time. (Air trapped at the end of a condom can cause pressure to build up, and the condom can break.)
4. **Hold the condom onto the tip of the erect penis (still pinching the end), and with the other hand, roll the condom all the way down the shaft of the penis to the base.** Either partner can do this.
5. **Pull the penis out immediately after ejaculation by holding onto the base of the condom first.** If the penis begins to return to its normally flaccid (limp) state, the condom may slide off and semen may leak out.
6. The condom should be removed away from one's partner, and the used condom **thrown away** (preferably into a garbage can lined with a plastic bag). Condoms should never be used more than once.

Inform the group that while lubricated condoms are usually sufficient on their own, extra lubrication can be used to prevent excess friction and to enhance sensation. Lubrication can be put on the inside and outside of the condom. The only lubrication that is safe to use with condoms is water-based lubricant, as oil or petroleum based products (e.g. Vaseline, hand lotion, etc.) can damage latex. Water-based lubricants are often found in drugstores near the medication used for vaginal yeast infections.

Once the demonstration is completed, show the "How to Make an Oral Dam" overhead to your group. Explain that the oral dam is placed over the genitals and/or anus to prevent STI transmission during oral sex. When making an oral damn, it is important to use a non-lubricated condom. (Lubricated condoms have a medicinal taste, and spermicidal condoms will make the mouth go numb.)

(Adapted with permission from: Planned Parenthood Federation of Canada (2001) *Beyond the Basics: A Sourcebook on Sexual and Reproductive Health Education*. Ottawa: Author.)

Overhead

How to Make an Oral Dam

For women

A latex dam is recommended in male-to-female and female-to-female oral-genital or oral-anal sex.

How to make a dam out of a non-lubricated condom:

You can easily make your own dam out of a condom. Since you will be putting your mouth on one side of the condom, use a condom that isn't lubricated.

They are simple to make. Before you begin, unroll the condom, then:

1. Cut off the tip.
2. Cut off the base.
3. Now cut down one side.

You now have a square latex dam.

For Men

For oral-genital sex between male-to-male or female-to-male, simply use a non-lubricated condom to cover the erect penis.

For oral-anal contact, use an oral dam (above).

Handout

How to Use a Condom

Instructions: Draw or describe in the boxes below, the six steps to correct condom usage.

1.	2.
3.	4.
5.	6.