

Condom Competition

Goals:

- To have youth practice putting on a condom and become more comfortable with condoms.
- To correct common mistakes (not pinching the tip, not being able to roll it down, etc.).

Have Ready:

- Condoms and 2 or more woodies

Things to Know:

- This exercise normalizes condoms and that using them properly takes practice.
- This is a great activity for smaller groups, where each youth has a turn practicing, if they feel comfortable doing so.
- Show them a quick condom demo first to highlight the steps and then let them practice. (See the condom demonstration.)

Instructions:

- Normalize all penis sizes, shapes, with or without foreskin, by explaining that the demonstration tool (usually a wooden penis) is not what an actual penis should look like.
- You might say, **“Real penises come in all shapes, sizes, and colours. Some are circumcised, some are not, and none are supposed to be this hard.”**
- Get comfortable putting on a condom, and be able to show others this skill.
- Ask for two volunteers and explain they will “compete” with each other to see who can put a condom on properly. Whoever does it correctly in the least amount of time “wins.”

- Hand out woodies and condoms to the youth. They can put the condoms on, two at a time, while the facilitator(s) talk them through it, if necessary.

Debrief:

- Congratulate all the youth for participating as it can be hard to practice putting on a condom (alone or in front of others!).
- Debrief with youth by asking how it felt to put a condom on while under pressure.
- Discuss different strategies to make using condoms easier like: practising, either on themselves (if they have a penis), or a banana or bingo dabber; becoming comfortable with their body; making sure they are ready; having extra condoms with them (in case they make a mistake); and if they are with a partner, making sure that consent has been given.