

Teen Talk's Condom Demonstration

Goal:

- To demonstrate how to put on a condom correctly.

Have Ready:

- Condoms
- One or two woodies or other demonstrator tool

Things to Know:

- Putting on a condom is a learned and important skill for making sex safer. Anyone can practice putting on a condom, whether or not they have a penis; a banana, bingobanana or carrot could work.
- Practicing can make using condoms seem more natural which makes people more likely to use them in real life.
- Condoms can break as a result of not leaving room at the tip and inadequate storing.
- Normalize all penis sizes, shapes, colour, circumcised or not by explaining that the demonstration tool (often a woody) is not what an actual penis should look like. You might say, **“Real penises come in different sizes, and colours. Some have foreskin and some don't (are circumcised). Whatever someone has is totally fine.”**
- There are a lot of little details we teach youth when we do a condom demo, but the most important things to remember are pinching the tip, rolling it all the way down, and where youth can get them for free.

Checking the Condom:

- Check the condom for rips, holes, tears, or other damaged, the expiry date and writing that says, “Helps reduce the risk of STIs.”

- Ask youth, “**Where are safe places to store condoms?**” Answers could be anywhere it won’t get too hot or squished; drawer, shirt or hoodie pocket, bag, or in lockers at school.
- Check the type of condom. Lubricated condoms are already slippery. Additional water based lube can also be added to lubricated condoms. Non-lubricated condoms are dry and mainly used for oral sex. Add water based lube for insertive sex (penis or sex toy in vagina or anus).
- Most condoms are made of latex which some people are allergic to. Non-latex condoms are made from plastic and can be more expensive.

Opening the Condom:

- Along the top of the condom package are usually ridges; using your fingers, open the condom package,
- Take out the condom and check to see that the “ring” is visible on the outside, if not, flip it so that the ring is on the outside.
- You might show how a condom that is “inside out” won’t roll down. At this point we talk about pre-cum by asking youth, “**If I try putting the condom on the wrong way, is it okay to flip the condom around?**” No. Now the pre-cum is on the outside of the condom.¹
- Encourage carrying more than one condom just in case one needs to be thrown out.

Putting the Condom on:

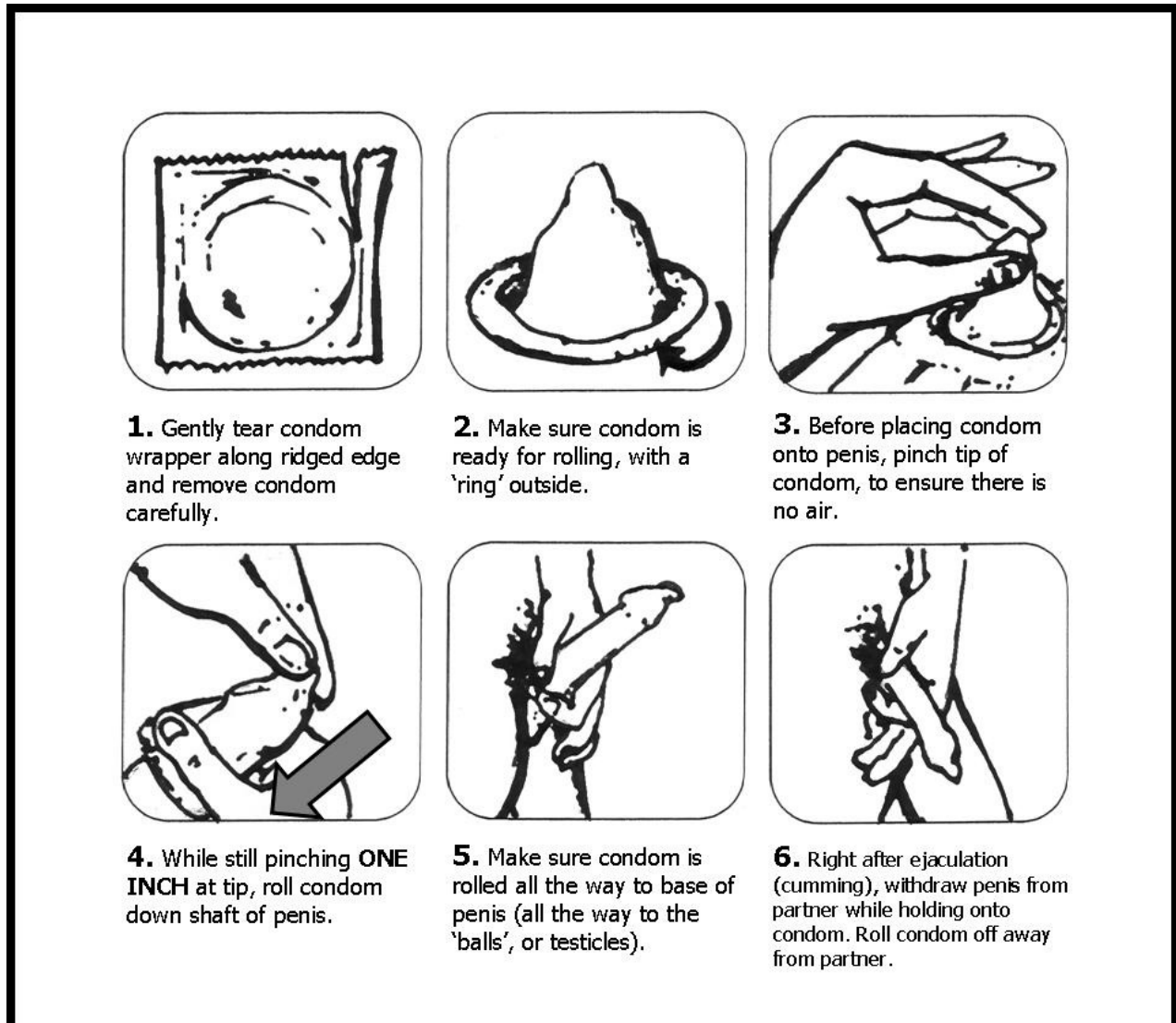
- Pinch the tip of the condom to leave room for the ejaculate (cum).
- Demonstrate a three finger pinch. Ask youth, “**Why do you need to pinch the tip?**” To get the air out so there is room for the semen to go. One of the main reasons why condoms break is from not pinching the tip.
- Pinch a full inch of the tip of the condom. Hold the pinch to keep the air out and roll the condom down to the base. (If it’s going on an uncircumcised penis the foreskin would be pulled back a little before rolling the condom down.)

- If a condom is put on correctly the tip should look like a baggie toque or hat.
- Only use one condom at a time.
- The penis will begin to soften and the condom will be looser after someone ejaculates, so hold the base of the condom and the penis while pulling out.
- Throw used condoms in the garbage and use a new condom every time, even if sex happens right away.

Debrief:

- Practice makes perfect, it might seem challenging at first but putting on a condom gets easier the more you practice.
- If you have two woodies have youth practice putting a condom on a woody. Make it into a friendly competition by see who can follow all the steps.
- Remind students where they can get free condoms and safer sex supplies.
- Let youth know about the emergency contraception pill or Plan B. At Teen Talk we would say, **“If a condom broke or was put on incorrectly and there is a possibility of pregnancy (i.e. it was penis-vagina sex), someone could get ECP (emergency contraceptive pill). ECP works best when taken as soon as possible after unprotected sex. If used within the first 72 hours ECP is 89% effective. It can be taken for up to 5 days after unprotected sex, but is less effective as time passes.”**²
- For more information on ECP see the Birth Control chapter in this binder or the Teen Talk Service Provider Manual.

How to Put on a Condom



1. Gently tear condom wrapper along ridged edge and remove condom carefully.
2. Make sure condom is ready for rolling, with a 'ring' outside.
3. Before placing condom onto penis, pinch tip of condom, to ensure there is no air.
4. While still pinching **ONE INCH** at tip, roll condom down shaft of penis.
5. Make sure condom is rolled all the way to base of penis (all the way to the 'balls', or testicles).
6. Right after ejaculation (cumming), withdraw penis from partner while holding onto condom. Roll condom off away from partner.

Endnotes

¹An erect penis has pre-ejaculate (pre-cum) which can contain sperm, STI's, & HIV.
www.cfsh.ca/your_sexual_health/stis-and-hiv/ http://www.cfsh.ca/your_sexual_health/stis-and-hiv/. 2011.

²www.plannedparenthood.org/health-topics/emergency-contraception-morning-after-pill-4363.asp.