

Condom Demonstration

Goal:

- To demonstrate putting on a condom correctly.

Have Ready:

- Condoms
- Demonstrator penis or woody

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.
- Tip: There are many props that could be used for practicing this valuable skill. Some examples are a banana, cucumber, frozen veggie wiener, your penis or someone else's (with consent!).
- Practicing can demystify condoms and make people more confident in their ability to use one in a real sexual situation.
- Tip: You might ask, "Does practising putting on condoms make you a "slut" or "player?" No. It makes you responsible and safer.
- Condoms can break as a result of improper use (especially not pinching the tip). No one brand is more effective than another.

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.
- Tip: Teen Talk starts by saying, "Real penises come in all shapes, sizes, and colours. Some are circumcised, some are not, and *none* are supposed to be this hard."

Things to Look for on the Condom Package:

- Explain that if there were any of **rips, holes, or tears** that would mean, at the very least, the condom was no longer sterile or clean. If the condom is damaged it might not protect against pregnancy or STIs.
- Explain that they should always check the **expiry date**. Validate that youth may want to get free condoms from Teen Clinics or Health Centres before becoming sexually active. Normalize practicing putting on condoms as a way of being prepared if/when they do become sexually active
- Tip: You might ask, "Where are good (safe) places to store condoms?" Condoms should be stored in a dry place away from heat. A bedside table, drawer, shirt pocket, or hoodie pocket; or if teens are afraid of someone finding them, condoms can be kept in a school bag, or in their lockers at school. Condoms should *not* be kept in wallets or back pockets where they can be damaged by being squished or crushed, or in cars or glove compartments where heat can cause the latex to deteriorate.
- **Lubricated** condoms are already slippery for vaginal or anal sex (or for putting on sex toys that will be inserted into the vagina or anus). Additional lubrication (see below) can also be added to lubricated condoms. Some types of lubricated condoms have spermicide for

additional protection against pregnancy. Condoms with spermicide are intended for vaginal sex only.¹

- **Non-lubricated** condoms are dry and mainly used for making oral sex safer. Non-lubricated condoms may also be used for penetrative (or insertive) sex with the addition of **water-based lubricant** (oil can damage latex). Lubricant is applied to the outside (or inside, in small amounts) of the condom. Water-based lubricant is safe to use with all condoms, is readily available at pharmacies (found near where condoms are displayed), and is sometimes free at health clinics.
- The condom should have, “**will help reduce the risk of pregnancy, HIV (AIDS), and other STI’s**” (or similar) written on the package.
- Tip: You might ask students if they have seen novelty condoms, “French Ticklers”, different flavours, etc. Explain that many of these condoms are for practical jokes only and will not protect them. While there are some coloured/flavoured/glow-in-the-dark condoms that are made for safer sex, it is important to check the package to make sure.

How to Open a Condom:

- Along the top of the condom package are usually ridges; open the condom as you might a ketchup package. The safest way to open a condom package is with your hands. Using things like teeth or scissors may risk damaging the condom. The rip should be along the side of the package. Remove the condom carefully.
- Sometimes the condom comes out of the package with the “ring” (the rolled-up condom) on the inside where it can’t roll down. Check to see that the ring is visible on the outside.
- Tip: You might show how a condom that is “inside out” won’t roll down the wooden penis. You might say something like, “If I try putting the condom on the wrong way, is it okay to flip the condom around?” No, because now the pre-cum is on the outside of the condom.² Normalize carrying more than one condom in case they have to throw one out.

How to Put on a Condom:

- Pinching the tip of the condom leaves room for the ejaculate (cum).
- Tip: Demonstrate a **three finger pinch** by pinching your thumb, index, and middle finger together. Get everyone in the room to do it with you. You might ask, “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 end of the condom. Holding the pinch the whole time, roll it down to the base of the wooden penis.
- On an uncircumcised penis the foreskin would be pulled back before rolling the condom down.
- If a condom is on correctly it should look like it’s wearing a baggie toque or hat.
- Explain that after ejaculation the penis will begin to soften and the condom will be looser. Hold onto the base of the condom *and* the penis and remove both from the partner.

¹ Some studies have shown that nonoxynol-9 (the active ingredient in most spermicidal products) may actually increase the risk of HIV transmission. http://www.phac-aspc.gc.ca/publicat/epiu-aepi/hiv-vih/nonoxynol_e.html. 2011.

² An erect penis has pre-ejaculate (pre-cum) which can contain sperm, STI’s, & HIV.

http://www.cfsh.ca/your_sexual_health/stis-and-hiv/ http://www.cfsh.ca/your_sexual_health/stis-and-hiv/. 2011.

- Tip: Ask youth, “What happens to a penis after ejaculation?” Gets soft/shrinks. If semen spills or drips onto the partner’s sex organs this can increase risk of infection or pregnancy.

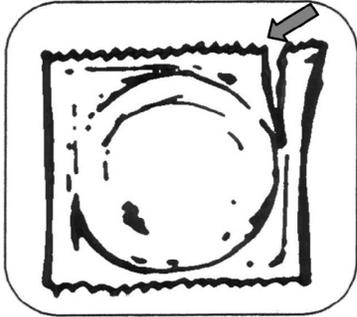
Additional Information:

- Use a new condom each time, even if sex happens again right away.
- Used condoms should be disposed of in the garbage.
- Explain that although it took about 10 minutes to show them everything, with practice it should only take about 10 seconds to properly put on a condom.
- Most condoms are made of latex which some people are allergic to (identified by a redness/itchiness during or immediately after touching latex). Non-latex condoms are made from plastic, either polyisoprene or polyurethane, and are typically a bit more expensive.
- If you have not said it already, let students know that using 1 condom is safer than using 2 condoms.
- Remind students where they can get free condoms and safer sex supplies.
- Tip: Ask youth, “If a condom broke or was put on incorrectly and there is a possibility of pregnancy, what could someone do?” Try to using ECP (emergency contraceptive pill) from either a health centre or pharmacy. ECP works best when taken as soon as possible after the emergency. If used within the first three days or 72 hours ECP is 89% effective. It can be started up to 5 days after unprotected sex, but is less effective as time passes.³

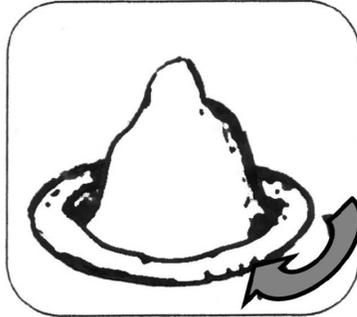
³ <http://www.plannedparenthood.org/health-topics/emergency-contraception-morning-after-pill-4363.asp>

How to Put on a Condom:

Beforehand, don't forget to check the expiry date, the type of condom, and for a phase that says this condom will protect against STI/HIV/pregnancy.



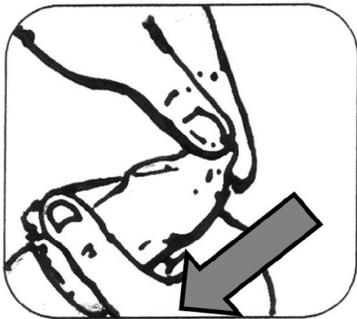
1. Gently tear condom wrapper along ridged edge and remove condom carefully.



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.

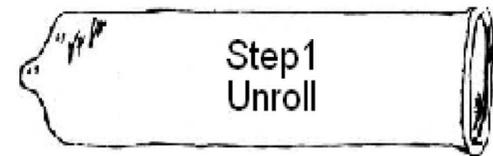


5. Make sure condom is rolled all the way to base of penis (all the way to the 'balls', or testicles).

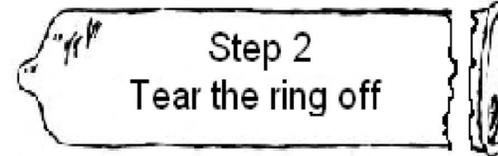


6. Right after ejaculation (cumming), withdraw penis from partner while holding onto condom. Roll condom off away from partner.

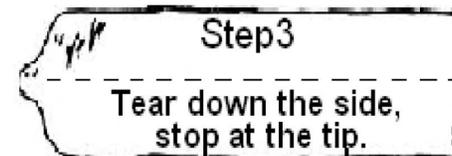
How to make a Sex Dam from a Penis Condom



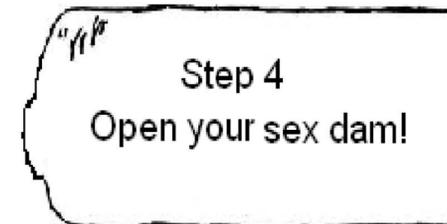
Step 1
Unroll



Step 2
Tear the ring off



Step 3
Tear down the side,
stop at the tip.



Step 4
Open your sex dam!