

Condom Play Stations Activity

Goals:

- To get youth comfortable with condoms.
- To challenge myths about condoms.

Have Ready:

- Flipchart paper, markers, instructions for each station, lots of condoms, a ruler, a wooden penis/banana/bingo dabber, non-lubed condoms
- Print out condom stations (the sheets following the instructions)
- Have extra condoms for this activity. If participants make a mistake, they may need to use more than one condom and some people like to try the activity a few times.

Instructions:

- Tell the group that you have set up stations to challenge some myths about condoms (and to have fun). (See below for how to set up the stations)
- Break them into small groups and have one group per station (then rotate them through all the stations).
- Explain the instructions at each station and work together and complete the task.

Stations Set Up:

- Set up station 1 with plenty of condoms.
- Set up station 2 with plenty of condoms and a ruler.
- Set up stations 3 with plenty of condoms and a woody (or banana, bingo dabber, etc.).
- Set up station 4 with plenty of non-lubricated condoms and scissors.
- Set up station 5 with condoms and a woody.

- Set up station 6 with “Excuses” flipcharts and markers. Have 1 or 2 excuses written on each flipchart and have enough flipcharts for each group to work on. Sample excuses could be:

Excuses: “Let’s not use a condom because…”

1. **Can’t feel anything/doesn’t feel as good**
2. **On the pill**
3. **Don’t you trust/love me?**
4. **Allergic to latex**
5. **Pull-out method**
6. **I don’t have anything (STIs)**
7. **The condom doesn’t fit**
8. **I’m having my period, so we don’t have to worry.**

Station #1: How much can you feel through a condom?

1. With the help of another person, place a condom on your fist. Beware of sharp fingernails!
2. Close your eyes and ask the person to touch the back of your hand with their finger. Can you feel the person's finger touching you?
3. Have your teammate blow air on your hand. Can you feel it?

Station #2: How big can a condom get?

1. Stretch the condom as big as you can without breaking it.
2. Measure the condom when it is fully stretched.
3. How big around did the condom get?
4. How long did the condom get?

Station #3: Practice putting a condom on a woody

1. Before you open a condom, what three things should you look for on the package?
2. Steps to putting on a condom:
 - Open the condom package
 - Pinch the tip with three fingers
 - Roll the condom to the base



Klinik
Community
Health Education



Station #4 How to make a sex dam

1. Open the condom package after checking the expiry date.
2. Unroll the condom.
3. Pull the ring off the base of the condom.
4. Look for a tear at the base of the condom or rip one with your teeth- then tear down the rip to the 'reservoir tip' – but not past the tip.
5. Hold the dam on both sides and have your partner raise their hand, palm facing towards you.

Station #5: Teach a friend how to use a condom

1. Demonstrate how to put on a condom correctly to your friend.
2. Next, give them a condom and a woody and get them to do it, explaining the steps to them as you go.

Station #6: Negotiating condom use with a partner

1. Read and respond to the excuses on the flipcharts.

Note: This conversation is between people who really like each other and keep in mind, you are trying to convince someone to use a condom.



Debrief:

- Ask youth, **“Was that fun?”**
- **“What did you learn about condoms/dental dams today?”**
- **“Is it hard to put on a condom or make a sex dam?”**
- **“How would being high or drunk affect someone’s ability to use a condom or sex dam correctly?”**

Debrief for Station #6: Negotiating condom use

- Ask the group, **“Was it easy to think up responses?”**
- Conversations with a partner about safer sex can be difficult. We don’t always see examples of condom negotiation in TV/videos/movies. In fact, we usually see kissing and making-out that turns into sex without talking about condoms (or consent).
- Even if we have condoms and know how to use them, we need to get our partners on board to have safer sex. This exercise allows us to practice communicating our need to use condoms.
- Remind youth that if a partner is respectful, they will respect your need to use condoms.
- FYI: If groups are unfamiliar with the term, the “pull-out method” is when people are having unprotected sex and one partner “pulls-out” before ejaculating inside their partner. The risk of STI/HIV and pregnancy is from the pre-ejaculate (or pre-cum) that is at the tip of the erect penis. Pre-ejaculate can contain sperm and any STI/HIV the person might be carrying.

Corresponding Potential Responses

1. I can relax more or I can enjoy sex *more* with condoms because I don’t have to worry about STI/HIV and pregnancy. / Adding lube can make it better. / Also sex with a condom feels better than no sex.
2. This will make us safer. Also the pill does not protect us from STI/HIV.
3. I do trust you but you need to respect me on this. It’s not about trust.
4. There are non-latex condoms for people with latex allergies.
5. Pulling-out doesn’t always work because of pre-cum.
6. It’s hard to tell if you have STIs unless you get tested.

7. Most people fit a regular condom, if not, try and other size or brand or the female condom.
8. I won't have sex without one. I want to be safe.